



Rentals & Market Stats

Here's a Helpful Tool



PHOTO | BY VECISLAVAS POPA FROM PEXELS

CBN Staff Report

If you are looking for an apartment or home to rent in Central Oregon, or if you want to see real-time stats on how the rental market is doing in the region, there is a helpful app that provides data for renters, landlords and others who need information.

"Zumper was created out of the co-founders' pure frustration with the rental process. After camping out overnight to find an apartment in the U.K., Zumper's CEO, Anthemos Georgiades, believed there had to be a better way to search for and find an apartment," said Crystal Chen, marketing manager of Zumper. "Zumper was born with the mission of making renting an apartment as easy as booking a hotel."

On the app, (zumper.com/rent-research/bend-or) viewers can see current listings of apartments and homes for rent in Bend — or the city of their choosing — and can view a market summary with information such as average rent prices broken down by neighborhood, the percentage of price increase over the past year, the number of listings currently available and the number of renter-occupied households versus owner-occupied households.

"Zumper caters to both sides of the rental marketplace, renters and property owners," explained Chen. "We deliver a best-in-class search experience to renters across our website and mobile apps, with the most comprehensive database of active rental listings in the U.S. We also offer property owners top-notch features to lease their units and get paid rent faster than any other platform."

As of October 2, the site lists the average rent for a studio apartment in Bend at \$1,295, a 30 percent increase compared to the previous year. Over the past month, the site says the average

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Local Nonprofits Adapt & Pivot in Challenging Times

by RONNI WILDE — CBN Reporter

In a world gone awry, there is no shortage of people who need help. Men, women and children of all ages and backgrounds need assistance now more than ever before. However, the organizations that step up to help others are having their own struggles in the midst of 2020's plights. Over the past eight months, nonprofit agencies have been forced to pivot the way they function and the way in which they generate funding. We at *Cascade Business News* checked in with a handful of nonprofits in Central Oregon to see how they are faring, and what they anticipate moving into the next season. Thankfully, it's not all bad news: Despite the challenges, these stellar groups have found ways to thrive — from creative operational changes and online fundraising to expansion through the use of technology, all with a renewed spirit of collaboration.

"We're going a mile a minute," says Ken Wilhelm, executive director of United Way of Central Oregon, (unitedwaycentraloregon.org). "This would be a busy time under normal circumstances as we enter our main fundraising season. Now, we're also reviewing proposals and distributing grants, as well as coordinating with other organizations in responding to urgent community problems as they crop up." United Way, which works to strengthen communities in Crook, Deschutes and Jefferson Counties by investing locally in needed programs and services, partners with a variety of nonprofits in the region. "I've been impressed with how many organizations have risen to the challenge of



BOYS & GIRLS CLUBS OF BEND NOW OFFERS FULL-DAY PROGRAMMING IN RESPONSE TO BEND-LA PINE SCHOOLS' CURRENT DISTANCE LEARNING MODEL | PHOTO COURTESY OF BOYS & GIRLS CLUBS OF BEND

the time by adapting how they do business and deliver their services," says Wilhelm. "They are all going a mile a minute, too, putting in extra hours. But I think the agencies have been

PAGE 16

2020 Accomplished under 40

Presented by 

by WENDY McGRANE — Vice President/
Commercial Banking Team Leader, U.S. Bank
& 2009 Accomplished Under 40 Winner

In the words of late Supreme Court Justice Ruth Bader Ginsburg, "If you want to be a true professional, do something outside yourself." This year's Accomplished Under 40 winners exemplify such professionalism. They were selected amongst an impressive slate of nominees for their outstanding professional accomplishments, coupled with their extraordinary community involvement and unique leadership skills.

Our local U.S. Bank team is proud to support this kind of recognition honoring accomplished professionals working to make positive contributions in our communities — because when they succeed, we all succeed. This year's cohort joins a notable group of past recipients, some of which have become our most influential leaders in Central Oregon today.

Six months into our new normal of COVID-19, I am continually inspired by stories of adaptability and resilience among so many stakeholders here in Central Oregon. And, I am grateful that many of our leaders have found new ways to carry on important community traditions, including this Accomplished Under 40 recognition. U.S. Bank has

PAGE 7

by JEFF MARTIN — CBN President/CEO, Cascade Publications Inc.

Today we celebrate our annual Accomplished Under 40 award recipients. In normal times, we would be attending an awards celebration at the Oxford Hotel tonight — gathering Central Oregon's up-and-coming business leaders and community activists for a fun, casual event, highlighting these amazing young people. This year, however, we will be hosting a "Zoom Toast" today, with the hope that we will invite this amazing group of influencers to the party in 2021. You can read the profiles of this year's recipients starting on page 7.

There were nearly 50 nominations in 2020. This is more than we've ever had before in the 15 years that we've been giving out these awards. This made the process of choosing the winners exceptionally difficult. While most everyone nominated was deserving, we had to select 25 recipients. When it came down to it, one of the factors that set folks apart was — first and foremost — community service. Other factors, such as age and number of times nominated, helped decide the close calls. If you nominated someone

PAGE 7

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16

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15+ years experience



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404 NE Norton, Bend, Oregon 97701

541-388-5665

www.cascadebusnews.com

Send press releases/photos to cbn@cascadebusnews.com

CONTRIBUTORS

| | |
|-----------------------|--------|
| WENDY MCGRANE..... | 1 |
| MARLENE CARLSON | 15, 16 |
| LAURIE WEBER | 17 |
| EVA GILL..... | 19 |
| DAVID NOTARI | 19 |
| BRUCE BARRETT | 23 |
| DIANA FISCHETTI | 24 |
| KIM FISCHBACH | 25 |
| KEVIN DONER | 25 |
| NEIL LANGLOIS..... | 29 |
| DEREK HALPERN..... | 30 |
| DAVID ROSELL..... | 32 |
| ABIGAIL MORSE | 36 |

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| Production Artist/Design/ Online Communications | Natalie Nieman |
| Assistant Editor/Reporter..... | Ronni Wilde |
| Advertising Executive..... | David Phillips |
| Feature Writer..... | Kenneth Marunowski, Ph.D. |
| Feature Writer..... | Simon Mather |
| Intern/Feature Writer | Alec Martin |
| Feature Writer..... | Kari Mauser |
| Feature Writer..... | Kristine Thomas |
| Distribution | David Hill |

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RECENT TRANSACTIONS

Jeff Reed and **Karen Koppel** of **NAI Cascade** represented the seller in the disposition of 20265 **Meyer Drive** in Bend, previously known as **Pappy's Pizzeria**. Peter Lowes of Knightsbridge International represented the seller. The property will become a Surf Thru Car Wash.

Compass Commercial Real Estate Services brokers **Adam Bledsoe** and **Bruce Churchill** represented the landlord, **320 Bond, LLC**, in the lease of a 4,500 SF office space located at 320 SW Upper Terrace Drive in Bend.

Karen Koppel of **NAI Cascade** represented the Tenant, **Cairn**, an outdoor product subscription box, in leasing a portion of **2511 NE 4th Street** in Bend.

Brokers **Pat Kesgard, CCIM** and **Kristie Schmitt** of **Compass Commercial Real Estate Services** represented the buyer, **Frank Storch and/or Assigns**, in the acquisition of a 5,546 SF retail property on 0.32 acre located at 200 NE Greenwood Avenue in Bend. Broker **Robert Raimondi, CCIM** of **Compass Commercial Real Estate Services** and broker **Luke Ross** of **Compass Commercial Asset & Property Management** represented the seller, **Don DeZarn**.

Karen Koppel of **NAI Cascade** represented the Tenant, **Feline Fine Cat Clinic**, in leasing 2,700 SF in the New West Plaza, a redeveloped retail center located at **61249 Hwy 97**. Feline Fine Cat Clinic is slated to open in January of 2021.

Compass Commercial Real Estate Services brokers **Peter May, CCIM** and **Russell Huntamer, CCIM** represented the landlord, **G Group**, in the lease of a 1,434 SF retail suite in 210 SW Century Drive in Bend, otherwise known as Westside Yard. Broker **Ron Ross, CCIM** of **Compass Commercial Real Estate Services** represented the tenant, **Academy West Breathing Performance**.

Karen Koppel of **NAI Cascade** represented the buyer in the purchase of a commercial building located at **26 North E Street** in Lakeview, Oregon.

Broker **Bruce Churchill** of **Compass Commercial Real Estate Services** represented the tenant, **State Farm Insurance**, in the lease of a 769 SF retail suite located at 1052 NW Newport Avenue in Bend. **Compass Commercial Real Estate Services** brokers **Graham Dent, Pat Kesgard, CCIM** and **Kristie Schmitt** represented the landlord, **Acadia Newport Partners, LLC**.

Walt Ramage and **Karen Koppel** of **NAI Cascade** represented the Landlord in leasing **807 Industrial Way** in Bend. The Tenant, Windermere Central Oregon Real Estate, relocated their Bend office.

Oxford Hotel Bend Voted Best Lodging in Central Oregon

The Oxford Hotel Bend has once again been voted the top lodging spot in the *Source Weekly's* Best of Central Oregon. This marks the ninth year the hotel has received this honor. Winners and runner-ups in over 140 categories were announced in the *Source's* September 17 issue, highlighting the top-voted businesses, services and attractions across Central Oregon.

"We want to sincerely thank our Bend community for again voting us best lodging in Central Oregon," said Samuel

Johnson, general manager of Oxford Hotel Bend. "It's an honor to receive this news, especially with the uncertainty this year has held. We are grateful to be able to call Bend home — we love being a part of this wonderful community, and it's a real honor to know that the feeling is mutual. We want to say thank you to everyone that voted and to the *Source Weekly* for fostering so much positivity

Continued on Page 38 ▶

Wishcamper Development Partners Closes on \$51.6M in Funding to Build 240 Units of Affordable Housing

Wishcamper Development Partners (Wishcamper) is pleased to announce it has closed on the financing to construct Stillwater Crossing Apartments (Stillwater), a 240-unit affordable housing apartment community serving working families and individuals in Bend.

Planning for the project began in 2019, and despite the COVID-19 pandemic that impacted many municipalities, businesses and financial institutions, close collaboration between Wishcamper, the City of Bend and Oregon Housing and

Community Services (OHCS) enabled the project to move forward and close on schedule. "I want to thank Lynne McConnell and the City of Bend for their incredible hard work and steadfast dedication to get this project closed despite all of the challenges we have faced over the past several months," said Tyson O'Connell, a principal with Wishcamper. "Simply put, this project would not have gone forward

Continued on Page 38 ▶

Deschutes National Forest 2021 Seasonal Hiring Started October 1

Seasonal positions for the 2021 field season on the Deschutes National Forest opened for application October 1. Applicants will need to apply for positions through USAJobs.com.

A first wave of positions opened for application on USAJobs.com on October 1 for 11 days. The start dates for these positions tentatively are planned for a late March to early April timeframe. A second wave of positions opens October 30 for 11 days. These positions have tentative start dates beginning in late April to May.

Continued on Page 38 ▶



• FOR SALE •



\$3,200,000

60909 SE 27th Street, Bend
10 acre parcel in the proposed SE Area Special Planned District. Sale includes Bend Pet Resort, a profitable business, four industrial buildings and a single family residence. Adjacent 28.1 acres also for sale.

Contact **Al Eastwood**
541.350.0987

• FOR SALE •

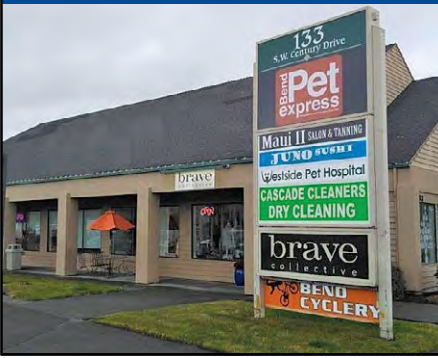


\$995,000

3600 N Hwy 97, Bend
Highly visible 22,215 SF of land ready for immediate development and perfect for a fast food, bank or convenience store.

Contact **Paula Van Veck**
541.280.7774

• FOR LEASE •

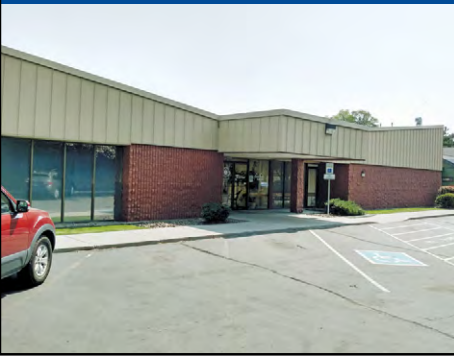


\$1.25/SF/MONTH + NNN

143 SW Century Drive #120, Bend
Great 2620 SF retail space on Bend's Westside with good signage on a high traffic corridor. Open retail area with offices along the perimeter and storage in the back.

Contact **Meg Watkins**
541.530.1620

• FOR LEASE •



\$1.50/SF/Month + NNN

369 NE Revere Avenue #104 & #106, Bend
Available November 1, 2020. Prime location, one block off of 3rd Street. 1708 SF with nice entry and open area perfect for instructional type use.

Contact **Bill Pon**
541.815.4140



Al Eastwood
541.350.0987
eastwood@bendnet.com



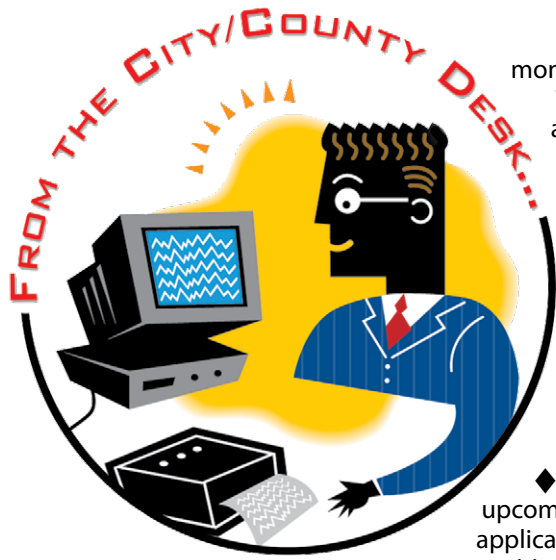
Paula Van Vleck
541.280.7774
paulavanveck@cbbain.com



Bill Pon
541.815.4140
billpon@cbbain.com



Meg Watkins
541.530.1620
meg@megwatkinsre.com



DESCHUTES COUNTY

◆ Deschutes County is seeking community members with an interest in or life experience with transportation, safety and/or mobility issues to serve on an advisory committee for the 2020-2040 Transportation System Plan (TSP) update. The TSP is the 20-year planning document that sets goals and policies for the County's rural transportation system and lists future improvement projects.

The advisory committee:

- Provides insight on community needs and priorities for transportation issues in their geographic areas.
- Comments on and provides input on TSP goals, policies and objectives.
- Reviews and comments on the draft TSP and associated memorandums.

We are seeking two representatives each from the Bend, Redmond, Sisters and La Pine areas to serve on the TSP advisory committee for a total of eight CAC members. We are seeking broad representation on the committee, which will meet at least four times in the 18

months needed to update the TSP. The dates and times of advisory committee meetings are not yet set, but likely will be held on weekdays in the late afternoon or early evenings and will last from one to two hours. Due to COVID-19, it is anticipated the advisory committee will meet virtually via Microsoft Teams or Zoom.

To apply, visit deschutes.org/jobs. Applications will be accepted until Thursday, October 15.

For more information about the committee, contact Peter Russell, senior transportation planner, at 541 383-6718 or peter.russell@deschutes.org.

REDMOND

◆ The City of Redmond is seeking applications to fill upcoming vacancies on city committees. It is also seeking applications for youth ex-officio positions. Youth ex-officio positions were established in 2014 to encourage youth involvement in city business and to create an opportunity for them to voice their concerns and ideas on community issues.

The following committees and commissions are seeking to fill open seats:

- **Airport Committee** — one youth ex-officio position w/ term expiring 2021.
- **Bicycle and Pedestrian Advisory Committee** — Residency: Urban Growth Boundary (UGB), five positions w/terms expiring 2024, one youth ex-officio position w/ term expiring 2021.
- **Budget Committee** — Residency: City Limits & Elector, three positions w/terms expiring 2023, one youth ex-officio position w/term expiring 2021.
- **Downtown Urban Renewal Advisory Committee** — Residency: None, three positions w/terms expiring 2024, one youth ex-officio position w/term expiring 2021.

- **Historic Landmarks Commission** — Residency: Majority within the UGB, four positions w/terms expiring 2019, 2021 & 2022, one youth ex-officio position w/term expiring 2021.
- **Housing and Community Development Committee** — Residency: Urban Growth Boundary (UGB), w/Specific Seat Requirements, five positions w/terms expiring 2024, one youth ex-officio position w/term expiring 2021.
- **Juniper Golf Committee** — Residency: None, two positions w/terms expiring 2024, one youth ex-officio position w/term expiring 2021.
- **Nuisance Appeals Board** — Residency: UGB, one positions (Full-Term) w/terms expiring 2022, one positions (Alternate Member) w/terms expiring 2022.
- **Parks Committee** — Residency: Redmond School District w/majority within the UGB, two positions w/terms expiring 2024, one youth ex-officio position w/ term expiring 2021.
- **Redmond Committee for Art in Public Places** — Residency: Redmond School District w/majority within the UGB, one youth ex-officio position w/term expiring 2021.
- **Urban Area Planning Commission** — Residency: UGB, four positions w/terms expiring 2024, one youth ex-officio position w/term expiring 2021. To learn more about the City of Redmond's commissions and committees visit redmondoregon.gov/government/commissions-committees.

Applications are available online, via email or may be obtained by contacting Redmond City Hall at 541-923-7710. All applications will be accepted until positions are filled.

If you have any questions regarding the application process or serving on a city committee or commission, contact Kelly Morse, City Recorder at 541-923-7751.



FROM THE LEGISLATIVE DESK



SALEM

◆ In light of the recent decision by the Marion County Circuit Court, Secretary of State Bev Clarno has announced she will accept the Voters' Pamphlet statement from the Oregon Re-publican

Party that was filed after the 5pm deadline on August 25.

All political parties are afforded an equal opportunity to include a statement in the Voters' Pamphlet, but are required to file the statement before

the deadline. As the court's opinion did not fully answer the legal questions surrounding this filing deadline, the Secretary will appeal the ruling for administrative clarity. As this appeal runs its course, it will not affect this year's Voters' Pamphlet, which will include the Oregon Republican Party's statement.



Building a better community.

We've long believed in the importance of supporting our entire community. Through deep relationships with local partners and organizations, we're helping to lead the way towards a brighter future for our members and our neighbors.

Causes we're supporting this year, totaling more than \$1,650,000



Education



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◆ State Representative Cheri Helt (R-Bend) stood in unity with students, fellow State Board of Education members and State Representatives Caddy McKeown (D-Coos Bay) and David Brock Smith (R-Port Orford) in the fight to ban the Confederate Flag and other symbols of hatred from school grounds during today's State Board of Education meeting. The All Students Belong initiative is an important step, the first of its kind in the Nation, to set rules within the education curriculum that would ban symbols of ha-tred from Oregon school grounds, including the Confederate Flag, swastikas and nooses.

Helt currently serves on the State Board of Education as Secretary of State Bev Clarno's designee.

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“Our liberty depends on the freedom of the press, and that cannot be limited without being lost.” — Thomas Jefferson

by JEFF MARTIN, President/CEO — Cascade Publications Inc.

Today we salute the journalists of the world who are held to the high standard of bringing truth to power. In our current climate of misinformation, we can still rely on these journalists to bring us the truth. While these noble patriots are not always correct, unlike internet trolls, they are held accountable. When they make mistakes, retractions or corrections are issued, many times include apologies. We must protect them and their sources if we are to remain “the shining light on the hill.”

The internet has brought so much good: We have massive information at our fingertips. It has also brought conspiracy theories, promoted hate and spread outright lies, going unchecked and leading the easily manipulated down rabbit holes that, for many, are incredibly believable and hard to climb out of.

Many of you — probably most — no longer get your information from a printed newspaper. However, every news outlet has embraced the internet and you can subscribe via online. We need to support these outlets however we can, so there will be a place for real journalism to ward off the lies of the internet.

Kudos to our local “daily,” *The Bulletin*. Their journey since the rise of the internet has been difficult. While I don’t always agree with their editorial views, I appreciate the fact that they are still grinding and bringing important stories to light that would otherwise be ignored. Even our local “weekly,” *The Source*, has some good journalists — and again, even though I’m not always on board with their editorial views, they try

to hold our leaders accountable.
As for *Cascade Business News*, a powerful local business leader and friend once told me, “CBN is a snapshot in time.” I agree. CBN has been and still is a “business journal” as it should be. Moving forward, we will continue to “enhance and promote the economic vitality of Central Oregon,” just as we have done since 1994.
Please find your way to support journalists and journalism.
“Whoever would overthrow the liberty of a nation must begin by subduing the freeness of speech.” — Benjamin Franklin



EDITORIAL CARTOON BY RANDY BISH, BISHTOONS




EDITORIAL CARTOON BY SETH BOYES, DICKINSON COUNTY NEWS

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City of Bend Requests Proposals for Affordable Housing & Social Services Funding

Programs Set to Provide Over \$1.4 Million for Affordable Housing Developments & Social Service Organizations in Bend

The City of Bend’s Economic Development Department announced requests for proposals this week for two annual funding programs that are set to provide over \$1.4 million for affordable housing developments and social service organizations in Bend.

The Affordable Housing Fund program started in 2006 as a solution to develop a wide variety of housing throughout Bend. This fund collects one-third of one percent of Building Permit fees submitted to the City of Bend, and uses the proceeds to acquire land for deed restricted affordable housing, develop land, construct homes or rehabilitate homes. This winter, the fund has \$1 million to award for property owners, developers and organizations supporting affordable housing development and preservation.

The Community Development Block Grant program is a federal funding program that provides assistance for housing and community development activities that benefit low- and moderate-income persons. The funds are provided by the U.S. Department of Housing and Urban Development and are

utilized or distributed by the City of Bend. This program also has approximately \$400,000 to distribute to organizations operating in Bend that support community members facing economic hardship.

Requests for Proposals and further eligibility guidelines for both programs can be found at bendoregon.gov/affordable-housing-developers. Submissions are due on Monday, November 2, 2020, at 5pm, and should be submitted to Affordable Housing Coordinator Racheal Baker at rbaker@bendoregon.gov.

Both the AHF and CDBG programs are guided by the City of Bend Consolidated Plan, a comprehensive housing and community development strategy that was prepared with extensive public involvement. The Affordable Housing Advisory Committee will deliberate the allocations of funding available at their public meetings from December to February. Funding recommendations will be made to City Council in February and April of 2021.

bendoregon.gov/affordable-housing-developers • bendoregon.gov

Zumper

Continued from page 1

rent for a studio apartment increased by 4 percent; the average rent for a one-bedroom apartment increased by 2 percent to \$1,473; and the average rent for a two-bedroom apartment decreased by -3 percent to \$1,450. Occupancy is listed at 41 percent renter-occupied households and 59 percent owner-occupied households. The most affordable neighborhoods locally are listed as the Orchard District, Southeast Bend and Larkspur, and the most expensive neighborhoods are listed

as Aubrey Butte, Summit West and River West. The most popular neighborhoods are listed as River West, Mountain View and Larkspur.

For those looking to rent a property, the site breaks down the listings into categories in order to customize the search. Filters include affordability, pet-friendly units and short-term rentals.

The site is free to use when searching for a rental, and landlords who own a property with fewer than 25 units can list on Zumper’s platform for free. Landlords have an option of paying for premiere listing placements (i.e., their listings come up at the

top of search results), and property owners who want to list more extensively can get in touch with a Zumper representative at zumper.com/multifamily.

“Zumper publishes real-time rental data in all markets throughout the U.S. and Canada so renters and property owners always have access to the latest rental information for their respective cities and even neighborhoods,” said Chen. “Armed with accurate market data, both renters and property owners can then make informed decisions before searching for or listing a property.”

Zumper.com

Every day... Great for playing with Fido.




Not for irrigating.

#GreatWaterGreatLife
waterwisetips.org

 UTILITY DEPARTMENT

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| \$3,833 | Renovation w/o accredited survey |
| \$28,800 | Failing to conduct accredited survey |

DON'T RISK IT!

Call us to order a survey.



WWW.BENDASBESTOS.COM | (541) 410-3409

AHERA Accredited Inspector, AHERA: IN-18-5968B, OCHI: 2010, CCB: 216149

Under 40 by Wendy McGrane

Continued from page 1

also adapted to support the changing needs of our clients and our communities, and our local team welcomes the possibility of supporting more businesses and individuals seeking to reach their goals during these unusual times.

Please join U.S. Bank in congratulating this year's recipients for all they are doing to make Central Oregon a better place for everyone to live, work and play. We look forward to watching their accomplishments and community contributions continue to make positive impacts in the years ahead, especially as these individuals further develop their unique leadership potential. As Ruth Bader Ginsburg also said, "Fight for the things that you care about, but do it in a way that will lead others to join you."

Our U.S. Bank team looks forward to virtually celebrating with the winners on October 7.



Under 40 by Jeff Martin

Continued from page 1

and they weren't selected, please nominate them again next year! And THANK YOU for nominating!

Many thanks to U.S. Bank for sponsoring Accomplished Under 40. They realize the importance of the next generations forging our future, and recognizing them for their contributions to our communities and society as a whole. Thank you Bend Chamber and the incredible members of the Young Entrepreneurs Network (YPN), who helped spread the word to honor these young accomplished members of our community.

Congratulations Accomplished Under 40 2020!!



2020 Accomplished Under 40 Award Recipients



Dr. Jared Adams ("Dr. J")
Dentist & Practice Owner
Cascadia Family Dental
Professional Accomplishments:
Dr. Adams is a general family and cosmetic dentist who, from an early age as a 12-year-old, has literally "grown up in dentistry." His long-term commitment is to Keep Bend Smiling through dental care offered at Cascadia Family Dental and his involvement with our community. He is currently serving a four-year term with the Oregon Dental Association's Board of Trustees and has been the Central Oregon Dental Society VP for the past three years.

Civic, Industry & Community Involvement:
Outside of his dental practice, Dr. Adams is actively engaged in our community where he is a member of the Greater Bend Rotary Club, Committee Chair for Bend Young Life, president of a local BNI chapter and advocate for Big Brothers and Big Sisters of Central Oregon. Beyond his passion for dentistry, he genuinely enjoys coming alongside local community efforts with encouragement and support.

Specific Characteristics that Distinguishes Them from Their Peers:
Dr. Adams strives to be a "student for life," and loves how his profession continues to evolve and provide optimal patient care modalities. He is devoted to a career of continued education (CE) as it helps him stay current and focused in his craft of balancing dental art and science. While Oregon requires 20 hours of CE each year, Dr. Adams has consistently completed nearly ten-fold that requirement at 200 accredited hours each year for the past seven years.

Business Leadership Philosophy:
While Dr. Adams sparked an interest in becoming a dentist from a very young

age, he later completed degrees in biology, business and minored in philosophy. This foundation, coupled with a dental school degree from a school whose motto is Service is our Calling, helped shape him as a servant-leader. Whether he's with his dental office team members, professional colleagues or community leaders, his mantra is, "Together we rise!"

Katie Anderson
Founder and CEO
Aperion Management Group
Professional Accomplishments:
Anderson, a Mountain View graduate, started an HOA management company, Aperion Management Group, in Bend in 2008. She has grown Aperion from a one-person start-up to over 25 employees today, managing over 50 Central Oregon HOAs. She also currently holds accreditations with Community Associations Institute as a Certified Manager of Community Associations, CMCA (2006) an Association Management Specialist, AMS (2012) and is one of only 2,500 Professional Community Association Managers, PCAM, in the world, which she received in 2014.

Civic, Industry & Community Involvement:
Anderson sits on the Alliance of Community Association Managers (ACAM) Board, serves on the Bend Chamber Board of Directors and chairs the local Juniper Ridge Advisory Board. She also started the Farm to Fork Dinner and Fundraiser five years ago to benefit local nonprofit Heart of Oregon Corps.



Continued on Page 8 ►



Summit Bank Vice President Jill Cummings, a 2019 Accomplished Under 40 Winner

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Summit Bank, Central Oregon's local business bank, congratulates the Cascade Business News Accomplished Under 40 winners



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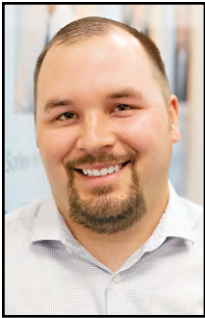
Continued from page 7

Specific Characteristics that Distinguishes Them from Their Peers:

Anderson’s determination is second to none — but coupled with her care for her employees, makes her an exemplary person and business owner. She is dedicated to family, her company and her community, and it shows repeatedly through both local and industry recognitions. Through this incredibly difficult pandemic, she has managed to not only maintain her company but achieve growth, hiring new employees and bringing on multiple new clients, all while homeschooling her three children.

Business Leadership Philosophy:

The company name Aperion was chosen with intent, as it means “limitless” in Greek. No limits hold Anderson hostage while creating an HOA management company where employees truly care for the well-being of each other and the communities they serve. She believes in continuous giving, pushing the limits of her industry and baking stellar cupcakes when all else fails!



Blake Barnhart
Project Executive
Rosendin

Professional Accomplishments:

At 28, Barnhart is the youngest project executive at Rosendin, the nation’s largest employee-owned electrical contracting company. He builds successful project teams, handles operations for a 33-person project management team on a data center campus and manages construction financials for one of Rosendin’s largest revenue producing divisions.

Civic, Industry & Community Involvement:

Barnhart mentors industry juniors, volunteers in a local classroom, supports local charities and fundraises for Crook County projects like splash pad, kids club, foodbank and 4-H.

Specific Characteristics that Distinguishes Them from Their Peers:

Barnhart is an approachable leader with an open-door policy for employees and customers. He welcomes challenging discussions, stays calm and focused during tough situations and gives his team confidence to lead them successfully through frequent construction changes. He’s also skilled at assessing and improving flawed situations and systems.

Business Leadership Philosophy:

Barnhart believes in challenging individuals to be the best person they can be professionally and personally by creating and maintaining strong relationships based upon trust and respect. He shows genuine care for his team, supports their decisions and provides inspiration for what the future holds.



Priscilla Calleros
Membership and Outreach Manager
The Environmental Center
Professional Accomplishments:

Calleros is the current membership and outreach manager at The Environmental Center (TEC), where she strengthens community engagement and support for sustainability efforts across Central Oregon. Calleros has professional experience and expertise with event planning, communications and community outreach. Before coming to TEC, she was a program coordinator at Heart of Oregon Corps.

Civic, Industry & Community Involvement:

Calleros is a committee member for the Central Oregon Latino Partnership Program and participates in the Big Brothers Big Sisters Latinx Mentoring Program. She is a co-organizer for the Youth Equity Leadership Summit, and is a committee member for the Children’s Forest of Central Oregon. During COVID-19, Calleros began volunteering with Mecca Bend to distribute relief funds to families, and at Open Door Café to distribute meals. She is also a volunteer at Harmony Farm Sanctuary.

Specific Characteristics that Distinguishes Them from Their Peers:

Something that immediately stands out is Calleros’ commitment to supporting local youth. She is incredibly generous with her time, energy and talents. She helps provide access; offers an equity lens and uses collective knowledge and creativity to help solve problems. Calleros is thoughtful and intentional, her actions and enthusiasm empower others to get involved in our community as well.

Business Leadership Philosophy:

Calleros’ leadership and drive to build a better Central Oregon for everyone is admirable. She leads with empathy and compassion, has the ability to connect with people and to build authentic, lasting relationships. She is ambitious and fiercely resourceful. Calleros does not shy away from a challenge — she looks for opportunities to learn, grow and make an impact.



Shelby Carter
Vice President, Risk Compliance Audit Professional
U.S. Bank
Professional Accomplishments:

As an RCA Professional on the Quality Management Team, Carter’ primary responsibilities involve auditing the underwriting and financial analysis of U.S. Bank’s Community Commercial Lending Teams. More recently, she has joined a special task force related to COVID-19 as a Payment Protection Program (PPP) Loan Forgiveness Specialist. Our U.S. Bankers across all business lines look to her for expertise in determining documentation requirements and forgiveness calculations for

Continued on Next Page ▶

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SHELBY CARTER!

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BEING NAMED AN
ACCOMPLISHED
UNDER 40!

LEAD. INSPIRE. BUILD.

Under 40 Award Recipients

Continued from page 8

their clients’ P.P.P. loans. This role is especially critical for business owners during such trying times caused by the pandemic. Her leadership will help serve many bankers and business owners, both on a local and national level. Previously, Carter was our local region’s commercial credit analyst manager, and she oversaw the underwriting and portfolio management of business loans within a \$300MM + portfolio while managing a team of six credit analysts. Carter is a Bend native and started her banking career with U.S. Bank in 2008.

Civic, Industry & Community Involvement:

Carter serves on the Central Oregon Intergovernmental Council Loan Committee which helps to bridge the funding gap for many local businesses, and has been on this committee since 2015. She’s quick to raise her hand when volunteer opportunities arise and makes time to support the KIDS Center with project and event-based needs as well. She enjoys attending Bend Chamber YP events and has volunteered at the Women of the Year and Sage Awards for the last several years.

Specific Characteristics that Distinguishes Them from Their Peers:

Carter is a thoughtful leader as she has taken the initiative to develop internal connections at U.S. Bank by participating in the bank’s virtual Business Resource Groups which boast chapters highlighting Women, Black, Native and Asian Americans; individuals with disabilities; Latinos and LGBTQ, to name a few. She is also working through the process to become a mentor through the Bank’s voluntary mentorship program. Her drive to help others is evident in the way she interacts with fellow colleagues and clients. Carter’s role at U.S. Bank does not require her to get involved in these ways, yet she consistently seeks out opportunities to build relationships to cultivate the bank’s culture and values across all business lines. She often voluntarily participates in our local team meetings to remain connected and to share helpful updates that impact on our credit team members and clients.

Business Leadership Philosophy:

When I had the opportunity to work closely with Carter, I observed her lead by example; putting forth the extra time and effort needed to meet client and bank needs. She was meticulous in building relationships in every department in the bank, which served her well when we faced adversity to deliver for our clients and we needed some extra help along the way. She also took each of her direct reports under her wing, and spent countless hours training them to be proficient in financial analysis and underwriting. Carter is very goal-oriented, and always maintains a high level of professionalism and optimism.



Affton Coffelt

Founder/CEO

Broken Top Candle Company

Professional Accomplishments:

Coffelt has spent the last four years managing a rapidly growing startup, with her main focus being on sales, marketing and product development/packaging designs. Such efforts have earned her the 2019 Bend Chamber of Commerce, Entrepreneur of the Year Award, and the company was named second in the Fastest 20 Growing Businesses in Central Oregon by Cascade Business News in 2019. She also pitched at the Bend Venture Conference twice in the last four years. Coffelt’s

constant excitement for business and industry knowledge has landed the brand into national retailers such as Macy’s, Bloomingdale’s, Anthropology, Crate and Barrel and Whole Foods.

Civic, Industry & Community Involvement:

As she juggles family and running a successful startup, Coffelt still finds a lot of time for networking, both learning from and mentoring fellow entrepreneurs within the community. She is actively engaged in groups like Opportunity Knocks and Vistage. Her company has also donated products to local fundraising events and nonprofits.

Specific Characteristics that Distinguishes Them from Their Peers:

Despite her accomplishments, Coffelt is humble and accessible. She loves to support those around her and help them embrace their strengths through connections and creativity.

Business Leadership Philosophy:

Create, innovate and lead a team that is doing what they are best at, what they enjoy most and always being an open door to improve company culture.



Rodney Cook

Director of Financial Planning

Rosell Wealth Management

Professional Accomplishments:

Cook is a Certified Financial Planner and the Director of Financial Planning for Rosell Wealth Management. He received his bachelor’s degree in business administration from Linfield College in McMinnville, Oregon, and continued his pursuit of higher education at Warner Pacific College in Portland, Oregon, where he received his master’s in management and organizational leadership.

Civic, Industry & Community Involvement:

- Board Member — COCC Foundation
- Board Member — Boys and Girls Club of Bend
- Certified Financial Planners Mentorship Program
- Central Oregon Track Club Coach
- Leadership Bend 2017 graduate

Specific Characteristics that Distinguishes Them from Their Peers:

Cook’s high emotional intelligence, integrity and sincerity creates an atmosphere of trust and a true sense of empathy for all in his presence. He is a great listener and has the ability to bring calm to a tension-filled room. His optimistic, big-picture approach to business and life makes him a great teammate.

Business Leadership Philosophy:

Leadership is about motivating and empowering others to realize their unique abilities. Building a cohesive team who works together towards an ultimate goal,

with honesty, integrity, humbleness and appreciation. It’s about being a role model for others to aspire not only professionally, but personally and for the community.



Brett Davis

Owner & General Manager

Premier Printing Solutions

Professional Accomplishments:

As an owner of Premier Printing Solutions, established in Bend in 1999 by Rick Davis, Davis has developed innovative and creative solutions for the local business communities branding, marketing and packaging needs.

Civic, Industry & Community Involvement:

Davis is an ardent supporter of local sports teams, nonprofits and conservation, a cause Davis feels especially passionate about having previously served as an executive board member

for the local chapter of Trout Unlimited.

Specific Characteristics that Distinguishes Them from Their Peers:

One of the youngest leaders in his industry, Davis has made waves in the local business community, partnering with numerous businesses to elevate their branding, packaging and printing products, truly going out of his way to be a resource to the businesses he serves.

Business Leadership Philosophy:

Davis believes that the key to great leadership is authenticity. Genuinely caring about the people in and around your business.



Tarin Denney

Programs Specialist

City of Redmond

Professional Accomplishments:

- Working as a Program Specialist for the City of Redmond
- Selected to be one of 25 National Hometown Fellows at Lead for America
- Awarded Highest Honors by Vanderbilt University for thesis on transportation justice in Nashville
- Executive Director for Thump Lacrosse
- Head Coach for Summit Youth Lacrosse

- Member of Redmond Housing and Service Providers group
- Leadership Redmond 2020 member

Specific Characteristics that Distinguishes Them from Their Peers:

I try to lead with care in all that I do — whether that’s public policy work or direct service. It’s only through community care that we can solve the world’s pressing problems. As a young professional I have been given the unique opportunity to apply this philosophy by serving as the homelessness liaison between the City and local community partners working to alleviate homelessness in our community (like

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Rosell Wealth Management
Congratulates
Rodney Cook
2020 Accomplished Under 40



Under 40 Award Recipients

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the Homeless Leadership Coalition).

Business leadership philosophy:

Through servant leadership and a commitment to community care, we can build resilient and dynamic communities where all people can thrive.



Ellisse Dickey

Broker Project Manager

Compass Commercial Real Estate Services

Professional Accomplishments:

Dickey started her own graphic design business after graduating from OSU in 2011. Dickey joined Compass in 2013, earned the Outstanding Service Award in 2015, promoted to Broker Project Manager in 2019 and now is the head of the marketing department.

Civic, Industry & Community Involvement:

Dickey volunteers as a graphic designer and worship leader for Redmond Community Church and is a 4-H leader to a club

of 15 children.

Specific Characteristics that Distinguishes Them from Their Peers:

When things get busy in the office, Dickey works efficiently to keeps things moving but is also known as the purveyor of fun. She plans company events, happy hours and the Compass Appreciation Party which raises money for local charities while also thanking clients for their business.

Business Leadership Philosophy:

Vulnerability is the birthplace of innovation, creativity and change (Brene Brown). You can't grow as a person, leader or company unless you have the courage to get outside of your comfort zone. As the leader of the marketing department, Dickey pushes Compass forward with creative new ideas.



Tyler Fix

Dentist

PureCare Dental of Bend

Professional Accomplishments:

At 30 years old, Fix considers it a privilege to be a practicing dentist in Bend for more than three years now. At PureCare, he aims to humanize, personalize and modernize the dental experience for all of his patients — all the while carrying an open ear, an open mind and an open heart. Professionally, he has earned his doctorate in Dental Medicine, as well as his masters in Biomedical Science.

Civic, Industry & Community Involvement:

Fix serves as a courtesy faculty member at OSU-Cascades to guide students applying as pre-health professionals to doctorate programs, as a chairman of Professional Development on the Alumni Council at Midwestern University in Arizona and as a councilman on the New Dentist Council for the Oregon Dental Association. Fix volunteers as a doctor for Volunteers In Medicine and with the Family Kitchen locally. Fix freshly graduated from the Leadership Bend Class of 2020.

Specific Characteristics that Distinguishes Them from Their Peers:

Fix firmly believes in being generous with your time, talent and treasure. He hopes to lead by example on these three fronts. Fix wants to bring young people to the tables of leadership and involvement. We benefit so greatly from the communities around us, and we need to be sure that we are giving back.

Business Leadership Philosophy:

Fix exercises a two-pronged leadership philosophy: (1) the best leaders are those that are willing to grow, learn, listen and teach, and (2) the best leaders develop other leaders. Functioning as a leader is not a stagnant role; it requires evolution and a willingness to receive feedback, self-evaluate and pave the way for others to step into their own. Fix believes in fostering a team culture founded on mutual respect, in any environment. A simple, genuine "thank you" can go a long way!



Amanda Glasser

Finance & Membership Director

Redmond Chamber of Commerce & CVB

Professional Accomplishments:

As Finance and Membership Director for five years, Glasser has grown the membership of the Redmond Chamber of Commerce by several hundred members, helps new members take full advantage of all opportunities included with Chamber Membership. She teaches classes on membership, visits all members regularly and supports in every way possible. Especially during the COVID-19 pandemic, she was instrumental in assisting small businesses get connected to the resources they needed

to stay open. She has also fully overhauled and streamlined all Chamber Financial Accounts, bringing them into the 21st Century.

Civic, Industry & Community Involvement:

Glasser is part of the St. Charles Regional Advisory Board, Redmond Childcare Taskforce, a part of the Governor's Central Oregon COVID Economic Impact Taskforce, Redmond Rallies, Leadership Redmond graduate 2017, is a member in the choir at her church and is actively involved in her children's schools.

Specific Characteristics that Distinguishes Them from Their Peers:

Having grown up in Brooklyn, New York, she brings a different perspective — having experienced diversity, culture and people from all walks of life, she develops strong relationships in the Redmond community. Glasser is a fierce advocate for people. She dedicates herself to whatever the task at hand, and works above and beyond in every aspect of her life.

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Broker Project Manager

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Congratulations to Ellisse Dickey from
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Under 40 Award Recipients

Continued from page 10

Business Leadership Philosophy:

Glasser views leadership as being an advocate in her community. She always stands up for and protects people with kindness, empathy, compassion and understanding. Glasser is a lifelong learner, impacting those she comes in contact with along the way.



Joey Greenberg
Business Banking Team Lead
U.S. Bank - Central & Eastern Oregon
Professional Accomplishments:

Greenberg is a U of O graduate in business administration degree with a minor in geology. Greenberg previously held roles with U.S. Gypsum Corp and Fisher Investments before joining U.S. Bank over ten years ago in Newberg, Oregon. From there, Greenberg relocated to take a role as an Underwriting team lead with U.S. Bank's Business Banking Lending Center based in Portland, Oregon. Since relocating to Bend, Greenberg has also served as U.S. Bank's Credit Analyst manager before being promoted to his current role of Business Banking team manager. Additionally, Greenberg was a recipient of U.S. Bank's Legends of Possible award for top performance in both 2018 and 2019.

Civic, Industry & Community Involvement:

- Employee and member of Astoria/Warrenton Chamber of Commerce (1999-2003)
- Member of the Newberg, Oregon Chamber of Commerce (2008-2009)
- Volunteer with Oregon Friends of Shelter Animals in Hillsboro Oregon (2010-2017)
- Planning committee member for Junior Achievement Portland Oregon Chapter (2012-2017)
- Participant in Leadership Bend Class of 2021

Specific Characteristics that Distinguishes Them from Their Peers:

Greenberg leads a highly engaged team through example daily. At the foundation of all of Greenberg's actions is a commitment to serve in a way that sets others up for success. Greenberg really takes the time to understand the needs of others and truly values the opinions of his team.

Business Leadership Philosophy:

Greenberg's leadership philosophy empowers the people that work with him to draw upon their true individual strengths in order to achieve a collective goal. This philosophy enables the people that work with Greenberg to focus on doing what truly makes them happy as individuals while always being supported by others.



Andy Harmon
Project Manager & Building Envelope Design Specialist
Steele Associates Architects
Professional Accomplishments:

Bachelor of Architecture from the University of Michigan; master's in architecture from University of Oregon; graduate studies in Cold Climate Design at the University of Alaska; building envelope design expert. Harmon began as an intern and quickly worked his way up to project manager and leadership at Steele Associates Architects.

Civic, Industry & Community Involvement:

- Greater Bend Rotary Member
- City Club of Central Oregon Attendee
- Architect's without Borders Volunteer
- Edible Skyline Volunteer

Specific Characteristics that Distinguishes Them from Their Peers:

Harmon is a very talented designer and manager who applies keen attention to research and detail in the development of architectural projects. His level of client service is impeccable, and he revels in being a proactive leader of project teams. Harmon's projects extend throughout Oregon and California with individual construction budgets of up to \$100 million. Clients and team members enjoy the levity that his quick wit and great sense of humor brings to the design and construction process.

Business Leadership Philosophy:

Harmon has great passion for architecture, leads by example and follows the Golden Rule. His commitment to serve clients and meet their design vision, schedules and budgets is exceptional, and the big smile on his face proves that he enjoys every minute of it. He is also a great mentor and enjoys imparting his deep knowledge of the design and construction process and detailing to younger team members.



Charles V Hoch
Chief Executive Officer
Eyce LLC
Professional Accomplishments:

- Co-Founder and CEO of Eyce LLC
- Fastest 20 Growing Business 2019, first place award recipient
- Over 4,500 international vendors carrying Eyce products
- Over 1,000,000 Eyce products sold worldwide
- Six new employment positions created since relocating to Bend
- Featured on the cover of four magazine publications
- Name inventor on 25 issued patents spanning four countries

Civic, Industry & Community Involvement:

- Co-founder of the Skater's Coalition for Concrete, which raised over \$140,000 to build a public skate park in hometown of Pagosa Springs, Colorado
- Founder of nonprofit Helmet Awareness Month
- Annual donations to The Giving Plate in Bend

Specific Characteristics that Distinguishes Them from Their Peers:

Hoch is an inspiring leader, because he is not just a dreamer but is willing put in the sacrifice and long hours it takes to be a high achiever too. He is a man of profound focus but without tunnel vision. He is always open to collaboration with his employees and colleagues, because his end goal is a successful project. His excitement for his work is palpable — his passion intense. Hoch isn't afraid of risk or failure; he sees both as an inevitable part of his path to accomplishment (which I never doubt that he will achieve). Hoch does not give up. He is a juggernaut both in the business world and in his everyday life, for which I admire him greatly.

Business Leadership Philosophy:

"I value honesty, work ethic, loyalty and respect, both in myself and in my team members. I strive to be a leader who is approachable. I aim to empower the people around me by providing them freedom and allowing them to make decisions, but offering structure and guidance when needed. Believing means you might, making a plan means you will and following through means you have."



Corissa Holmes
Environmental Programs Supervisor
City of Redmond
Professional Accomplishments:

- With the City of Redmond since 2018, currently a lead on the planning team for Redmond's largest WW treatment plant expansion to date.
- City of McMinnville Outstanding Service Award December 2017 — Completed sewer use ordinance updates and implementation for EPA's NPDES Pretreatment Streamlining Rules
- City of Lake Oswego 2012 Employee Excellence Award for Special Accomplishments

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ANDY HARMON

Congratulations on being selected for Accomplished Under 40, and thank you for all you do at the firm!

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Under 40 Award Recipients

Continued from page 11

Civic, Industry & Community Involvement:

- Oregon Association of Clean Water Agencies (ACWA) Pretreatment Committee Chair 2014-2017
- Oregon ACWA Board Secretary / Treasurer 2017-2019
- Oregon ACWA Board Vice Chair 2019-Present

Specific Characteristics that Distinguishes Them from Their Peers:

Besides having white fingers during the winter... and being a female leader in a municipal wastewater division, I excel at communication. Specifically, in the area of technical writing. I try to know my audience and target my communication accordingly. I take pride in being professional in everything I do, while serving the City's customers with a smile.

Business Leadership Philosophy:

I have a democratic style of leadership where I like to ask my staff and peers their opinions, prior to making a decision that affects the whole group. Open communication, trust and honesty are key to being a good leader. I share important details with my staff and guide them to solutions when they need assistance.



Trevor Lamoureux
VP/Commercial Banking Officer
Columbia Bank

Professional Accomplishments:

- 2018 Columbia Bank top SBA Star Award
- Promoted to VP in 2019
- 2019 Top regional producer in loan growth and referrals

Civic, Industry & Community Involvement:

- Community volunteer for cleanup projects
- Leadership Bend Class of 2020 Alumni
- Actively involved in YPN
- Volunteer for selected nonprofits each quarter, most recently Bend LaPine School District and The Academy at Sisters

- Developed a new website and re-branded Volunteer Central Oregon (powered by Better Together)

Specific Characteristics that Distinguishes Them from Their Peers:

Lamoureux has experience in multiple industries which allows him to mesh with all different types of people and personalities. He is able to quickly find common ground with those he interacts with creating a bond and unique partnership. Lamoureux has a keen ability to see one step ahead and this helps him exceed. Lamoureux is a big believer in having a little luck on your side as well!

Business Leadership Philosophy:

Lamoureux is still outlining and evolving his true leadership philosophy based on his beliefs, style, theories and experiences. Lamoureux's focus in leadership is staying true to himself and following through with the things he commits to doing and being a person of his word.



Mara McCloskey-Becker
Marketing Director
BendTel, Inc.

Professional Accomplishments:

A large portion of McCloskey-Becker's professional background has been in video and audio production, where she's worked in television, radio and musical theater. McCloskey-Becker's tenacity to advance her creative and analytical skills eventually earned her a new career opportunity in marketing. Today, McCloskey-Becker is the marketing director for Central Oregon's largest locally owned and operated business telephone and internet provider, BendTel, Inc.

Civic, Industry & Community Involvement:

McCloskey-Becker's compassion to empower others and to build a strong sense of community led her to Saving Grace where she volunteers as a support group facilitator for survivors of domestic violence. She also volunteers for Cascades Theatrical Company, Bend YP's Summit Committee and is an elected official and board member for the Laidlaw Water District in Tumalo.

Specific Characteristics that Distinguishes Them from Their Peers:

McCloskey-Becker's courage and determination to overcome challenges while working collectively with others makes her a valued member of our team. Her outgoing personality and excitement for engaging customers and coworkers have generated impressive sales and enhanced BendTel's culture considerably. She's always developing new and innovative ways to reach customers and to help streamline our businesses processes and procedures.

Business Leadership Philosophy:

McCloskey-Becker's good-humored and engaging personality perseveres through challenging times and employs the trust and respect of others. We appreciate her commitment to our company's core values and goals and admire her ability to seamlessly collaborate with other departments (sales, technical, billing) which has contributed greatly to our business's success.



Cassandra Miasnikov
Founder & CEO
Selene Marketing

Professional Accomplishments:

By age 26, Miasnikov has been featured in national publications including ABC, Thrive Global and International Business Times for her business aptitude. Her digital agency has earned 4,500 followers online and five stars across the board. Miasnikov is passionate about helping both business owners and her teammates achieve the success they deserve in their business and personal lives.


Civic, Industry & Community Involvement:

During COVID-19, Miasnikov has brought the elderly groceries to help them

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Under 40 Award Recipients

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avoid getting sick. This year, she also serves as a Stevie Awards Judge for Women in Business to empower other female entrepreneurs. She regularly uses her business platform to fundraise for the Red Cross, and donates a percentage of Selene Marketing's proceeds to their cause.

Specific Characteristics that Distinguishes Them from Their Peers:

Miasnikov's is the only female-led, under-30-led marketing and design agency in Central Oregon. She's genuinely passionate about Bend, whether it's playing guitar at 4 Peaks Music Festival to back up a local choir or continuing to serve clients whose budgets were cut during COVID-19 for free.

Business Leadership Philosophy:

Miasnikov leads with compassion. She's a trailblazer who doesn't fear change and is hands-on about personal development. She believes balancing business and personal life is the smartest path to long-lasting success. Miasnikov doesn't stop at bringing clients financial achievements; she works to improve the overall wellbeing of her clients to help them thrive in and out of the office.



Ian Schmidt, AIA, NCARB
Architect
BLRB Architects

Professional Accomplishments:

Schmidt has worked on projects throughout the U.S. and has been invited to present Bend's affordable housing initiatives at regional design conferences. He has studied architecture internationally, including diverse approaches to social housing from Denmark to Chile. He strives to integrate his passion for equality into his everyday work.

Civic, Industry & Community Involvement:

- Bend's Affordable Housing Committee (2018-Current)
- Bend 2030 Middle-Market Housing Committee (2016-2018)
- Speaker, Housing Oregon Conference (2018)
- Executive Leadership Team, Leadership Bend (2018)
- Speaker, Bend Design Conference (2017)

Specific Characteristics that Distinguishes Them from Their Peers:

Schmidt genuinely cares about others and our community. He supports his peer's lives and interests, volunteers on civic committees, promotes equitable treatment for all and is dedicated to quality and functionality in architecture. Schmidt wants dignity in life for everyone and strives to see that happen in Bend.

Business Leadership Philosophy:

Schmidt believes that empathetic, goal-oriented leadership is critical in creating a culture of trust and accountability. Individuals are invited to showcase their strengths while feeling secure to grow in new areas. He encourages sharing of knowledge between team members, as even the most experienced can learn something new each day.



Andrew Soriano
General Manager-Resort Operations
Worldmark Bend Seventh Mountain Resort
Professional Accomplishments:

Soriano runs the day to day operations of the Seventh Mountain Resort, this 230 unit property includes a full service bar, white water rafting, ice skating rink, catering and convention services along with a vacation ownership sales program and many other amenities for guests and owners to enjoy. Soriano is CMCA certified to manage Home Owners Associations in both Oregon and California, has his ARP through the American Resort Development Association, was recognized in *Developments* magazine as a rising star in the industry and currently serves as the President of the SOA Pacific Board in Washington and Treasurer for the WWI and WWII boards in Welches, Oregon. Soriano also partners in the ownership of a local food truck in Redmond.

Civic, Industry & Community Involvement:

Soriano has worked alongside his team to sponsor and support events like Kids PPP with MBSEF, encourages his 75+ associates to donate over eight hours each, per year, to give back to the community doing river and park clean ups as well as building homes and supporting Habitat for Humanity. In the years as GM, the Seventh Mountain team has donated over 10,000 pounds of food to the Giving Plate. Soriano serves as a loyal board member to his community here in Bend and donates rafting, ice skating and room stays to several local charities to support their fundraising goals. Soriano was also recognized for his Greening efforts and received the Philanthropic Award through Wyndham Destinations in 2015 as well as the RCI Green Award from Resort Condominiums International in 2013.

Specific Characteristics that Distinguishes Them from Their Peers:

Soriano is a young leader who held his first general manager job at the age of 25. His youthful approach to the daily grind has been encouraging to his team and his fellow peers. Soriano is transparent and fair and puts his community first along with his associates in order to provide unique experiences for his guests in the businesses he operates.

Business Leadership Philosophy:

Put your team first, your customers second and yourself last. Soriano is a servant leader who strives for excellence in all that he does, and believes that when you support your team and promote them to challenge the status quo you will always find something special.



Jacob Struck
Superintendent
Skanska USA Inc.
Professional Accomplishments:

Struck is an accomplished superintendent from Madras. He's worked on 27 projects during his career at Skanska, totaling \$430 million. His recent leadership on projects like the St. Charles Medical Center, ICU Tower Expansion has helped usher

Continued on Page 14 ▶

ACCOMPLISHED UNDER 40

Congratulations,



Ian Schmidt, AIA • Architect

We appreciate everything you do for the firm, our clients and the community!

BLRB architects

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Congratulations, Jacob!

We are proud of Superintendent Jacob Struck for receiving the Accomplished Under 40 Award by Cascades Business News.

SKANSKA

usa.skanska.com

Under 40 Award Recipients

Continued from page 13

in a variety of benefits and improved services for the local community.

Civic, Industry & Community Involvement:

Struck volunteers 180+ hours per year and shares his passion and knowledge of the construction industry with students, who he mentors through several programs.

Specific Characteristics that Distinguishes Them from Their Peers:

Struck is compassionate, and he’s a natural problem solver. His colleagues describe him as an altruistic team leader because, for Struck, there is no problem too big or job too small. He thoughtfully approaches each project, which is a quality that makes him highly respected by clients.

Business Leadership Philosophy:

Struck leads by example. He rolls up his sleeves and works alongside his team — something his colleagues admire about him. Whether it’s a weekend or late night, Struck is there to get the job done. He approaches his work with an attitude centered around serving others and leading with humility.



Ekaterina Urch MD

Sports Surgeon

The Center

Professional Accomplishments:

Ekaterina Urch, also known as Katya, is a fellowship-trained sports surgeon who’s been treating patients in the Central Oregon area since March 2018. In that time she has built a strong practice, treating thousands of new patients and performing hundreds of procedures, helping people overcome injury and get back to the activities they love. Urch completed a residency in the world’s number one orthopedic program at New York’s Hospital for Special Surgery and a fellowship in sports medicine at Los Angeles, California’s prestigious Kerlan-Jobe Orthopedic Clinic. She is a member of several orthopedic societies, including the American Academy of Orthopedic Surgeons, the American Orthopaedic Society of Sports Medicine and recently became a member of the prestigious American Shoulder & Elbow Surgeons society. She has a particular interest in treating female athletes and active women of all ages and levels.

Civic, Industry & Community Involvement:

Urch and her husband are active members of the community in Bend, having two young daughters with whom they spend time getting out and about and supporting local business and institutions. She has led a series of free lectures and webinars with various local business including FootZone in downtown Bend, Rebound Physical Therapy and Step & Spine Physical Therapy addressing common sports-related injuries and injury prevention. Urch is also interested in mentoring girls and women of all ages looking to pursue a career in medicine and healthcare, having juggled pregnancy and motherhood during the early stages of her career while supporting her husband’s career as a director at a multinational drinks company.

Specific Characteristics that Distinguishes Them from Their Peers:

The keys to Urch’s career success to date have been her passion, diligence and empathy. Having been a Hall of Fame college athlete at New York University, Urch understands not only the frustration of injury but also the apprehension patients may have about seeking medical treatment. She is committed to finding the appropriate treatment for sports injuries, whether it involves surgery, physical therapy or simple lifestyle adjustments. Her approach to care is always doing the right thing for the patient.

Business Leadership Philosophy:

Put simply, staying calm and being committed to finding solutions. Urch’s extensive clinical and surgical training have taught her to keep a cool head in stressful situations, while staying true to the needs of a patient. As she puts it, “I have dedicated my life to helping others live theirs to the fullest.”



Megan Walker

Vice President of Accounting and Finance

Oxford Collection of hotels

Professional Accomplishments:

Walker joined the Oxford Collection of hotels at their corporate office in 2018 as a financial reporting analyst. Currently, she is the vice president of accounting and finance and an integral member of the leadership team. Having earned her bachelor’s degree in accountancy, her master of science in accountancy and Certified Public Accountant (CPA) designation, Walker helps the company make evidence-based business decisions.

Civic, Industry & Community Involvement:

An advocate of community involvement and mentorship, Walker is a member of two local nonprofits serving the business community — Opportunity Knocks and Bend Young Professionals. She has submitted an application to serve on the Board of Directors for the Bend Chamber of Commerce and hopes to deepen her community involvement by fulfilling a position on the board. She continues to look for ways to increase her involvement and give back to the community.

Specific Characteristics that Distinguishes Them from Their Peers:

In a societal culture that values the success of individuals, Walker is a team player and a champion of the collaborative approach. She goes out of her way to share victories, drawing attention to and applauding the contributions of others selflessly. Her acumen and attention to detail are at a very high level and she leverages those skills to build positive relationships with other members of the business community.

Business Leadership Philosophy:

Walker exemplifies servant leadership and has cultivated a culture of trust and confidence within her team that extends through to every department that she interacts with. She has a collaborative, solutions-oriented approach that fosters and rewards creativity, growth and professional accountability.



Dr. Shannon Woods, DMD, MS

Orthodontist and Business Owner/Founder

Woods Orthodontics, LLC

Professional Accomplishments:

Dr. Woods has dedicated her life to be the best orthodontist she can be, in order to provide the highest quality care for her patients. She diligently studies new and upcoming orthodontic techniques to maximize the patient experience and make braces and Invisalign an enjoyable journey. During the two years of her practice, she managed to write and publish a scientific article in a journal, obtain Board Certification in February, and complete continuing education to learn the newest orthodontic technology.

Civic, Industry & Community Involvement:

If you know Dr. Woods well, you will hear her say, “Give, give and give some more.” She is passionate about academic and community involvement. She created SPEA, an ethics association for students, hosts high school students to learn the business of dentistry, and was invited as an Oregon Dental Association lecturer for 2020. She employs seven staff members, is an avid supporter of 4-H and FFA, local schools and youth extracurricular organizations.

Specific Characteristics that Distinguishes Them from Their Peers:

While her patients know Dr. Woods to be kind and caring with a good sense of humor, what truly sets her apart is her work ethic, integrity and the humility to continue to serve others. Orthodontics can be an emotional journey, and she wants patients to feel heard and respected along the way.

Business Leadership Philosophy:

At team huddles, Dr. Woods likes to mention that everyone on the team is here to serve with heart and integrity, and that no one is above the small jobs. She models this through her vibrant chairside manner and personal interactions, as she is the first to arrive each day, and if you’re around after-hours, you’ll likely see her vacuum and make the retainers by hand — it’s all part of her service and team-driven mentality. As she puts it, these efforts create a rising tide that lifts all vessels.

40 & Under Accomplished Winners — All Years

Please note that some of the previous winners have changed positions, some have even changed their names, but we’ve listed them exactly as when they first won the award. Due to space restrictions please find 2006-2018 online at cascadebusnews.com/accomplished-40.

2019

- Katie Beasley — Cascade Street Distillery
- Josh Bostock — U.S. Bank
- Jill Cummings — Summit Bank
- Jenna Fox — Redmond Chamber of Commerce & CVB
- Stephanie Higgins AHWD, PSA, RENE — Berkshire Hathaway HomeServices NW Real Estate
- Johannah Johnson-Weinberg — General Manager, Bend Pet Express
- Maureen Krebs — Hospice of Redmond
- Courtney Latham — Flip Flop Sounds
- David Lenke — The Riverhouse
- Beth Miller — Combined Communications
- Brian Murphy — Norman Building and Design
- Jared Narlock — St. Charles Health System
- Thom Pastor — St. Charles Bend
- Sierra Phillips — Bo’s Falafel Bar
- Chris Phillips — Electrician & Andee Phillips — Realtor
- Jordan Reeher — St. Vincent de Paul-Bend
- Erin Reilly — EDCO
- Tom Standish — Compass Commercial Real Estate Services
- Adam Stephen — Steele Associates Architects
- Caleb Thomas — Redmond Chamber of Commerce & CVB
- Sarah Turner — Mazama Media
- Mike Wolber — G5

2020

- Dr. Jared Adams (“Dr. J”) — Cascadia Family Dental
- Katie Anderson — Aperion Management Group
- Blake Barnhart — Rosendin
- Priscilla Calleros — The Environmental Center
- Shelby Carter — U.S. Bank
- Affton Coffelt — Broken Top Candle Company
- Rodney Cook — Rosell Wealth Management
- Brett Davis — Premier Printing Solutions
- Tarin Denney — City of Redmond
- Ellisse Dickey — Compass Commercial Real Estate Services
- Tyler Fix — PureCare Dental of Bend
- Amanda Glasser — Redmond Chamber of Commerce & CVB
- Joey Greenberg — U.S. Bank - Central & Eastern Oregon
- Andy Harmon — Steele Associates Architects
- Charles V Hoch — Eyce LLC
- Corissa Holmes — City of Redmond
- Trevor Lamoureux — Columbia Bank
- Mara McCloskey-Becker — BendTel, Inc.
- Cassandra Miasnikov — Selene Marketing
- Ian Schmidt, AIA, NCARB — BLRB Architects
- Andrew Soriano — Worldmark Bend Seventh Mountain Resort
- Jacob Struck — Skanska USA Inc.
- Ekaterina Urch MD — The Center
- Megan Walker — Oxford Collection of hotels
- Dr. Shannon Woods, DMD, MS — Woods Orthodontics, LLC

New Hospice House Planned for Bend



RENDERING OF NEW HOSPICE HOUSE PATIENT ROOM | RENDERING COURTESY OF PARTNERS IN CARE

by **MARLENE CARLSON, Director of Development & Communications — Partners In Care**

Partners In Care, Central Oregon’s leading provider of end-of-life care, has begun construction on a new specialty hospital for hospice patients.

After nearly 20 years providing hospice care in a six-bed unit, Partners In Care is constructing a new 12-bed Hospice House on its campus in Bend. DKA Architecture & Design is the lead local architect. JBattleson Design is the project’s landscape architect and SunWest Builders serves as general contractor. Architect Neal Huston worked with the organization to develop the initial needs assessment and master plan; and Architect Jim Barrett represents Partners In Care as project manager.

The new Hospice House at Partners In Care is designed to care for hospice patients with the most acute end-of-life needs or who will benefit from a short stay to provide respite for family members. “Our vision is to create an urban



oasis that reinforces the dignity of the patients and their families while there,” said CEO Eric Alexander.

According to Nurse Manager Jenni Carver-Ross, the spacious suites will accommodate patients in a homelike setting while they receive 24/7 care. “While it is not residential living, families will be able to spend the night, gather in beautiful common areas or escape to private nooks to read or visit,” she said. “Each private room will include an extra-large, fully adjustable bed, a private bathroom with roll-in shower and many amenities for families and visitors.”

Hospice House is the only specialty hospital of its kind in Oregon east of the Cascades. Over 200 staff and 150 volunteers care for hundreds of patients each day in their homes and care facilities. Core service lines include home health, transitions, palliative care and grief support in addition to hospice. PartnersBend.org/campaign



Let me introduce you.

“Construction has begun on our new 12-bed Hospice House. And we have launched a \$6 million capital campaign to help build this new home for hospice. Let me introduce you to our Campaign Council!” – Eric Alexander, President & CEO

Thank you Cynthia Bassett, Peter Boehm MD, Neil Bryant, Jim Crowell, Sandy Garner, Ron Hanson MD, Ronnie Harrelson, Teresa Hogue, Steve Kornfeld MD, Suzanne Lafky, Jeff Martin, Norwyn Newby MD, Shelley Ransom, Courtney Stevens, Clella Thomas, Angela Vanderpool, Bill Willitts, and Karen Wolfe.

If you resonate with this project and would like to join the Council, let’s talk!

Watch our video & learn more at PartnersBend.org/campaign | (541) 706-1335 | NewHospiceHouse@PartnersBend.org



Partners In Care

Hospice | Hospice House
Home Health | Transitions
Palliative Care | Grief Support

Partners In Care Experiences Growth While Maintaining High Quality

by MARLENE CARLSON, Director of Development & Communications — Partners In Care

Speaking to the challenges of operating a healthcare organization during a pandemic, Partners In Care President and CEO Eric Alexander recently noted the uniqueness of this time when he told staff, “We are all living in a time of great uncertainty and change. We’re having to make critical decisions we wouldn’t have imagined just one year ago.”

And yet, Partners In Care continues on a steady course of growth while achieving high marks for quality of care. The community relies on this independent nonprofit organization to provide expert and compassionate end-of-life care 24 hours a day, 7 days a week, over weekends and holidays, through blizzards and hazardous smoky conditions. Its ability to adapt in the face of adversity goes to the heart of its mission to care for those with serious illness at or near the end of their lives. With compassion. With integrity. And with dignity and respect. Wherever the patient calls home—and even when homeless. At any age, whether age 1 or 100.

With a staff of 200 clinical workers including physicians, nurse practitioners, registered nurses, social workers, chaplains, nursing assistants, therapists, grief counselors, as well as administrative and support staff, the Partners In Care team is the leading provider of hospice and home health care in the Central Oregon region. Another 150 volunteers and a board of directors of seven citizens round out the team of essential workers in a unique and specialized field of care.

Partners In Care’s six lines of service are either free to the public or covered by Medicare, Medicaid or private insurance. It is value-based care, helping to reduce hospitalizations, unnecessary trips to the emergency department and futile or unwanted treatments. The needs of the patient and their family members are often met in innovative and creative ways because care is truly centered on the patient and family, a hallmark of end-of-life care.

Its average daily census for home health and hospice care is at an all-time high, which speaks to the value of the hospice philosophy of care and the importance of exploring the benefits of palliative care early in the trajectory of serious illness.

Partners In Care is the successor organization that began over 40 years ago when hospice was a new “movement” in the United States. Through a series of organizational changes, a



MOST HOSPICE AND HOME HEALTH SERVICES ARE PROVIDED IN THE PATIENT’S HOME | PHOTO COURTESY OF PARTNERS IN CARE

final merger took place in 2009 when the name was changed to Partners In Care. Its board of directors uses a policy governance model to provide oversight to the Bend-based operation and its branch offices in La Pine and Redmond.

“We are committed to creating a future that serves our neighbors when they need us most, honoring the extraordinary support we have been given by our community in so many ways,” continued Alexander. “With the addition of a new 12-bed Hospice House to replace the current 6-bed facility, we will come full circle in our ability to provide all levels of post-acute care at Hospice House and in the homes of patients throughout our 10,000-square-mile region.”

For information on achieving the best possible quality of life during a time of illness or decline, visit partnersbend.org or call 541-382-5882.

Local Nonprofits Weigh In

Continued from page 1

remarkably creative in dealing with this.”

Maggie Wells, Program Manager of the LOFT, which houses homeless and runaway youth and is a program of Cascade Youth and Family Center (cascadeyouthandfamilycenter.org), agrees that COVID has altered the way the organization operates, describing daily life as “hectic” at the LOFT. “It’s structured chaos most days, to say the least,” she says with a laugh.

“This year has put everyone to the test,” says Gwenn Wysling, executive director of Bethlehem Inn (bethleheminn.org). “Fortunately, with the support of an amazing community and decades of experience as an emergency shelter, we are skilled at pivoting to meet the challenges of a changing environment.”

Juliana Williams, executive director of the Boys & Girls Clubs of Bend (bgcbend.org), said her organization has shifted significantly since COVID began. “We’ve gone through different phases of operations and how we are responding,” she says. “We’ve been able to really capitalize on our strengths, taking what we do best and the strengths we have and expanding upon those to meet the gap that families are facing right now.”

Williams says that the families they serve are in even greater need now because of the virtual schooling situation, so the Clubs pivoted from being an after-school and break-time program to a full-day program for school-aged youth. “This has happened in a couple of ways,” she explains. “First, in increased health and safety protocols to make sure youth, staff and families stay healthy during the time of this pandemic, and through the expansion of programming. We were early in terms of planning for full days for the school year; we were anticipating that this was the likely scenario, so we were really ready with our plans, which enabled us to focus on key funding opportunities. Several of those that we have received have been specifically aimed at prioritizing spots for families who need financial support to access our services; we’ve been able to offer scholarships to nearly 90 percent of our families.”



BIG BROTHERS BIG SISTERS OF CENTRAL OREGON PROVIDES MENTORING PROGRAMS FOR LOCAL YOUTH | PHOTO COURTESY OF BIG BROTHERS BIG SISTERS OF CENTRAL OREGON

“Initially, when things got shut down, we went from a pretty robust schedule with families, children and our community partners like law enforcement, child protect services and DHS to things really slowing down,” says Gil Levy, executive director of KIDS Center (kidscenter.org), a child abuse intervention center. “But since then, we have put lots of safety protocols in place. We are not up at the same level as in a normal year, but we are getting much closer to that now.” For KIDS Center, as a child advocacy center serving Central Oregon, Levy says the process of working with a child who may have experienced abuse is very involved. “We provide a medical exam and a forensic interview so they can tell their story, give access to therapy, provide emotional support and see the family through the whole process. The day a child comes to

be examined and tell their story is an intense experience; we are able to provide that again now, just with a lot of safety protocols in place.”

At Big Brothers Big Sisters of Central Oregon (bbbsco.org), Bridget Albert, community outreach coordinator, says that when the county shut down, they were unable to make matches between the adult volunteers (“Bigs”) and the recipient children (“Littles”), so they quickly pivoted their focus from providing mentors to providing basic needs to the families, who often face barriers in acquiring these needs. “Eighty percent of our Littles come from low-income households, 60 percent are from single-parent families and 30 percent of our Littles are People of Color who have been disproportionately affected by the economic, health and social impact of this pandemic,” says Albert. “After surveying our families, we discovered that more than 50 percent of the parents/guardians of our Littles either lost their job, were laid off or had a reduction in hours. Forty percent of our families experienced food insecurity and 45 percent needed help paying utilities.” She adds, “Many of these families feel uncomfortable seeking help elsewhere due to immigration status and discrimination, so with the support of our community, BBBSCO jumped into action.”

Eric Alexander, CEO of Partners In Care hospice (partnersbend.org), says that during the pandemic, the care and safety of patients, their family caregivers and the Partners In Care staff has been top priority. “Because elderly and immune-compromised patients account for a large part of Partners In Care’s patients, stringent protocols were instituted from the beginning. Protocols include a minimal visit plan based on patient needs, supplemented with virtual visits and the use of monitoring technology; use of disposable items and personal protective equipment; continued sanitation; and daily monitoring of staff wellness.” At Partners In Care’s in-patient Hospice House in Bend, all visitors are carefully screened prior to visiting patients. Screening includes specific questions, sanitizing and taking the temperature of each visitor.

Despite the pandemic, Alexander says the average daily census for all service lines at Partners In Care has remained at or above the target goal throughout 2020. “Partners In Care is a robust and successful organization with strong, resourceful and resilient teams and individuals who have consistently demonstrated an ability to navigate through difficult situations in order to act from a place of compassion.”

Arlene Gibson, co-founder and president of Younity (younityus.org), which provides bully prevention programs and workshops in Central Oregon, says she believes the events of 2020 have made Younity’s programs more relevant than ever before because there is a current surge in bullying. “Since COVID began, we have been unable to deliver our programs directly to the community and local schools, which is what we’ve done since 2009,” she says. “But now we have virtual interactive programs as our delivery method via several platforms. That’s a huge change. It’s working out; we are doing well.”



Providing clothing and other essential items to local children living in poverty

UNITED WAY OF CENTRAL OREGON’S COVID FUNDING SUPPORTS FAMILIES BY PROVIDING NECESSITIES SUCH AS CLOTHING | PHOTO COURTESY OF ASSISTANCE LEAGUE

Aging Better, Together

by LAURIE WEBER — Council on Aging of Central Oregon

Since the coronavirus pandemic began, it certainly hasn't been business as usual for the Council on Aging of Central Oregon (CoA), or anyone else for that matter. COVID-19 has upended many of our daily routines. And we expect things to remain challenging in the coming months ahead, especially for our most vulnerable older adult friends and neighbors. But, then again, life doesn't come with a script.

One thing has not changed — our commitment at the Council on Aging to help seniors choose the home and community-based services that best address their individual needs so they can “age in place” with dignity, health and independence and find opportunities to feel valued and actively participate in the neighborhoods in which they live.

During the coronavirus pandemic, we have tailored our services to keep seniors safe. While our offices are closed to the public, we continue to offer our services over the phone, Monday-Friday from 8am to 4:30pm. Our Meals on Wheels home-delivery, for example, is continuing uninterrupted using a safe, non-contact delivery method. And, with the closing of senior centers and churches around Central Oregon due to COVID-19 restrictions, the free community lunches are now available as Grab-N-Go take-out in many locations across the tri-county.

In these difficult days, we have all learned what it feels like to be vulnerable. Perhaps we can now better imagine what it must feel like to live with vulnerability every day, to struggle to meet the most basic of needs. Perhaps we better understand how debilitating that can be.

Many older adults have found it more difficult to grocery shop, pick up prescriptions, make it to medical appointments or see family and friends safely. And, many more seniors across Central Oregon have asked us for additional food support over the past several months.

Somewhere along the way, everyone needs an extra layer of support. Additional capital for CoA programs like Meals-on-Wheels and our free Grab-N- Go lunch program would make it possible to provide more nutritious meals to a lot more homebound and older adults in need.



PHOTO | COURTESY OF COUNCIL ON AGING OF CENTRAL OREGON

If you are concerned about someone 60+, don't hesitate to reach out to the Council on Aging for information, resources and referrals to local services. Also, be sure to check out our website at councilonaging.org and our Facebook page to learn more about all that we do in Central Oregon for older adults.

To donate, visit councilonaging.org, or if you prefer to give by check, please send your donation to: The Council on Aging, 373 NE Greenwood Street, Bend, OR 97701. Please include your email address, phone number and return address. We thank you in advance for your generous support.

Council on Aging of Central Oregon is a 501(c) (3) organization. Tax ID: 93-0661229
Donations are tax-deductible to the extent allowable by law.
councilonaging.org • 541-678-5483

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COUNCIL ON AGING

Nonprofits Address Day-to-Day Operational Changes Over Past Year

by **RONNI WILDE** — CBN Reporter

In navigating the early days of the pandemic, most nonprofit agencies had to rethink their methods practically overnight, changing their priorities and learning how to function almost completely virtually. Since then, staff and volunteers have settled into new routines and rhythms and have created revised protocols in order to function in this new world.

“At United Way of Central Oregon, we operated completely remotely for several months, but are now operating in a hybrid model, with staff spending some time in the office and some time working from home,” says Executive Director Ken Wilhelm. “All of our meetings are now conducted via Zoom or a similar platform. We wear masks when



AT THE BETHLEHEM INN, SOCIAL DISTANCING, MASK-WEARING AND SANITATION PROTOCOLS ARE IN FULL FORCE | PHOTO COURTESY OF THE BETHLEHEM INN



DURING THE PANDEMIC, BIG BROTHERS BIG SISTERS OF CENTRAL OREGON HAS HELPED SUPPLY THE NEEDS OF PARTICIPATING FAMILIES, INCLUDING PROVIDING LAPTOPS. PICTURED IS ELYSIA KIYIJA, BBBSCO'S PROGRAM MANAGER | PHOTO COURTESY OF J BAR J AND BBBSCO

we are in the office, and are no longer available for walk-ins. We've cancelled all of our in-person events for the foreseeable future.” He adds, “The nonprofits that provide direct assistance to people have had to adapt the most.”

Bridget Albert, community outreach coordinator of Big Brothers Big Sisters of Central Oregon (BBBSCO), says that for 26 years, the role of BBBSCO has been to match local youth with caring adult mentors, but during this time, assisting the families of the children has become their top priority. “Through funding provided by Central Oregon Latino Partnership Program, BBBSCO distributed Visa, Safeway and Grocery Outlet gift cards to our Latinx families, positively impacting 73 people throughout Deschutes, Jefferson and Crook counties,” she says. The organization also distributed ten laptops to Latinx Mentoring Program mentees to enable them to graduate high school and apply to secondary education and scholarship opportunities; has delivered food boxes to Latinx Mentoring Program families; assisted the parent of a mentee with an unemployment application and helped find child care for another family. “COVID-19 safety information

and comprehensive distance learning information was distributed to our LMP families in Spanish via e-mail. Our reach went beyond our Latinx families. We provided food, civil masks donated by Blackstrap Industries, computers donated by G5, Lego sets donated by Avion Water Company and so much more to any family who needed assistance, positively impacting more than 200 people.”

Summer camps also looked different for BBBSCO, Albert says. “Trinity Episcopal Church of Bend sends 20 to 30 BBBSCO kids to a week-long summer camp for free. “For the majority of our Littles, this is their only camp experience. Due to COVID-19, summer camp was cancelled, but the congregation continued to raise money to provide our Littles with enrichment and outdoor activities. These activities included online classes, martial arts, horseback riding and gymnastics lessons, kayak rentals and educational activity boxes.”

LOFT Program Manager Maggie Wells says much has changed since last year with her organization's operations as well. “We are not taking donations, and we do not have drop-in services for street outreach youth. We have to refer

Continued on Next Page ►



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Avoiding Trapdoors & Bridging the Opportunity Gap

by EVA GILL — J Bar J Youth Services

There are many trapdoors for youth, missteps on their path to adulthood, where they might fall into a place that is hard to climb out of. The vulnerable start life on the wrong side of the opportunity gap and have trouble envisioning themselves as successful adults. Once they fall into places like homelessness or involvement with the juvenile justice system, many spend a lifetime struggling and never recover. Others face a lack of resources or mentors to awaken their potential. J Bar J Youth Services offers a wide range of programs working directly with youth, to help them overcome adversity, learn how their thoughts and beliefs influence their choices and how to create productive futures for themselves.

In our community, there are families in crisis, at risk of losing their children into foster care. Statistics tell us, when children remain in their own family they fare better. By offering these families a support network, a support family helping the family in need through mentorship and perhaps temporary housing of the children, challenged parents can work toward stability. Kindred Connections is able to provide this mentorship and support.

Youth who are homeless, runaway or at risk of running away benefit from the support of Cascade Youth & Family Center and LOFT shelter. There, counselors and case managers can mediate with families and offer emergency shelter while families resolve issues. The kids that have no home to return to, homeless kids looking for their next meal and worried about where they will sleep to be safe from those who would prey on them, usually drop out of school. Bringing kids into safe shelter is a primary goal of CYFC. Some kids need services but don't want shelter, and our job becomes supporting from the street. Helping kids stay in or finish school, find work and build life skills are core components of the services at Cascade Youth & Family Center. We offer hope and a chance at a better future.

Girls who become pregnant while they are homeless or abused find safety and a new home at Grandma's House. Also, young mothers under 18 who must stay in Bend for medical treatment for their babies have few options, as most shelters cannot take minors alone. Giving these moms the help and tools they need to become self-sufficient not only helps them out of their trapdoor, it narrows the opportunity gap for their babies.

Children are shown to do better in school, achieve a higher level of education and are less likely to engage in the justice system when they have mentors. Knowing this, Big Brothers Big Sisters of Central Oregon matches Bigs with Littles, to ignite and defend their potential. This year, with COVID, the organization has stepped up assistance with families of their Littles far beyond match support. Although we are an affiliate of the national BBBS program, all donations to us stay here, helping kids in Central Oregon.

Other J Bar J programs include The at: project, providing case management helping victims of human trafficking become survivors; J Bar J Boys Ranch and J5, residential treatment programs for boys in the juvenile justice system and the Academy at Sisters, a therapeutic boarding school for girls.

Our mission: J Bar J Youth Services offers innovative options for at-risk youth and families who are working toward self-sufficiency and personal responsibility. Our goal? To see youth succeed as happy, healthy adults who contribute to their community.

This year, we lost our largest fundraiser, the Oregon High Desert Classics. This event usually brings hundreds of horses and many participants to Central Oregon. The revenue supports all of our programs. We were able to create a virtual event which was both fun and helped a little, but without rider entry fees, only raised a small portion of the live event. Without the Oregon High Desert Classics, we face a large funding gap this year, and need your help more than ever. Please consider supporting J Bar J Youth Services and our many programs with a donation today.

jbarj.org



CONGRATULATIONS TO LATINX MENTORING PROGRAM LITTLE SISTER, ANDREA, WHO AFTER RECEIVING HER LAPTOP DONATED BY G5, WAS ABLE TO APPLY FOR THREE SCHOLARSHIPS. SHE NOW HAS \$1,700 TOWARDS COLLEGE TUITION | PHOTO COURTESY OF J BAR J YOUTH SERVICES

Help Support Our Newest Initiative

by DAVID NOTARI — Shepherd's House

During the current pandemic, we have witnessed the struggle in our community. Many people are out of work, unable to provide for their families, some even shut-in and isolated from help. Many others are experiencing homelessness for the first time ever; living in cars, on the streets and in nearby camps.

When the pandemic began, The Shepherd's House opened our doors with the desire to help our greater community. We soon realized that we can serve this demographic in an even better way. Meet Project S.H.A.R.E. — Shepherd's House Aid and Relief Effort.

Project S.H.A.R.E. is designed to meet people in the place of their greatest need in order to help them get back on their feet. Instead of people coming to us, we will go out to them — into the community, into the homeless camps — with needed food and supplies, bringing help and hope.

Please consider making a donation to Project S.H.A.R.E. Your generous support will provide food, clothes, supplies, loving care and much more to the most vulnerable in our community. Together we can feed the hungry and help the hurting.

For a limited time, all donations will be matched dollar-for-dollar through the generosity of two local foundations. This money will be used to launch Project S.H.A.R.E. Please consider giving today.

Contact Dave Notari at davidn@shepherdshouseministries.org for more information, and join us as we launch this exciting new initiative.

shepherdshouseministries.org

“I heard how Shepherd’s House was giving out food and supplies. All I had in my fridge were a few eggs and a half gallon of milk. We came not knowing what to expect. They provided days’ worth of food and supplies, a kind smile and even some flowers. Without the help of Shepherd’s House, me and my five kids would not have enough food on the table.”

~Single Mom

Day-to-Day Operational Changes

Continued from page 18

out now for youth to take showers, do laundry and cook hot meals.” She said the street outreach team still goes out to meet with youth on the streets to provide basic needs as much as possible, but they have not been able to take in as many youths as they would like. She adds, “Recreation in the community has to be done in the building, since youth are not able to engage in pro-social activities. Staff members are having a hard time keeping youth engaged and sane from having to be in the building more.” Medical protocols have also increased, she says, due to temperatures and symptom assessments having to be taken. “Mental health and appointments are all through tele-medicine now.”

At Bethlehem Inn, the one thing that has not changed, according to Executive Director Gwenn Wysling, is the safety and security of everyone at shelter. “Last spring, staff quickly revised policies to implement CDC guidelines for our residents, ensuring the sleeping quarters and dining room areas are meeting safety standards.

These changes also included mandatory use of masks and social distancing. The biggest change for us is the temporary suspension of our volunteer program. As an organization that started with a volunteer force, their support is deeply missed.”

At Younity, co-founder and president Arlene Gibson said that because their programs have transferred to virtual and online since March, the biggest change for her organization is that it has become more national in scope. “Now that we are online, we can actually reach more people. We can reach people in different parts of the country; we’d never thought to do that before,” she says. Because parents, teachers and students are so overwhelmed, Gibson says Younity’s peace initiative, inspiration day and kindness programs are needed now more than ever before, as are the Question Persuade Refer (QPR) suicide-prevention programs.

Over at Partners in Care, Chief Development Officer Marlene Carlson says the use of technology to conduct meetings has been in place since early March, which is a big change for them. “Community education programs, palliative care consultations, grief support groups and job interviews have all utilized virtual meeting technology.”

unitedwaycentraloregon.org • bbbsco.org • myhb.org
bethleheminn.org • younityus.org • partnersbend.org

Nonprofit Organizations (Listed Alphabetically)

This is a **PARTIAL** listing of the nonprofit organizations with offices in Central Oregon. A complete list of over 150 will be posted at CascadeBusNews.com under resources. Online Book of Lists subscribers can view and use the list in the online lists site. Note: this does NOT include government organizations and park districts.

| Company / Address | Phone | Fax | WebSite/Email | Contact | Staff | CO Year Est. | Budget | Purpose |
|---|--------------|--------------|--|--|-------|--------------|---------------|--|
| A Smile for Kids 446 SW Seventh St. Redmond, OR 97756 | 541-497-0020 | 541-923-6442 | www.asmileforkids.org ask@asmileforkids.org | Christian Moller-Andersen, Michael Vendrame | 2 | 2003 | N/A | Providing equitable access to orthodontic care to improve the self-confidence, health & resilience of underserved youth throughout Oregon |
| Abilitree 2680 NE Twin Knolls Dr., Ste. 150 Bend, OR 97708 | 541-388-8103 | 541-617-5845 | www.abilitree.org gregs@abilitree.org | April O'Meara | 50 | 1982 | \$2,046,000 | Empower people to grow their independence, expectations & inclusion in community life. |
| Academy at Sisters 62235 Silivis Rd. Bend, OR 97701 | 541-389-2748 | 541-389-2897 | www.academyatsisters.org bhare@academyatsisters.org | Brooke Hare | 27 | 1994 | \$1,700,000 | As a therapeutic boarding school for girls, The Academy at Sisters empowers young women to find wholeness & achieve academic excellence. Anxiety, depression & other struggles teenagers face can become daunting hurdles, sometimes leading to falling grades, detachment from friends & family & behaviors that put girls at-risk & more. |
| Action Through Advocacy 1012 SE Cleveland Square Loop, Ste. 5 Bend, OR 97702 | 541-385-4741 | N/A | www.actionthroughadvocacy.org actionthroughadvocacy@gmail.com | Heidi Myers | 0 | 2012 | N/A | Action Through Advocacy (ATA) provides services & support to foster & adoptive families of Deschutes, Jefferson & Crook Counties. Our purpose is to improve the retention & success of foster homes, inform & strengthen the families who adopt foster children &, through these efforts, improve the outcomes for abused & traumatized children. |
| After School Buddies, Inc. 62595 Hamby Rd. Bend, OR 97701 | 541-390-3046 | N/A | www.afterschoolbuddies.org afterschoolbuddies@gmail.com | Charlene Schulz | 35 | 2003 | \$20,000/year | To prepare young girls for the social & academic challenges of middle school & to provide leadership development opportunities for teens, college students & adults with weekly after school mentoring programs. |
| American Red Cross - Central & Eastern Oregon Chapter 815 SW Bond St., Ste. 110, Bend, OR 97702 | 541-382-2142 | 541-330-1080 | www.redcross.org/or/bend volunteers.fd.cascades@redcross.org | Nadine McCrindle | 8 | 1881 | N/A | The American Red Cross prevents & alleviates human suffering in the face of emergencies by mobilizing the power of volunteers & the generosity of donors. |
| Arts & Culture Alliance 849 NW Wall St. Bend, OR 97703 | 541-316-5665 | N/A | www.artsandcultureco.org artsandculturealliance@gmail.com | Jasmine Helsley-Barnett | 1 | 2010 | N/A | To stimulate creative collaborations in sustaining a robust, thriving & visible creative economy. |
| Assistance League of Bend 210 SE Urania Lane, Bend, OR 97702 Bend, OR 97709 | 541-389-2075 | N/A | www.assistanceleague.org/bend info@AssistanceLeagueBend.com | Deanna Craig | 0 | 1989 | N/A | Assistance League of Bend is dedicated to helping vulnerable children & adults within the community. |
| at: project 62895 Hamby Rd. Bend, OR 97701 | 541-647-0658 | N/A | www.at-project.org | N/A | 3 | 2019 | N/A | Helping victims of human trafficking become survivors. Taking a multilevel approach to fighting human trafficking in Central Oregon. Working directly with victims to help them regain independence, safety & stability & to rebuild their lives. Providing comprehensive case management & crisis intervention, assist in creating safety plans & more. |
| Awbrey Place 2825 Neff Rd. Bend, OR 97701 | 541-317-8464 | 541-317-4147 | www.enlivant.com cbull@enlivant.com | Cindy Bull | 25 | 2005 | N/A | Promotes independence & individuality while providing seniors with extra assistance in daily routines such as medication management, respiratory disorders requiring oxygen, transfer & mobility, bathing, dressing & more. Restaurant style dining, housekeeping & maintenance. Pets welcomed. Short-term stay options. |
| Awesome Bend 501 NW Riverfront St. Bend, OR 97703 | 541-389-5599 | N/A | www.awesomebend.org contact@awesomefoundation.org | Pam Stevenson | 0 | 2015 | \$0 | Inspiring & supporting ideas that make Bend a more awesome place to live, work & play, \$1,000 at a time. |
| BEAT 1080 SE Ninth St., Ste. 120 Bend, OR 97702 | 541-419-5558 | N/A | beatchildrenstheatre.org kim.johnson@beatonline.org | Kim Johnson | 4 | 2006 | N/A | BEAT's mission is to empower youth by fostering creativity, collaboration & self-confidence & to enrich the quality of life & culture of our community, through Theatre Arts. |
| Becca's Closet 1036 NE Fifth St. Bend, OR 97701 | 541-699-8200 | N/A | beccascloset.org beccasclosetofbend@gmail.com | Lindsay Greco | 1 | 2003 | N/A | Ran by volunteers. Free dresses & tuxes for student formals. To, by & for teenagers. |
| Bella Acappella Harmony Chorus PO Box 2215 Bend, OR 97709 | 541-728-9392 | N/A | www.bellaacappella.com bellaacappellasai@gmail.com | Pam White | 0 | 2012 | N/A | An Educational, performing & medal-winning competitive women's chorus, the host chorus of Harmony4Women workshops & a member of Sweet Adelines International. Members develop their vocal & performance artistry through singing four-part acappella harmony. Facebook. |
| Bend 2030 PO Box 431 Bend, OR 97709 | 541-430-8603 | N/A | www.bend2030.org acceleratebend@gmail.com | Erin Foote Morgan | 1 | 2007 | N/A | Community-based volunteer organization dedicated to engaging the residents of Bend & surrounding communities in implementing a long-term vision for how the community will develop, grow & sustain itself. |
| Bend Area Habitat For Humanity 224 NE Thurston Ave. Bend, OR 97701 | 541-385-5387 | N/A | www.bendhabitat.org rcoper@bendhabitat.org | Robin Cooper Engle | 24 | 1989 | N/A | Bend Area Habitat builds strength, stability & self-reliance through homeownership opportunities for qualified, deserving families so that they can realize the dream of affordable homeownership. Over the past 29 years, Bend Habitat has built 125 homes & repaired 100 more, providing more than 800 children & adults a safe, secure & healthy home & more. |
| Bend Park & Recreation Foundation PO Box 1212 Bend, OR 97709 | 541-706-6127 | N/A | www.bendparksandrec.org kim@bendparksandrec.org | Kim Johnson, | 1 | 1977 | N/A | To preserve Bend's livability by enhancing our community's parks, trails & recreation programs, providing access & opportunity for all. Bend Park & Recreation Foundation raises funds to support recreation scholarships for lower income children, families & people with disabilities to participate in Bend Park & Recreation District programs. |
| Bethlehem Inn 3705 N Hwy. 97 PO Box 8540 Bend, OR 97703 | 541-322-8768 | 541-318-7336 | www.bethleheminn.org kim@bethleheminn.org | Kim Fischbach | 30 | 1999 | \$1,700,000 | Mission statement succinctly communicates what the organization strives to achieve every day: Transforming Lives with Shelter, Help & Hope. The Inn is the largest emergency shelter in Central & Eastern Oregon providing housing, meals & case management services for over 1,400 adults & children each year. |
| Better Together 2804 SW Sixth St. Redmond, OR 97756 | 541-693-5678 | N/A | bettertogethercentraloregon.org bettertogether@hdesd.org | Shelley Irwin, Katie Condit | 2 | 2012 | \$500,000 | Building partnership in Central Oregon to increase the number of students graduating from high school, entering post-secondary education & training & ultimately entering into a meaningful career. |
| Beulah's Place 1853 SW 23rd St. Redmond, OR 97756 | 541-526-0445 | N/A | www.beulahsplace.org info@beulahsplace.org | Andi Buerger | 0 | 2008 | N/A | Our mission is to lead homeless teens away from sexual exploitation by criminals & predators. In a non-judgmental environment provide victims & at-risk kids help, healing & most of all, hope. |
| Big Brothers Big Sisters of Central Oregon 2125 NE Daggett Lane Bend, OR 97701 | 541-312-6047 | 541-312-6052 | www.bbbsco.org elysia@bbbsco.org | Elysia Kiyija | 6 | 1994 | \$400,000 | Redefining what is possible for children in Central Oregon: Matching professionally screened adult mentors (Bigs) & kids (Littles) to defend, ignite & empower their potential. Serving the Bend, Redmond & Madras areas. A Program of J Bar J Youth Services. |
| Boy Scouts of America, Crater Lake Council 61383 S Hwy. 97, Ste. F Bend, OR 97702 | 541-382-4647 | N/A | www.craterlakecouncil.org laura.goetz@scouting.org | Laura Goetz | 1 | N/A | N/A | Existing to prepare young people to make ethical & moral choices over their lifetimes by instilling in them the values of the Scout Oath & Law. |
| Boys & Girls Clubs of Bend - East Bend Club 1707 SE Tempest Dr. Bend, OR 97702 | 541-385-3009 | N/A | bgcbend.org jwilliams@bgcbend.org | Juliana Williams | 25 | 1994 | \$1,100,000 | Provide supportive relationships & opportunities for growth that inspire & empower youth to reach their full potential in the classroom, at home & in our community. |
| Boys & Girls Clubs of Bend - Downtown Bend Club 500 NW Wall St., Bend, OR 97703 | 541-617-2877 | 541-617-2880 | www.bgcbend.org jwilliams@bgcbend.org | Juliana Williams | 25 | 1994 | \$1,100,000 | See above. |

Continued on Page 22▶

Our child abuse prevention trainings are now available **VIRTUALLY!**




Learn how to protect children in our community from the comfort of your own home. Sign up today at KIDSCENTER.ORG



KIDS Center





Your Generous Donation **Today** Will Help Us

- Decrease suicide rate in teens aged 14-19.
- Increase completion of high school education.
- Increase transition of at-risk homeless teens into successful life paths.

BEULAH'S PLACE

- is a 501(c)3 nonprofit organization
- has a 92% success rate with its program
- has served Central Oregon for over 13 years

beulahsplace.org | 541.526.0445 | P.O. Box 518 Redmond, Oregon 97756

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Because Every Child Matters

We Are

J BAR J YOUTH SERVICES



Innovative options for at-risk youth and families who are working toward self-sufficiency and personal responsibility.

Change a Life ~ Donate Now
www.jbarj.org

▶ CONTINUED FROM PAGE 20

Nonprofit Organizations *(Listed Alphabetically)*

This is a **PARTIAL** listing of the nonprofit organizations with offices in Central Oregon. A complete list of over 150 will be posted at CascadeBusNews.com under resources. Online Book of Lists subscribers can view and use the list in the online lists site. Note: this does NOT include government organizations and park districts.

| Company / Address | Phone | Fax | WebSite/Email | Contact | Staff | CO Year Est. | Budget | Purpose |
|---|---------------------|--------------|--|--|-------|--------------|---------------|--|
| BrightSide Animal Center 1355 NE Hemlock Ave. Redmond, OR 97756 | 541-923-0882 | N/A | www.brightsideanimals.org accounting@brghtsideanimals.org | Pat Bowling, Mark Crose | 15 | N/A | N/A | Enriching the lives of displaced animals through quality care & adoption to a responsible & loving home. |
| Camp Fire Central Oregon 1001 SW Emkay Dr Ste. 100 Bend, OR 97702 | 541-382-4682 | N/A | campfireco.org info@campfireco.org | N/A | 6 | 1910 | N/A | Camp Fire Central Oregon provides after school & summer enrichment programs for kids, teens & families in our community. |
| CASA of Central Oregon 1029 NW 14th St., Ste. 100 Bend, OR 97703 | 541-389-1618 | N/A | casaofcentraloregon.org info@casaofcentraloregon.org | Heather Dion, Jenna App | 10 | 1991 | \$490,000 | Nonprofit organization that recruits, trains & supports volunteers who advocate for the best interests of abused & neglected children in the court system. Volunteers work within the courts in collaboration with key agencies, legal counsel & community resources to ensure that every child in foster care in Central Oregon can transition into a safe & permanent home. |
| Cascade School Of Music 510 NE Third St. Bend, OR 97701 | 541-382-6866 | N/A | www.cascadeschoolofmusic.org info@cascadeschoolofmusic.org | Robert Lambeth | 38 | 2002 | \$800,000 | Our mission is to enrich our community by providing exceptional music education that is Fun, Engaging & Social for students of all ages. |
| Cascade Youth & Family Center/The LOFT 19 SW Century Dr. Bend, OR 97702 | 800-660-0934 | 541-383-3024 | www.cascadeyouthandfamily-center.org cylc@jbarj.org | Liz Langmas | 23 | 1989 | \$1,600,000 | A safe haven for young people in jeopardy: Providing runaway & homeless teens with safe, stable living conditions, mediation with family & innovative options for developing self-suf-ficiency. Outreach provides kids living on the street with drop-in hours to shower & have a meal as well as get access to other help, including mediation with family & more. |
| Cascade Youth & Family Services Bend & Redmond 62895 Hamby Rd., Bend, OR 97701 | 541-382-0934 | 541-383-3024 | www.cascadeyouthandfamily-center.org cylc@jbarj.org | Liz Langmas | 0 | 1968 | N/A | See above. |
| Center for Compassionate Living 803 SW Industrial Way, Ste. 200 Bend, OR 97702 | 541-350-6517 | N/A | www.compassionatecenter.org bryn@compassionatecenter.org | Denise Torres, Bryn Hazell | 0 | 2006 | \$25,000 | Provide classes & organizational training in compassionate (nonviolent) communication because of its effectiveness in overcoming judgment & blame when conflict arises. Classes & training available for individuals & organization's staff & leadership, as well as for the communities they serve. Workable sliding fee scale. |
| Central Oregon 211 1130 NW Harriman, Ste. A Bend, OR 97708 | 541-389-6507 | 541-385-1742 | http://211info.org info@deschutesunitedway.org | Kati Hannigan | 1 | 2004 | N/A | Easy to remember telephone number that connects people to important community services & volunteer opportunities. |
| Central Oregon Avalanche Center 2701 NW Scandia Loop Bend, OR 97701 | N/A | N/A | coavalanche.org info@coavalanche.org | Trevor Miller | 5 | 2009 | N/A | Promoting increased avalanche awareness & education in the Cascade Mountains of Central Oregon. |
| Central Oregon Disability Support Network 731 SW Highland Ave. Redmond, OR 97756 | 541-548-8559 | N/A | www.codsn.org info@codsn.org | Dianna Hansen | 3 | 2003 | \$180,000 | Promotes a positive understanding of disability & community inclusion. A source of support, information & education for families & professionals. Missing is to connect families with sources & each other to recognize, promote & value diversity in a welcoming community. |
| Central Oregon Disability Support Network 2525 Twin Knolls Dr., Ste. 7 Bend, OR 97701 | 541-548-8559 | N/A | www.codsn.org info@codsn.org | Dianna Hansen | 9 | 2003 | \$250,000 | See above. |
| Central Oregon Disability Support Network 2525 NE Twin Knolls Dr., Ste. 7 Warm Springs, OR 97761 | 541-548-8559 | N/A | www.codsn.org info@codsn.org | Dianna Hansen | 9 | 2003 | \$2,500,000 | See above. |
| Central Oregon LandWatch 2843 NW Lolo Dr., Ste. 200 Bend, OR 97703 | 541-647-2930 | N/A | www.colw.org info@colw.org | Paul Dewey | 7 | 1985 | N/A | We work to protect what we all love most about Central Oregon: farm & forest land, rivers & springs, wildlife habitat & livable communities. |
| Central Oregon Partnerships For Youth 63333 W Hwy. 20 Bend, OR 97703 | 541-388-6651 | 541-330-9162 | www.sheniff.deschutes.org/copy copy@deschutes.org | Bob Moore | 1 | 2003 | \$80,000 | Works to reduce trauma for children dealing with parental incarceration. Connects safe & appropriate volunteer mentors in a one-to-one relationship with the children. |
| Central Oregon Public Safety Chaplaincy PO Box 1898 Redmond, OR 97756 | 541-213-8303 | N/A | copchaplain.com joel.p.stutzman@gmail.com | Joel Stutzman | 2 | 1997 | N/A | Serving the hearts & minds of Central Oregon's First Responders. Confidential personal counseling, ride-alongs, emergency services, hospital & home visits, provide critical incident debriefing & defusing, officer training & public awareness, community classes, officiating services, training, disaster response & more. |
| Central Oregon Symphony Association (COSA) 15 SW Colorado Ste. 320 Bend, OR 97702 | 541-317-3941 | N/A | www.cosymphony.com info@cosymphony.com | Tanya Bruce | 2 | 1967 | N/A | Provide concerts of symphonic & classical music featuring internationally known soloists & provide educational music opportunities to children & adults. |
| Central Oregon Veterans Outreach (COVO) 61510 S Hwy. 97, Ste. 100 Bend, OR 97702 | 541-383-2793 | 541-389-5106 | www.covo-us.org covo-us.org | N/A | 12 | 2005 | \$500,000 | Serves, assists, advocates & creates support for Veterans of all eras & the homeless commu-nity of Central Oregon. |
| Children's Museum of Central Oregon 1005 Galveston Ave. Bend, OR 97701 | 541-639-9112 | N/A | www.childrensmuseumcentralore-gon.org info@childrensmuseumco.org | Kayla Wopschall | 0 | 2015 | N/A | To serve as a place for children to create, explore & investigate their world through immer-sive hands on experiences & as a resource for families of all types to grow & learn together. |
| Commute Options 50 SW Bond St., Ste. 4 Bend, OR 97702 | 541-668-6138 | N/A | www.commuteoptions.org brian@commuteoptions.org | Brian Potwin | 4 | 1991 | N/A | Promoting choices that reduce the impact of driving alone. Options include walking, bicycling, carpooling, teleworking & riding the bus. Company van pool & ridesharing. Carpooling matching available on web. |
| Deschutes Children's Foundation 1010 NW 14th St. Bend, OR 97703 | 541-388-3101 | 541-383-2540 | www.deschuteschildrensfounda-tion.org info@deschuteschildrensfoun-dation.org | Amy Ward | 6 | 1990 | \$550,000 | Providing the space & support where nonprofits succeed at helping children & families, with four community campuses located in Bend, Redmond & La Pine. Nonprofit partners receive drastically reduced office & classroom space & no-cost facility management. Also offers affordable conference room rentals for nonprofits & businesses. |
| Grandma's House of Central Oregon PO Box 6372 Bend, OR 97708 | 541-383-3515 | N/A | www.GrandmasHouseOfCO.org grandmashouse@grandmashou-seofCO.org | Eliza Wilson | 8 | 1992 | \$380,000 | Shelter & care for homeless or abused pregnant girls age 12 -19. They enter the program to carry out healthy, full term pregnancies, learn to parent an infant/child, or complete a successful adoption. While at the house they can continue their education & more. |
| J Bar J Boys Ranch & J5 62895 Hamby Rd. Bend, OR 97701 | 541-389-1409 | N/A | www.jbarj.org/j-bar-j-boys-ranch egill@jbarj.org | Eva Gill, Peggy Carey | 174 | 1968 | \$4,100,000 | Residential treatment program for adjudicated teen boys, providing an opportunity for boysto restructure thinking, succeed academically & grow in responsibility. J5 offers short-term stabilization, assisting boys on parole or probation to move to lesser level of support by teaching intervention & de-escalation skills & more. |
| J Bar J Youth Services 62895 Hamby Rd. Bend, OR 97701 | 541-389-1409 | N/A | www.jbarj.org egill@jbarj.org | Eva Gill | 174 | 1968 | \$9,700,000 | Seeking & developing innovative options to help youth choose better futures & helping them on the path of self-sufficiency & personal responsibility. Offering a continuum of programs to create brighter outcomes, including: J Bar J Boys Ranch, J5 Program, Cascade Youth & Family Center, Grandma's House, at: project & more. |
| KIDS Center (Kids Intervention & Diagnostic Services Center) 1375 NW Kingston Ave. Bend, OR 97703 | 541-383-5958 | 541-647-1143 | www.kidscenter.org info@kidscenter.org | Robin Antonson | 27 | 1994 | \$2.2 Million | Dedicated to prevention, evaluation & treatment of child abuse. |
| Kindred Connections 62895 Hamby Rd Bend, OR 97701 | 541-306-9311 | 541-312-6052 | www.kindred-connections.org kindredconnections.co@gmail.com | Jana Hill | 3 | 2015 | N/A | Helping families in crisis who lack a safety net: Mobilizing & equipping mentoring families & area church communities to provide support while parents work to secure stability for their families. Help provide mentoring relationships for parents & temporary housing for children to families in crisis who lack a safety net & more. |
| MountainStar Family Relief Nursery 2125 NE Daggett Lane Bend, OR 97701 | 541-322-6820 | 541-322-1884 | www.mtstar.org info@mtstar.org | Staley Micken | 30 | 2001 | \$2.1M | Prevent child abuse & neglect through community support & therapeutic services that help vulnerable children & families succeed. |
| Partners In Care 2075 NE Wyatt Ct. Bend, OR 97701 | 541-382-5882 | N/A | www.partnersbend.org marlenecc@partnersbend.org | Marlene Carlson | 200 | 1979 | N/A | 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 six-bed, in-patient unit. On-call 24/7. |
| Portrait Connection PO Box 265 Long Creek, OR 97856 | 541-421-3715 | N/A | portraitconnection.org theteam@portraitconnection.org | Elaine Eisenbraun | 2 | 2017 | N/A | Families who have a child facing a serious medical condition are paired with fine artists who paint portraits of the children. These portraits become a symbol of community compassion. They are exhibited in a public setting to raise awareness in the community, before the family takes the radiant portraits home to be a sanctuary of peace & healing in the family home. |
| Shepherd's House Ministries 1854 NE Division St. Bend, OR 97701 | 541-388-2096 | 541-617-5703 | shepherdshouseministries.org davidn@shepherdshouseministries.org | Ryan Olufson, David Notari | 20 | 2006 | \$1.2 Million | Hope & healing for the hurting & broken. |
| The Environmental Center 16 NW Kansas Ave. Bend, OR 97703 | 541-385-6908 x10 | N/A | www.envirocenter.org marianne@envirocenter.org | Marianne Pyott | 14 | 1989 | N/A | Educate & empower Central Oregonians to advance a sustainable future, for people & the planet. |
| United Way of Central Oregon 1130 NW Harriman Ste. A Mailing: PO Box 5969 Bend, OR 97703 | 541-389-6507 | 541-385-1742 | www.unitedwaycentraloregon.org info@unitedwaycentraloregon.org | Kati Hannigan, Jane Wendell, Diana Fischetti, Ken Wilhelm | 5 | 1953 | \$1,250,000 | We're more than just fundraisers, we're changemakers. We fight for the health, education, resilience & financial stability of every person in our Central Oregon Community. We are leading a community-wide social movement to build resilience in individuals, families & our community & more |
| Younity 404 NE Norton Ave. Bend, OR 97701 | 541-382-1093 | N/A | www.Younityus.org coxenrider@younityus.org | Carol Oxenrider | 0 | 2007 | N/A | Youth empowerment programs teach young people how to be agents of kindness. Fund, adminis-ter, support & conduct workshops that teach youth how to respond effectively to bullying & reduce suicide risk factors. Currently developing diversity- & peace-building programs to further support students, families & more in understanding how their actions influence themselves & others. |

CBN has made every effort to ensure that all information is accurate and up-to-date. We cannot, however, guarantee it. Please contact us immediately if you know that certain information is not correct or you would like to be added to a list, 541-388-5665 or email cbn@cascadebusnews.com.

Basics of Starting an Oregon Nonprofit

by **BRUCE BARRETT**

Starting a nonprofit can be a rewarding experience that benefits the community, the founders and those it serves. A nonprofit provides the ability to give back to the community and make a difference unlike any other industry. But starting a charity or nonprofit organization is just like starting a for-profit business. And just like starting a for-profit business, there are steps to insure long-term success.

Under the IRS's 501(c) code, there are two main types of nonprofits: nonprofit organization (NPO) and not-for-profit organization (NFPO). NPO's serve the public via goods and services while a not-for-profit organization (NFPO) may serve just a group of members. 501(c)(3), are organizations that are "corporations, funds or foundations that operate for religious, charitable, scientific, literary or educational purposes." Conversely, NFPOs may exist for more private focused groups or members.

According to (NCCS) the National Center for Charitable Statistics more than 1.5 million nonprofit organizations are registered in the United States. The 1.5 million includes public charities, private foundations and many other types of nonprofit organizations. Additional organizations include chambers of commerce organizations, fraternal organizations and civic leagues. On average, over 25 percent of all adults volunteer annually to support a nonprofit organization of some type. There are also over 11.4 million workers in the United States nonprofit workforce.

Here are some tips to consider before you start and some points on generally how to start a business.

Have a Plan and Do Your Homework

When starting a nonprofit organization you have to ask yourself a few initial questions:

- What is my objective?
- Who am I trying to reach?
- Do I have the resources to achieve this goal?
- What is my timeline?

As you begin the process of documenting your idea, mission and vision as well as the formation path of your nonprofit, consider investing a good



amount of time in the beginning writing a detailed business plan. This is an important step because you will need parts of your business plan to include in your federal Form 1023 application for tax-exemption status and future fundraising. Resources to help develop a business plan include SCORE, a group of volunteers with broad backgrounds in starting and running businesses, an attorney, a CPA and nonprofit associations such as the National Council of Non Profits.

Incorporate Your Nonprofit & Establish Governance

Nonprofits cannot escape the paperwork that is required in starting a business and may even require a few extra steps to obtain a 501(c)(3) tax-exempt status. This will be where most of your time will be focused on in the beginning. To make the process to incorporate easier and getting to 501(c)(3) faster here is a checklist:

- Pick a creative and relevant name. This is important because it will be your brand, your rally cry and your identifier. Make sure whatever you choose is available by doing a name search.
- Assemble a Board of Directors. This group is very important and requires a large commitment by them because they will be legally accountable to help your organization meet its vision and mission. The requirements set upon them are different state to state, so be sure to check with the Oregon Secretary of State.
- Draft your bylaws with your Board of Directors' guidance. This will be your operator's manual for your nonprofit. You will need to have a copy of this on premise at your office on record for filing your Articles of Incorporation and will need to submit these when applying for your federal tax-exemption.

Oregon has an excellent resource for startups. You can research this online at Oregon Department of Commerce, Business Express. This site will guide you through the regulatory process.

Bruce Barrett is a Commercial Real Estate Broker with Windermere Central Oregon Real Estate and a Certified SCORE Mentor. He can be reached at 541-410-3484. Whether you want to start or grow your business, SCORE can help. Find a mentor today at centraloregon.score.org.



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United Way of Central Oregon

Driving the Change That's Building a Resilient Central Oregon

by **DIANA FISCHETTI**, Director of Development & Marketing — United Way of Central Oregon

The pandemic, civil unrest and wildfires have put a spotlight on financial and racial inequities in our region and across the country. Inequities in our systems for health, education, employment, food access and vulnerability to natural disasters. And, inequities in financial stability and opportunity for all.

Nearly 40 percent of Central Oregonians were already living on the edge before COVID-19. Then the pandemic hit, deepening existing disparities.

At United Way of Central Oregon, we were one of the first to respond — providing resources for food, financial assistance and basic needs.

The fallout of COVID-19 hit our most vulnerable first and hardest and will continue to do so in weeks and months and even years to come. And so, our response continues through our local Central Oregon COVID-19 Recovery & Resilience Fund.

We're feeding people who need to be fed, keeping them in their homes and protecting our most vulnerable.



PHOTOS | COURTESY OF UNITED WAY OF CENTRAL OREGON



We're helping local nonprofits to adapt, to face new challenges of COVID-19, so they can deliver essential services and meet the needs of our community's most vulnerable.

To that end, we've awarded \$295,000 to 44 local nonprofit programs — our COVID-19 Partners.

Twenty six percent of Central Oregonians are served by a program we fund.

We're also the backbone of the TRACEs movement, convening and collaborating with 100+ partners nurturing and building resilience in our region.

We're fighting for the health, education, financial stability and resilience of every person in our community.

We're driving the change that's building a resilient Central Oregon, reducing disparities, increasing equity and mobilizing and deploying resources where they are needed most.

We're here, helping locally during this global time of need.

Now is the time to Live United. And GIVE United at unitedwaycentraloregon.org.

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Transforming Lives Together with Shelter, Help & Hope

by KIM FISCHBACH — Bethlehem Inn

Bethlehem Inn's mission is to *transform lives together with shelter, help and hope* for adults and children in Central Oregon struggling with homelessness and poverty. The Inn provides shelter services that benefit over 1,400 unduplicated adults and children each year.

After an average five-week stay, residents are stronger based on key gains in stable housing, school placement for children, access to health care and customized supports focused on transition to stability. In a region marked by fast growth, increasing housing prices and wages lagging behind the rest of the state, Bethlehem Inn is the only emergency refuge for men, women and families in Central Oregon's Tri-County area. Many regional individuals and families struggle with the impact of situational poverty, which can occur as a result of job loss, illness or other misfortune. With an average five-week stay, a majority of individuals and families are able to stabilize and transition into stable housing, while making other gains toward self-sufficiency.

A brief story is often the best way of sharing how our supporters enable Bethlehem Inn to help our community's most vulnerable population. Here's Jim's story:

When Jim arrived at Bethlehem Inn, he says he was, "...in a really dark place." Jim has faced hurdles all of his life. Mental health challenges created most of them. A three-decade career

in government service with the State of Oregon ended abruptly. A lump sum pension lasted only so long. Untreated mental illness meant jobs were won and lost. Money kept running out. He was headed for life on the street when friends told him about the Inn. Jim didn't know what to expect, but his first impression and every one after that has been positive.

His efforts to get badly needed disability support finally paid off thanks to Inn staff working in coordination with Deschutes County Behavioral Health. After staff assisted him in signing up with the Oregon Health Plan, he finally received badly needed medications. The words Jim uses most often when asked about his experience at the Inn are, "helpful" and "resources". The Inn, he says, "...has made a huge difference in my life." Jim is saving money now and searching for housing. The COVID-19 pandemic is delaying his departure from the Inn, but that day will come. Over and over, Jim says he is deeply grateful that, with help from Inn staff, his life hurdles have been overcome and replaced with hope and promise.

Your support helps people just like Jim get back on their feet.

bethleheminn.org



JIM B | PHOTO COURTESY OF BETHLEHEM INN

Strengthening Families to Keep Kids Safe

by KEVIN DONER, Development Manager — MountainStar Family Relief Nursery

"Our only option is the motel," Sam's mom explained to MountainStar teacher Amanda. "Okay, I will be right over. I can't come inside so let's talk on the lawn to be safe," Amanda replied over the phone. Amanda was relieved that she was finally able to get a hold of Sam and his family.

Sam, a very energetic three-year-old at MountainStar, and his family lost their housing last April. Sam's mom was difficult to find because of their unstable living situation, a phone that was often shut off and a car that was nearly dead.

Sam lives with his mom, uncle and two siblings in a small, cramped room. Sam's mom and uncle share time taking care of the kids while the other works. Mom and uncle both have "essential jobs," where they frequently interface with the public and were both extremely worried about bringing coronavirus into their small living space.

When Amanda arrived, Mom shared how difficult life had become trying to raise three kids, home school two of them and deal with the unimaginable laundry list of stress in her daily life.

In times of crisis, child abuse increases. Luckily, Amanda was there for Sam's family

when they needed it most. During the three-hour visit Mom shared, "Sam is always interrupting his siblings when they are doing school and it's so tough for them to focus."


Amanda came up with the idea to give Sam his own "homework" to feel connected to his siblings and provide an outlet for his energy. She described three grounding exercises that worked to calm him down in the classroom. She provided five yoga activity cards that he already knew, tapping exercises and encouraged Mom to create a "safe place fort" that could be his own. Mom was so overcome with relief that she started crying and looked like she wanted to hug Amanda. Amanda smiled, "long distance high-five!"

MountainStar depends on community investment to serve over 300 children and their families each year. Your support makes a difference every day to children in our program. Thank you for being our partner in child abuse and neglect prevention in Central Oregon.

mtstar.org



PHOTO | COURTESY OF MOUNTAINSTAR FAMILY RELIEF NURSERY



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United Way of Central Oregon

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This year is unlike any other so we've made some changes to the Get There Challenge. New this year, Challenge participants can unlock achievements in the Get There tool to earn points toward entry into weekly and grand prize drawings.

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strengthening families to keep children safe

Have Nonprofits Found Any Silver Linings This Past Year? Yes!

by **RONNI WILDE — CBN Reporter**

When asked if anything good has come from the pandemic and other crises of 2020, most of the nonprofit directors queried were quick to answer with a resounding “yes.”

“Absolutely! We have discovered that as a dedicated small staff, with our community’s support, we are able to assist our families above and beyond mentoring services,” says Bridget Albert, community outreach coordinator of Big Brothers Big Sisters of Central Oregon. “We are committed to providing the resources that our families desperately need during this crisis and any crisis that may follow. This pandemic has posed one of the greatest threats to the potential of our youth, and we are committed to taking up the charge to defend it now, more than ever.”

Boys & Girls Clubs Executive Director Juliana Williams says, “One of things that’s been an unexpected bright spot in our programming is that our COVID guidelines have required much smaller group sizes and increased staff. While this is very expensive, it has allowed our staff to develop closer relationships with our youth. We need more staff to serve less youth, but the benefit is that we can support them even further.”

Gil Levy, executive director of KIDS Center says, “Like every organization, we’ve experienced such a challenging year. But for an organization like KIDS Center that really relies on the community to support us, it’s been amazing to see that this is still here. Even in the midst of everyone going through their own emotional, financial or physical challenge, we’ve got great supporters. We feel so fortunate that so many people have stepped up to tell us they aren’t going anywhere. That’s been great.”

At United Way of Central Oregon, Executive Director Ken Wilhelm says they are experiencing better attendance at their board meetings now that they are all on Zoom. “United Way’s relevance and role as a community problem-solver has been made more apparent, and companies and foundations have reached out to partner with us in that work,” he said. “But I do have concern for the toll on the volunteers, including board members. I think we are all suffering from Zoom fatigue.”

At Bethlehem Inn, Executive Director Gwenn Wysling says the silver lining is that no one at Bethlehem Inn has tested positive for COVID-19. “The importance of keeping everyone safe has helped us maintain a focus on our mission and its importance in our community. These challenging times helped us slow down, assess how we do



AT UNITED WAY, HEIGHTENED PARTNERSHIPS HAVE BEEN A SILVER LINING IN 2020 | PHOTO COURTESY OF HEART OF OREGON CORPS

things and learn how to do things differently. We focus on what is within our control and, as we commonly share with our residents, to always be prepared with a Plan B.”

Younity Co-Founder and President Arlene Gibson adds, “We now will reach more people in the community virtually. That’s awesome! Our previous in-person events have transferred to online settings, so we now have an opportunity to interact and partner with other community seminars and workshops and to share our mission with people and organizations across the country. That’s amazing! Central Oregon is our focus, that’s our priority, but once you have it virtual, you can reach a lot of people. Our community is really coming together, that is a beautiful thing.”

bbbsco.org • kidscenter.org • unitedwaycentraloregon.org
bethleheminn.org • younityus.org

Funding & Fundraising A Whole New Ballgame for Nonprofits

by **RONNI WILDE — CBN Reporter**

Perhaps the biggest news in the nonprofit sector this year is the radical change in fundraising methods the organizations now face, and, in most cases, the subsequent reduction in money coming in to support them. Without being able to hold large public gatherings, the agencies have had to rely upon online giving, which, most say, just isn’t the same as hosting live events.

At United Way of Central Oregon, Executive Director Ken Wilhelm said that to date, fundraising is on par with the past couple of years due to a couple of unsolicited good-sized grants they received. “But our fundraising efforts require more work now because we have to adapt to doing more online rather than in-person, which is usually better because relationships are a huge dynamic in fundraising,” he says.

“With other nonprofits, numerous organizations — especially those that relied upon in-person fundraising events such as dinners, auctions, socials and the like — have had to cancel or completely revise them to take place virtually... with limited success,” says Wilhelm. “The jury is out on how effective that is going to be; the question is how much less effective online fundraising will be.” He adds, “On the upside, there has been a significant increase in grant opportunities from both private foundations and government as they are taking proactive steps to address the increase in need. Many nonprofits were able to take advantage of the Payroll Protection Program or other types of employer assistance. I’ve seen a great collegiality amongst organizations; we are trying to work together to make the most of what’s available and not compete against each other.”

Eva Gill, marketing creative director at J Bar J Youth Services (jbarj.org), an umbrella organization that oversees a variety of programs to help meet the needs



BOYS & GIRLS CLUBS OF BEND RECEIVED TWO LARGE GRANTS THAT HAVE HELPED THE ORGANIZATION STAY AFLOAT | PHOTO COURTESY OF BOYS & GIRLS CLUBS OF BEND

of youth in Central Oregon, says J Bar J has taken a big hit to its fundraising efforts this year. “In a typical year, we have three major fundraisers. Two of them, Bowl For Kids’ Sake in the spring and Comedy For Kids’ Sake in the fall, support Big Brothers Big Sisters. “We cancelled Bowl For Kids’ Sake completely, and are creating a virtual Comedy For Kids’ Sake event that will take place in November.” She adds, “Our largest fundraiser by far is the Oregon High Desert Classics (oregonhighdesertclassics.org). It’s a hunter-jumper show that attracts riders from all over the western U.S. and Canada. We ended up having to cancel that one as well.”

To address the cancellation, J Bar J created a virtual No-Show Horse Show, which Gill says was fun and brought a lot of the equestrian community together in spirit through a live-streamed event and a virtual grand prix. “In the live event, however, most of the revenue from the OHDC comes from the entry fees riders submit, not from donations during the show. The No-Show Horse Show did okay as a first-time fundraiser, but only brought in a fraction of the \$250,000 the OHDC averages annually in revenue to support our programs.” She adds, “We have several sources of funding, as we employ about 150 people and work with thousands of youth each year in our seven programs. But the loss of OHDC will impact all our programs to some degree.”

Bridget Albert, community outreach coordinator of Big Brothers Big Sisters, said the pandemic has “wreaked havoc” on their budget due to the cancellation or shift to virtual community fundraisers. The cancellation of last May’s Bowl For Kids’ Sake fundraiser, which would have been the 21st annual, resulted in an approximate financial loss of \$40,000, she says. “Furthermore, our signature fundraiser, the 23rd annual Comedy For Kids’ Sake to be held on November 12, has pivoted to a virtual event, which will dramatically affect its financial success. Due to the changes in our community fundraisers, BBBSO is projected to lose over 40 percent of our budget. We have applied for several grants to help with some of this loss and are eagerly awaiting word, but there is no guarantee.”

Juliana Williams, executive director of the Boys & Girls Clubs, said that typically, they rely very heavily on events for fundraising, and additionally, they usually have a high percentage of families who pay a fee for spots in the program, which helps them to be able to offer scholarships. “But due to our reduced capacity, that money has also gone away,” she says. “Funding is now coming from other sources. We have been more active than usual in applying for grants, and have received



YOUNITY, A BULLY-PREVENTION PROGRAM, HAS SEEN REDUCED FUNDING IN 2020 AS MONEY HAS BEEN REFOCUSSED TO CRITICAL CARE SUCH AS FOOD AND HEALTHCARE | PHOTO COURTESY OF YOUNITY

several specific to COVID relief and recovery.” Williams said the Clubs received two large gifts that are getting them through for the time being. The Tykeson Charitable Trust, whose founders are motivated to support education and address low-income youth, approached Boys & Girls Clubs about how they could partner with them, Williams says. “They supported scholarships for our club, and supported us in opening up additional spots through another location next door. We have our existing two clubs, and now have an additional 40 kids at Bend Church in the same type of program, utilizing that facility. This really helps since we have to spread out the kids more.” Williams says the Tykeson gift was \$300,000, which is “historic” for the organization, and a second gift that has helped tremendously was a \$100,000 grant received through Better Together from CARES Act funding.

KIDS Center’s Executive Director, Gil Levy, says their annual fundraising cycle fell right at the time when the COVID shutdown began. “Our luncheon in early April had to be cancelled; so we just turned it into a giving event,” he said. “Cork & Barrell is our big summertime wine event that is heavily attended. What we did was transition it to an online program that included an auction. It was actually fairly successful; we’d never done anything like that before.” He adds, “We didn’t do as well as normal, but it was still fairly successful.”

At Bethlehem Inn, Wysling says, “We continue to be blessed with the generosity and support of our donors and the food bank to keep our pantry full. Thank you to Starbucks and Chic Filet, fueled by the E-food donation connection and our delivery angels Joe and Jackie.”

Nonprofits: What are Your Plans in Moving Forward?

by **RONNI WILDE — CBN Reporter**

Looking ahead, local nonprofit agencies are hopeful and optimistic, and have amended forecasting as needed to reflect the changes brought on by the events of 2020.

At United Way of Central Oregon, Executive Director Ken Wilhelm says the plan is “to continue our focus of building resilience in individuals, families and communities throughout Central Oregon, specifically through the TRACES (Trauma, Resilience and Adverse Childhood Experiences) initiative, as well as our grant processes.” He adds, “One important component of the TRACES work is the emphasis on building diversity, equity and inclusion in all its activities. It is central to creating communities where everyone has the opportunity to thrive. Equity has become a greater focus for our organization and is becoming more evident in the way we do business and in our funding decisions.”

At Big Brothers Big Sisters of Central Oregon, Community Outreach Coordinator Bridget Albert says the organization is always moving forward, and is returning to the work of creating mentoring matches. “Children need a mentor now more than ever. This is an uncertain and scary time for children, and having a positive adult mentor with whom they can talk to, safely in person or virtually, can make a big impact,” she says. “Along with making one-to-one mentoring relationships for the youth of Central Oregon, our goal is to continue to provide our disproportionately impacted families with basic needs and resources during this crisis and the ones to follow.”



TELEHEALTH SERVICES ARE A NEW AND LIKELY PERMANENT ADDITION TO KIDS CENTER OFFERINGS | PHOTO COURTESY OF KIDS CENTER

Juliana Williams, executive director of Boys & Girls Clubs of Bend, says that in moving forward, her organization will continue to adapt and create new program plans and models as needed. “Going forward, we have kept our programming flexible. Since K-3 had been scheduled to go back part time, we designed our program specifically to



AT THE LOFT, WHICH HOUSES HOMELESS AND RUNAWAY TEENS, THE DIRECTORS WANT TO TEACH YOUTH LIFE SKILLS AND PROVIDE ROLE MODELING FOR TIMES OF CRISIS | PHOTO COURTESY OF J BAR J

adapt to changing school schedules. We are prepared to continue to serve youth K through high school, and we will create our own hybrid schedule that allows youth to be in the club on the opposite days that they are in school.” She adds, “At this time, we are seeing that full days are the highest need families have. Once schools are able to go back full time, we look forward to going back to being an after-school program. But for now, this is the greatest need.”

In addition to keeping the Boys & Girls Clubs program flexible, Williams says the other priority now is seeking additional partnerships. “We have relied on partners, and are collaborating with the school district and other partners. Together, we have really developed this framework to meet the needs across the community. We are feeling really grateful to our community for stepping up and supporting such a critical need.” Although the funding the Clubs received has been helpful, Williams says her concern is long-term support and sustainability. “Receiving grant funds now is so helpful, but we want to be able to help our families in the long term. So we are continuing to look for partnerships.”

“We will continue to do what we can to help young people facing hurdles on the road to self-sufficiency in Central Oregon,” says J Bar J’s Marketing Creative Director Eva Gill. “Most of the youth in our programs are on the wrong side of the opportunity gap, and can’t afford to lose the services we provide.” The LOFT’s Maggie Wells adds that their goal is to continue to teach homeless and runaway youth the needed life skills. “We want to continue services the best we can in this new normal, and provide role modeling in how to navigate and deal with situations in this difficult time.”

“One of the things we’ve implemented as a necessity moving forward is providing mental health services virtually, via telehealth,” said KIDS Centers’ Gil Levy. “That’s something we had wanted to do before all this happened, particularly for those in

Here’s What You Can Do to Help

by **RONNI WILDE — CBN Reporter**

While the most obvious means of supporting our local nonprofit agencies is financial donations, there are other ways to help, too. Many of the agencies are in need of volunteers, services and supplies.

“Of course, financial donations are amazing and enable us to fill the gaps of our lost funding, but we understand that not everyone is able to make a donation at this time,” says Bridget Albert, community outreach coordinator of Big Brothers Big Sisters. “BBBSCO relies on the support of our community and businesses for donations, mentors and allies. We are in great need of Big Brothers throughout Deschutes, Jefferson and Crook counties. These mentors would spend six to 12 hours a month with their Little Brothers doing all of the fun activities and hobbies they enjoy.” She adds, “It doesn’t take much to make a big impact on a child. A mentor has the ability to ignite, empower and defend the potential that exists in every child.”

At the LOFT, Program Manager Maggie Wells says they also need volunteers who can spend time with kids. “We desperately need volunteer tutoring for our youth in online school.”

For the programs supported by J Bar J, Marketing Creative Director Eva Gill says tangible items such as gift cards for groceries, gasoline and clothing are needed.

Younity’s Co-founder and President Arlene Gibson agrees that in addition to funding, partnering is how people can help. “We are always looking for volunteers with expertise in marketing, designers, writers, social media experts, webmasters, lawyers, online event planners and virtual fundraisers; anyone who can help us



UNITED WAY’S EXECUTIVE DIRECTOR KEN WILHELM SAYS OFFERING KINDNESS IS ONE WAY TO HELP THE COMMUNITY | PHOTO COURTESY OF GRANDMA’S HOUSE OF CENTRAL OREGON

get the word out. These are in-kind contributions, but sometimes they are equally as important as monetary donations.” As a completely volunteer organization with no paid staff, Gibson says any volunteer skill is welcome.

Gwenn Wysling, Executive Director of the Bethlehem Inn, says that for those who want to help the residents, the organization’s Facebook page, newsletter and website (bethleheminn.org) list some specific items needed to help keep the inn running. “Look after your friends, neighbors and family members who might be in jeopardy of losing their housing, and provide support or resources to help them know that we as a community are here for each other,” she says.

When asked what people can do to help, United Way’s Executive Director Ken Wilhelm offers this: “Remember to be kind. That is a big part of building a more resilient community.”

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Continued on Page 38 ►



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| Alliance Professionals LLP 2622 SW Glacier Pl., Ste. 180 PO Box 1930 Redmond, OR 97756 | 541-548-1735 | 541-923-0211 | www.alliancepros.net jwerner@alliancepros.net | Jennifer J. Werner | 6 | 1992 | 2 | Construction, real estate, agriculture & small business. Tax & financial, accounting, & advisory service. |
| Ashford & Associates, LLP 1143 NE Fourth St. Bend, OR 97701 | 541-382-1021 | 541-382-7273 | www.ashfordcpa.com katie@ashfordcpa.com | Katie Ashford, Harold J. Ashford | 6 | 1977 | 4 | Business consulting, estate & trust preparation, entities & individual income tax preparation in the areas of construction, real estate, professional services, medical, agriculture, manufacturing & retail. |
| Azure Tax & Accounting LLC 225 NW Franklin Ave., Ste. 3 Bend, OR 97703 | 541-550-5700 | 541-550-5718 | www.azurecpa.com joanne@azurecpa.com | Joanne Shackelford | 7 | 2017 | 6 | Tax planning & preparation & consulting for small business, individuals, trusts & estates & bookkeeping services. |
| Callan Accounting CPAs & Advisors, LLC 855 SW Yates Dr., Ste. 101 Bend, OR 97702 | 541-388-3838 | 541-385-3270 | callancpas.com webinfo@callancpas.com | Johnita Callan | 12 | 1987 | 6 CPAs, 3 staff accountants, 2 adminis- trative | Full scope of tax preparation & business accounting. |
| Campbell & Tehan, CPAs 441 E Main St. PO Box 1359 Sisters, OR 97759 | 541-549-0829 | 541-549-0345 | candtcpa@bendbroadband.com | Peggy Tehan, William Campbell | 1 | 1985 | 2 | General practice. |
| Capstone Certified Public Accountants, LLC 698 NW York Dr. Bend, OR 97703 | 541-382-5099 | 541-388-1056 | www.capstonecpas.com info@capstonecpas.com | Lance Brant | 17 | 2004 | 6 | Services tax, audit, business start up, financial planning, small business consulting & planning. |
| Capstone Certified Public Accountants, LLC 330 W Hood Ave. Sisters, OR 97759 | 541-549-1237 | 541-549-4465 | www.capstonecpas.com info@capstonecpas.com | Lance Brant | 18 | 2004 | 6 | Services tax, audit, business start up, financial planning, small business consulting & planning. |
| Capstone Certified Public Accountants, LLC 735 SW Ninth St. Redmond, OR 97756 | 541-548-3569 | 541-548-3580 | www.capstonecpas.com info@capstonecpas.com | Lance Brant | 7 | 2017 | 3 | Services tax, audit, business start up, financial planning, small business consulting & planning. |
| Chris Mahr & Associates CPAs 805 SW Industrial Way, Ste. 1 Bend, OR 97702 | 541-647-2104 | 541-647-2189 | www.mahrcpas.com kelli@mahrcpas.com | Chris Mahr | 5 | 2011 | 4 | Tax Planning & preparation, business planning & consulting, audits of municipalities, commercial & nonprofit entities. Reviews & Compilations |
| Deschutes Tax Services, LLC 230 SE Third St., Ste. 100 Bend, OR 97702 | 541-382-1983 | 541-312-4392 | www.deschutestax.com aweidinger@deschutestax.com | Al Weidinger | 4 | 2005 | 1 | Tax return prep for small businesses, IRS problem resolution, business formation, financial planning, certified Quick Books pro adviser, retirement planning & 1031 exchanges & business brokerage services. |
| Devon A. Gaines CPA, PC 404 SW Columbia St., Ste. 230 Bend, OR 97702 | 541-323-6750 | 541-330-0254 | www.dgainescpa.com devon@dgainescpa.com | Devon Gaines, Wendy Hays, Hannah Erickson | 3 | 2009 | 2 | Provides tax planning services & prepares individual, partnership, corporate & nonprofit tax returns. |
| Evans, Bartlett & Higbe, CPAs, LLP 180 NW Second St. Prineville, OR 97754 | 541-447-6565 | 541-447-4274 | evans-bartlett.com cpaoffice@evans-bartlett.com | Victor L. Bartlett, Jerry R. Evans, Randy Higbe | 10 | 1970 | 3 | Tax planning & preparation, real estate, construction, agriculture, manufacturing, financial statement preparation, bookkeeping, business consulting & 1031 exchanges. |
| Fowler & Co., Inc. 377 SW Century Dr., Ste. 101 PO Box 243 Bend, OR 97702 | 541-550-1656 | 541-537-4312 | www.fowler-cpa.com | Greg Fowler | 3 | 2014 | 2 | Business services: tax planning & preparation, business growth strategies, management improvement coaching, financial modeling, bookkeeping. Personal services: tax planning & preparation, personal financial strategies, retirement planning. |

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The “Perfect Storm” for Estate Planning & Lifetime Gifts

by NEIL LANGLOIS, CPA — Jones & Roth

The pandemic has brought unprecedented challenges to the way we do things and think about things. People are worried about their financial future, and what may be coming around the corner in the form of policy and consumer behavior. There is talk about looming recession and an economic down turn. The clouds gathering around us are dark and gloomy.



In addition to learning how to live our lives during a pandemic, the US is going through an election year. If there is a power swing at the federal government level this November, we could be looking at losing record-high Gifting and Estate Transfer Tax Exemptions. This article hopes to pierce the veil of darkness with some rays of light in the form of planning opportunities around your estate.

A person’s estate is simply the things they own minus the liabilities they have — some would call this your net-worth. Through the history of our tax system, there have been many taxes assessed on one’s estate. Most recently, our federal tax system moved from taxing estates over \$5 million to only taxing estates well over \$11 million. If you are wondering how this applies to you, Oregon taxes estates at just \$1 million, so with a house and a retirement account it can be easy to get to these limits.

Estate planning aims to do its best to mitigate an individual or a couple’s desires (where and what they would like their estate to do when they pass away) with taxes (how much their estate’s beneficiaries will have left over). Potential estate plans and strategies are outside the scope of this article, but here are a couple very specific opportunities and possibilities.

Lifetime Gifting

The first opportunity has to do with lifetime gifting and the impending economic downturn. Gifts are always based on the fair-market-value (FMV) of an asset when it’s gifted, not the original cost. Gifting in a hot, growing economy generally means you will be limited to gifting less because the underlying value of the assets you are gifting will be higher. You can gift \$15,000 of value to an individual annually, without being required to file a federal gift tax return. With the lifetime gift exclusion at well over \$11 million, you can gift a whole lot of value without having to pay a gift tax (you utilize your lifetime exemption instead).

Ray of light takeaway: “You can gift more when values are down.”

Changes to Lifetime Exemption Amount

The next point focuses on the possibility of a new direction in the federal government, and the potential of the lifetime exemption being lowered from over \$11 million to much lower. Some are speculating \$3.5 million and the gift/estate tax rate being raised from an effective rate of 40 percent to something closer to 60-80 percent. Our \$11 million exemption is unprecedented and came in the wake of the Tax and Job Cut Act that was passed near the end of 2017. Exemptions have been as low as \$0, \$1 million and \$2 million in very recent years. Oregon has not felt a need to increase or decrease their exemption and it has remained a constant \$1 million, with no sign that it will change in the near future. Since Oregon does not tax gifts, there should be no hesitation from a state estate tax implication to gift by using up your record-high federal exemptions.

Ray of light takeaway: “There is still time to do unprecedented levels of lifetime gifting.”

Summary

In summary, because we are looking at a potential pause in FMV growth and/or a decrease in FMV for normally appreciating assets, and we have unprecedented lifetime gift exclusions, now could be a great time to take another look at your estate plan.

If you have questions about your estate, discuss these opportunities/possibilities with your advisors. There is an election in November, and there are unknown lasting effects of the pandemic that will come into play with asset valuation in the coming months and years that make this a “Perfect Storm” for life-succession and estate planning. Please reach out to us if you would like further information regarding your estate planning or any other issue.

Neil Langlois, CPA is a Senior Manager and a key member of the Jones & Roth Family Business, and Estate & Trust teams. He provides a broad range of services in tax planning and business consulting to his clients, thanks to his years of experience in government, management, and public accounting.

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Making Your Case

The Four Es of Payment Automation

by DEREK HALPERN

Paying suppliers by check is a practice that has endured for much longer than anyone would have imagined. For a while, it looked like COVID-19 might be the tipping point for companies to go completely electronic. After an initial push in that direction, however, many accounts payable departments still send their workers into the office to process invoices and manage the manual check process.

It’s not enough to want to get rid of paper checks. The case against them is not strong enough on its own. It has to be combined with a strong business case in favor of something else.

Even though manual processes are expensive, there are some rational arguments for relying on check payments. You don’t have to enable suppliers for electronic payments, manage banking data or worry about ACH fraud. You can even outsource the process. While suppliers generally like the idea of electronic payments, they can also be deterred by complex enrollment processes.

People may also still be attached to the idea of check float. Even though interest rates remain at historic lows, it can provide a sense of security to

see money in bank accounts for longer. Some businesses even have tenured employees who are used to older processes.

So is the check-writing process that bad?

The answer might have been different last January, with easy access to check printers. But now that accounts payable teams are sheltering in place, their processes often involve driving into the office and to other residencies to get checks signed. Add in the other check-stuffing and mailing steps, and you’ve got a significantly time-consuming task.

Despite the laborious nature of this process, many organizations have still stuck with it. At any rate, the widely-predicted wave of late payments never formed. People dug in and got things done, despite the unforeseen challenges. The added steps have now become business as usual.

While it seems absurd to add “driving paper around” to anyone’s job description, it speaks to how deeply checks are embedded in the B2B world.

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|--|--------------|--------------|---|--|-------|--------------|------|--|
| Gerdes Financial LLC 120 SW Crowell Way, Ste. 100 Bend, OR 97702 | 541-389-7090 | 541-389-6620 | www.gerdesfinancial.com mandy@gerdesfinancial.com | Mandy Larson | 1 | 1988 | 1 | Tax preparation, estate & gift taxation, real estate & 1031 exchanges, retirement planning, QuickBooks support, business succession planning & compilation services. |
| Hogue Accountancy, CPA, LLC 2514 NE Division St. Bend, OR 97703 | 541-382-8234 | 541-389-6084 | www.hogueaccountancy.com carrie@hogueaccountancy.com | Gwen Hogue | 4 | 1998 | 1 | Tax returns, financial statements, bookkeeping & accounting. Install/training. |
| Jana S. Arbow, CPA, LLP 225 SW Scalehouse Lp., Ste. 103 Bend, OR 97702 | 541-389-4975 | 541-389-4998 | www.arbowcpa.com jana@arbowcpa.com | Jana Arbow | 1 | 1988 | 1 | Financial statement preparation, eldercare, income taxes & small business consulting. |
| Jones & Roth CPAs & Business Advisors 306 SW Columbia St., Ste. 201 Bend, OR 97702 | 541-382-3590 | 541-382-3587 | www.jrcpa.com info@jrcpa.com | Evan Dickens, Brian Newton | 13 | 1946 | 7 | Tax, audit, assurance, advisory, business transitions, & retirement plans for companies of all sizes. Specialized industry practices in construction & real estate, dental, medical, & nonprofit organizations. Retirement plan audit specialists. |
| Kerkoch & Nelson, LLP 45 NW Hawthorne Ave. Bend, OR 97703 | 541-382-3468 | 541-382-0533 | www.knbendcpa.com | Larry Nelson, Douglas Kerkoch | 4 | 1994 | 3 | Tax preparation for individuals, small to medium size businesses & medical practices audits of municipalities, commercial & non-profit entities estate taxation. |
| Kernutt Stokes Certified Public Accountants & Business Consultants 109 NW Greenwood Ave., Ste.102 Bend, OR 97703 | 541-749-4020 | N/A | www.kernuttstokes.com info@kernuttstokes.com | John Mlynczyk | 12 | 1945 | 10 | Audit & assurance services, tax services, business consulting, IT consulting, retirement plan services, forensic accounting, virtual accounting & fractional CFO. |
| LBoyd Consulting, LLC 354 NE Greenwood Ave., Ste. 111 PO Box 99 Bend, OR 97701 | 541-383-4520 | 541-647-2269 | www.LBoydConsulting.com Lori@LBoydConsulting.com | Lori R. Waterhouse | 1 | 1991 | 1 | Accounting & management advisory services, computerized accounting & consulting, accounting software sales, training & support. |
| Michael J. Mohan, CPA 106 N Main St. Prineville, OR 97754 | 541-447-3299 | 541-447-2854 | www.mohancpa.com mike@mohancpa.com | Mike Mohan | 7 | 1983 | 1 | Tax planning & preparation, tax audits, financial statements, estate planning, financial planning, payroll & bookkeeping. |
| Mode Hanus, LLP 354 SW Upper Terrace Dr., Ste. 103 Bend, OR 97702 | 541-385-0534 | 541-385-0547 | www.bendtax.com info@bendtax.com | Patti Mode, Michelle Hanus | 4 | 1971 | 2 | Income tax planning & preparation for businesses & individuals. Business consulting including start-up, acquisition & succession planning. Accounting services, including bookkeeping, payroll & financial statement preparation. |
| Patrick Casey & Co. LLP 796 SW Bradbury Way, Ste. 101 Bend, OR 97702 | 541-322-2142 | 541-322-2146 | www.patrickandcasey.com dover@patrickandcasey.com | Lynne B. Casey, Kyle Dover, Ryan R. Patrick, Cody W. Martin | 11 | 1980 | 7 | Income taxes, accounting services & business consulting. |
| Pozzi Tax Services 780 NW York Dr., Ste. 202 Bend, OR 97703 | 541-385-9666 | 541-749-2208 | www.pozzi-tax.com giancarlo@pozzi-cpa.com | Giancarlo Pozzi | 2 | 1992 | 1 | Tax preparation & business accounting services. |
| Price Fronk & Co. 2796 NW Clearwater Dr. Bend, OR 97703 | 541-382-4791 | 541-388-1124 | www.bendcpa.com email@bendcpa.com | Kara Pardue | 22 | 1973 | 12 | Financial statements & audits, tax planning & preparation, financial planning, business consulting, bookkeeping & payroll services & estate planning. |
| Pro CFO 780 NW York Dr., Ste. 102 Bend, OR 97703 | 541-728-0444 | 541-382-6175 | www.procfo.com jjans@procfo.com | James P. Jans | 9 | 2007 | 2 | Full service accounting, tax & consulting for businesses in Central Oregon. Payroll. |
| Riley Wigle CPAs, LLC 53 NW Irving Ave. Bend, OR 97703 | 541-389-6401 | 541-389-5940 | www.rileywiglecpas.com calli@rileywiglecpas.com | Calli Riley | 4 | 1979 | 2 | Financial statement presentation, business consulting. Tax preparation for construction, real estate, 1031 exchanges, manufacturing & retail. |
| SGA CPAs & Consultants 499 SW Upper Terrace Dr., Ste. A Bend, OR 97702 | 541-388-7888 | 541-388-0739 | www.sgabend.com cpa@sgabend.com | Amber Yates | 16 | 1989 | 6 | Tax planning & preparation, auditing, business development, financial strategies & valuations. Fraud Analysis - Fraud Prevention & Detection. |
| Tyler Accounting LLP 243 SW Scalehouse Lp., Ste. 5A Bend, OR 97702 | 541-389-1237 | 541-389-2207 | www.tyler-accounting.com merle@tyler-accounting.com | Barbara Tyler, Merle Tyler | 4 | 2009 | 1 | Full-range of accounting, tax preparation, business consultation, estate tax returns, Quick-books training & bookkeeping services. |
| Werner Crawford Accounting, LLP 682 NW Third St. Prineville, OR 97754 | 541-447-7776 | 541-416-8926 | www.cpa-wc.com | George Werner, Susan Crawford | 4 | 2008 | 2 | Tax, financial & estate planning, tax preparation, payroll bookkeeping, financial statements. |

Making Your Case

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Companies hadn't drawn the line at walking checks around for signatures, keeping a safe full of check stock or renting an offsite storage space for paper files. What's one more step?

There are plenty of reasons why it makes sense to stop writing checks, but we've narrowed it down to four. These Four Es of Going Electronic make up a compelling business case for payment automation adoption.

Economics. What does it cost your organization to write checks? And not just the sum of material costs like ink, check stock, envelopes and stamps — which generally comes out to about 75 cents per check. But also consider the cost of time and people. Industry analysts estimate it's more like \$3 to \$5 per check, and it could be as high as \$10 in some organizations. Remember to consider opportunity costs in your economic analysis. For example: What could your AP team spend time on instead, once extensive check processes are streamlined?

Efficiency. Even if you only write checks, you might have workflows established for different variations of payments. Perhaps they're based on the payment amounts, signatures required or even supporting documentation. All these manual and mechanical workflows could easily be automated, so approvers and signers can do their role in minutes, from any location.

Experience. How do suppliers want to get paid? Do they want to go to the office to handle checks? With ACH or card, suppliers get their money faster, without the threat of a check bounce looming over their heads. If you apply some technology to remittances, cash application experience can be much quicker and painless.

Ease of implementation. It's easy to do things electronically, but your business case breaks down if you don't have the resources to contribute towards the implementation process. Suppose you're going to look for a solution. In that case, the last part of the business case has to be ease of deployment, versus what it would look like if you tried to automate everything yourself.

If you were going to do it yourself, you'd have to find a printing organization to cut the checks. You'd have to get IT to create a file to their specifications.

You'd have to keep them supplied with check stock. Then you'd have to get your IT people to create another file for your bank for ACH payments. You'd have to run an enablement campaign to get vendors on board. You'd have to come up with a process for maintaining and storing their information and protecting it from breaches and fraud. You'd have to have IT create a file for your card provider. That's three separate processes that you have to set up and launch and maintain.

Doing all that on your own is a major undertaking, and when you get right down to it, this is a big part of the reason that checks persist. The case against them isn't strong enough on its own, and it's counterbalanced by a case against automation — at least automation as we've known it in the past, which is much as I've described above — a semi-automated process where you do a ton of work to set it up, only to find yourself managing all these different file types and workflows and data just to be able to move the money electronically — and then you're still probably doing half your payments by check. People have tried it, and it affirmed their choice to stick with checks.

Compare that to just handing it off to somebody that can automate the whole process and implement in about six weeks with just four hours of IT time. That is what is possible with today's payment automation solutions. You also get continuous vendor enablement, fraud protection, error resolution and a payment guarantee in the bargain.

What often happens is that employees who want to get rid of checks are the ones most burdened by them. With working from home becoming the new norm, these people are more burdened than ever before. Yet they are not typically the decision-makers when it comes to choosing which projects receive funding. The most significant competition for automation is simply the simplicity of maintaining the status quo.

Perspective is everything. It's rarely enough to point out how to disrupt the norm — you have to paint a picture for a better future. When writing a business case for payment automation, draw attention to the permanently simplified (and cheaper) workload that automated processes would bring, rather than focusing on the temporary unfamiliarity of your solution. Keeping that kind of mindset may accomplish what years of manual effort have not: eliminating business check writing once and for all.

Derek Halpern is senior vice president of Sales for Nvoicepay. He has over 20 years of technology sales and leadership experience, including 16 years in the fintech and payments space.

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Are Your Investments Fireproof?

Two Lessons to Help Avoid Disasters

by DAVID ROSELL — Rosell Wealth Management

It's been a wild few weeks here in the Pacific Northwest as we've been engulfed in flames as wildfires have been blazing a perilous path including through Oregon, where more than one million acres of old-growth forest has sadly been destroyed as well as hundreds of homes and businesses. These unprecedented fires have tragically killed at least ten people. Fortunately, Central Oregon has been spared even as we experienced off-the-chart polluted air quality for over a week. At one point our air quality was the worst in the world, and that says a lot after experiencing the horrid air of New Delhi, India less than a year ago. While it's common for Central Oregon to experience smog from the annual wildfires that often occur in late summer, this year has certainly been unprecedented. Sadly, one of my favorite places to visit — Breitenbush Hot Springs was destroyed in the fires and yet another utopian oasis, nearby — Belknap Hot Springs was fortunately spared. You just can't predict when or where the fires might materialize.

The unpredictability of these wildfires can be compared to the financial markets — especially this year in 2020. Who would have thought that the S&P index would dive 34 percent in Q1 and then bounce back by 48 percent over the last two quarters? The fires and the markets bring me back to an adventure story I'd like to share from shortly after moving to Bend 20 years ago.

One of the many things that I love about Central Oregon is the ease of access to the great outdoors, which feeds my adrenaline junky habit. I must say I do like living on the edge but only to a point. Years ago, I joined a mountaineering club called the Cascades Mountaineers, a group of adventurous people who helped fuel the beginning of my adventures — or misadventures if you will. In August of 2003, our group decided to climb Mount Washington, which sits at an elevation of just under 8,000 feet. This shield volcano is among the most recognized mountains in Oregon's Cascade Range as it rises above the forest like nature's skyscraper. Wildfires are certainly not new to this part of Oregon's wilderness yet coincidentally, the day we summited Mt. Washington marked the beginning of the B&B Complex Fire that eventually burned more than 90,000 acres over a period of five weeks. Although this is miniscule compared to the one million acres that recently burned in two weeks — at that time it was one of the most destructive fires in Oregon's history. We watched the fire consume Douglas fir and Ponderosa pine with a vengeance.

But I am getting ahead of myself as my adventure wasn't actually related to the fire, but three investment lessons reminiscent of such fires. We accessed Mount Washington's slopes via the Pacific Crest Trail. Over the years, I'd been on several sections of this 11 hundred-mile stretch before reading *Wild*, Cheryl Strayed's journey of self-discovery. Fortunately, this trip would be a lot shorter than hers. Unfortunately, the rock on Mount Washington's steep slopes are comparable to an enormous crumbling rock pile. However, if you know what you're doing and are careful while doing it — there should be no problems. Unlike most of the other nearby mountains, where you can hike and scramble to the summit in the summer months, all routes up Mount Washington are rated Class 5 or higher for you climbers who are reading. Translation? Even though



most climbers can easily reach the top without the aid of ropes, a fall can be fatal. So, we wisely opted for the protection of a rope to safely climb to the summit. As we ascended, the hiking grew steeper, and the views more spectacular. Hot and sweaty, we eventually reached the base of the summit block at 7,300 feet. The hike was over and the climb was beginning. Out came our helmets and harnesses. It was time to rope up.

The first pitch is the chimney, a 60-foot wall of sharp basalt. We reached the second pitch just below the summit — where I viewed Mount Jefferson and Three Fingered Jack — piercing through the thickening layer of smoke. The exposure was extreme to say the least. I originally started rock climbing to overcome my fear of heights — you know, the whole exposure therapy thing. I am not sure it actually cured me of my fear or just helped desensitize me!

Before I knew it — our group of 11 was perched on the summit! For me, arriving to the pinnacle of any awe-inspiring peak is a spiritual moment. Once I've been to the top, I never ever again seem to look at it the same way. It was now time for the second half of the journey. We prepared for the descent and headed to our rope. As my climbing mentor, John Krog, always told me, rappelling down such a mountain begins with a test of trusting your best friend — yourself! Leaning back, you step off the edge with rope in hand, feeding it through your belay device, and begin the descent. The exposure below had my full attention.

For me and my climbing partners, it's essential to have the right attitude and an adventurous spirit. You must trust your partner, as well as inspecting and having confidence in your gear. But most importantly, it's about not making foolish decisions. We all had the skill set to free climb the summit block without ropes, however, one slip and it would be game over. And to think that at the time that we were concerned about the descent, the B & B complex fire was just beginning and creating dangers of its own — that we weren't even aware of yet. Just as we were playing things smart on the mountain by using ropes, you'll want to invest wisely so if you experience an oops you don't go into a financial freefall. Let's take a look at three all-too-common blunders so you don't make them yourself — especially as we're experiencing such unpredictable and unstable times.

Lesson #1. CHASING RETURNS — I call this story *The Smartest Man in the World*. It's about a man who many regarded as the smartest man in the world and should help you appreciate why chasing returns is never recommended. So, each year on December 31, this smartest man in the world would invest 100 percent of his investable assets into a single asset class, (let's use Large Cap as an example) and each year his investment returns were stellar. Year after year this guy seemed to know the best performing asset



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class to invest in. For example, in 2006 he knew to be 100 percent invested in real estate, that year's best performing asset class. Then in 2008 he knew to switch to 100 percent U.S. treasuries, that year's best performer. An impossible skill that he had somehow mastered. Each year at a family gathering on New Year's Day, he would tell his family all about his investment success and his brilliant investment clairvoyance. His brother-in-law, who had to endure this bragging about investment performance, decided he would try to replicate the Smartest Man's success by following his investment strategies. However, the brother-in-law was always a year behind the Smartest Man since he did not know what the strategy was until the following New Year. He assumed that if an investment did well in the prior year, it should be okay the following year. So, when the Smartest Man was reallocating his portfolio into his next successful pick, the brother-in-law was chasing the previous return — investing into his old strategy. This went on for ten years. Finally, in 2013, the brother-in-law decided to find out why he was not having the same success as the Smartest Man. The Smartest Man did the impossible; he had superior returns year after year by somehow selecting the right asset class and putting 100 percent of his portfolio into it. For this reason, he averaged an unbelievable annual 24.31 percent return during those ten years. The Brother-in-Law, however, by simply being one year late in replicating the Smartest Man's strategy, he ended up with the worst average returns, just 2.71 percent per year. So, what's the morale of the story? Obviously, we cannot be the Smartest Man or Woman, it's impossible unless you have miraculously manifested telepathy or are a time walker. What we can do is diversify our investments to try to capture the asset classes that do very well and also to mitigate the risk that we assume from asset classes that do not perform well. If the brother-in-law utilized a diversified strategic investment strategy comprised of 60 percent invested in stocks (25 percent large cap / 20 percent small cap / 15 percent International), 30 percent bonds and 10 percent REITS he would have performed 3.2 times better. Over the ten years, this Diversified Portfolio would average a handsome rate of return of 8.8 percent.

Lesson #2. BUY LOW AND SELL HIGH — I know what you're thinking — *who does David Rosell think he is? I'm a smart investor, I can pick great investments to get fantastic returns!* Well, since 1994, DALBAR's *Quantitative Analysis of Investor Behavior* has measured the effects of investor decisions to buy, sell and switch into and out of mutual funds over short and long-term time frames. The study found that though the S&P 500 averaged an 11.8 percent return over a 20-year period, individuals failed much worse in their equity investments, averaging only a 4.5 percent annual return. How could this possibly be? Anyone in business or real estate understands that to succeed you must buy low and sell high. And yet this is the exact opposite of what most investors do when they let their emotions rule. Investors typically look at the one-, three- and five-track records they receive at the end of the year from the investment company that manages their company 401(k). It's all too common to look at last year's winner with envy and think, I want some of that! So, they invest, only to see that asset class sink the following year. By that time investors have lost confidence in that asset class. So what do they do? They sell it! To make matters worse, they typically buy it back when they have regained confidence in it once it's on top again. They are doing the exact opposite of what brings success. They are selling low and buying high.

Now you understand how some investors can easily fall victim to over emphasizing yesterday's winners, and how a diversified portfolio can help investors to stay on track. Warren Buffet, known as the greatest investor of our times, has a quote I enjoy sharing: "Be fearful when others are greedy, and be greedy when others are fearful." His mantra may be counterintuitive but let's discuss it. Before the crash in 2008 when many investors were purchasing real estate in hot markets such as Scottsdale, Miami, Las Vegas and Bend, where it felt like prices were increasing in value on an hourly basis, Buffet would have passed. I'm sure he would have done the same with over-valued stocks. After the crash, however, when so many people were trying to sell, he saw the challenging economy as an amazing opportunity. Nervous markets create opportunities, but as we've seen, you'll have to battle your emotions to keep your portfolio on course and stay committed to a long-term strategy. History shows that investments made in these moments of distress, when potential is much higher than normal, are usually the most rewarding. I've said it before, but it bears repeating. Investing can be very emotional for investors. As a country, we have experienced record stock market growth over the past few years. Yet this also makes investors anxious as some wait for the next correction — especially as our economy experiences COVID and a chilling upcoming election. What should I do now? You may wonder. A more profitable question would be to ask, How can I remove some of the unsettling feeling I have? My answer to the last question is to focus on an historical perspective as it's all too common to focus on our current dilemmas without learning from the not-too far away past. Wayne Gretzky's advice says it all: "I skate to where the puck is going to be, not to where it has been."

So my friends, instead of fighting an exhausting battle with your emotions, develop a diversified long-term strategy and stick to it. After all, your long-term goals don't change overnight, so why should your portfolio? A diversified portfolio is sure to weather whatever life brings your way, weather it is an uncertain mountain peak you're summiting or a threatening wildfire. May all of my fellow Oregonians stay safe from the smoke and wildfires out there.

David Rosell is president of Rosell Wealth Management in Bend. RosellWealthManagement.com. He is the creator of Recession-Proof Your Retirement Podcast and author of Failure is Not an Option — Creating Certainty in the Uncertainty of Retirement and Keep Climbing — A Millennial's Guide to Financial Planning. Find David's books on Audible and iBooks as well as Amazon.com and Barnes & Noble. Locally, they can be found at Newport Market, Sintra Restaurant, Bluebird Coffee Shop, Dudley's Bookshop, Roundabout Books and Sunriver Resort.

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Better Together Central Oregon announced that **Stephanie Beamer** has accepted the position of executive director. Beamer comes to the organization with more than ten years of experience in higher education and an extensive background in diversity. She most recently served as Oregon State University-Cascades' assistant director of admissions for recruitment and Diversity Committee chair. In her new role, she will be responsible for overseeing work that aligns stakeholders across sectors and across communities, working with the Better Together Board of Directors, local school districts, local Education Service Districts, higher education, local business, community-based organizations, regional government and community members in Crook, Deschutes and Jefferson Counties and the Confederated Tribes of Warm Springs. Beamer is taking over the role from former Better Together ED Katie Condit who left the organization in July.

Prior to working in college admissions, Beamer served as an academic advisor in higher education. In that role, she recognized gaps and barriers for students and knew that she wanted to make an impact earlier in their school careers. With a vision to strengthen the college pipeline for middle and high school students, saw the Better Together ED position as her dream job.

Beamer graduated from Oregon State University with a Bachelor of Science/ Biology degree and obtained her Master of Science/Student affairs in higher education from Colorado State University.

Oregon State University – Cascades Vice President Becky Johnson has appointed two alumni to serve on the campus's Advocacy and Advisory Board. **Verenice Alvarez-Sanchez** and **Chris Vlessis** began their terms in 2020 and will serve through September 2023. They replace John Rexford and Oran Teater, who have served on the board since 2008. Teater served as chair of the board and Rexford served as vice chair.

Alvarez-Sanchez was a student leader at OSU-Cascades and earned a degree in business administration in 2013. She is an administrative assistant at the Facebook Prineville Data Center. Prior to joining Facebook, Alvarez-Sanchez worked with Mosaic Medical in Bend, supporting the chief executive officer and board of directors as an executive coordinator. She is secretary of the board of directors of the Latino Community Association of Central Oregon and has volunteered with the OSU Juntos program at high schools in Bend, Redmond and Prineville, introducing Latino students and families to resources and opportunities in higher education. She is a graduate of Redmond High School.



Vlessis is co-founder and chief executive officer of Shape.io, a Bend software development company. He earned a bachelor's degree in computer science in 2018. As a senior at OSU-Cascades, Vlessis won the Oregon Entrepreneurs Network Wyatt Starnes Battle of the Schools Award. He worked as a test engineer with G5 in Bend as a high school student and later completed a software engineering internship with Intel. Vlessis is a graduate of Summit High School in Bend.

Both Alvarez-Sanchez and Vlessis will serve terms ending in 2023.

Woody Medeiros, director of **Grandma's House** is retiring. Medeiros has been an advocate for teen mothers since her own teen daughter became a mom. Woody has touched hundreds of moms and babies and everyone that has had the pleasure to work with her over these nearly 30 years. She will be missed!

Medeiros started with Grandma's House in 1992 as a volunteer. Over these years, she has used her heart and talent to advocate for pregnant teen moms who cannot advocate for themselves. She has developed community partners and long-term relationships with the region. Woody believes that if you give youth positive support and the tools to build a life, you guide them towards a future most never knew was possible. Medeiros has served numerous community organizations: Parents of Teen Parents, Homeless Leadership Coalition, one-night shelter count, Project Connect and others.



The **Deschutes Land Trust** introduces **Priday Ranch**, a new conservation project on 4,500 acres north of Madras.

"Priday Ranch is one of the signature properties of Central Oregon, long recognized for its outstanding natural values. It includes ten miles of steelhead spawning streams, making it important to the survival of Deschutes River wild steelhead. Priday Ranch's rugged topography is also home to nesting golden eagles, mule deer, and Rocky Mountain elk, and will remain an important refuge for plants and animals in a warming climate," said Brad Nye, the Land Trust's conservation director.

The Land Trust is working with partners and neighbors to develop a management plan that will guide its long-term stewardship of this private property. One management priority will be working with the Oregon Department of Fish and Wildlife and the Jefferson County Soil and Water Conservation District to maintain and expand their long-term restoration efforts on Trout Creek. Other immediate priorities include planning for wildfire risks and responses and slowing the spread of noxious weeds. We will also work with the Wasco and Jefferson county planning departments to bring local communities onto the property through our guided Walks + Hikes, educational activities with local schools, and other avenues.

Like many Land Trust projects, Priday Ranch is within the lands ceded to the



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United States by the Confederated Tribes of the Warm Springs Reservation in the 1855 Treaty with the Tribes of Middle Oregon, and the Land Trust will look to involve the Tribes in developing management strategies.

The Land Trust's effort to conserve Priday Ranch is part of its larger goal of identifying, conserving, and caring for the land Central Oregon will need over the next 25 years. The Land Trust has conserved many amazing places in its first 25 years, but the next 25 years — with climate change and the continued pressure of regional population growth — will require new strategies and a forward-thinking organization to execute them. Donate to the Land Trust today to conserve vital places like Priday Ranch for the future of Central Oregon!



Dinah Green



Bailey Cecil

Northwest Key Property Management announces new team members, **Dinah Green** and **Bailey Cecil**, who have both passed their commercial real estate brokerage exams and received their licenses. Green and Cecil will be working under the Northwest Key blanket with owner Amy Cecil's mentorship to broaden the firm's commercial real estate and property management coverage and to help support the growing business community in Central Oregon.

Heart'n Home Hospice achieved Level 5 recognition with the We Honor Veterans organization. This was a year-long process that challenged them to connect with their Veteran population and communities in new ways. This accomplishment means that Heart 'n Home is recognized as a five-star

hospice provider for Veterans. This is an important honor as it is the highest quality rating a hospice provider can achieve from the We Honor Veterans organization. To earn this achievement each of their eight offices had to make a commitment to be positive forc-es in their communities through various ways and in the lives of Veterans they serve.

Heart'n Home Hospice participated in local community Veteran events, hosted Veteran events, recognized many Veterans for their service, welcomed Veterans of each conflict era home and maintained a readiness as a team to watch for and assist with life-threatening issues such as PTSD, moral injury and suicide. They connected Veterans with service animals, helped hundreds of Veterans celebrate Valentine's Day and when society was forced to distance itself, they took their efforts to virtually and continued to honor, recognize and show our Veterans that they have not been forgotten.

Central Oregon Community College's (COCC) board of directors recently selected **Erica Skatvold** of Bend to chair the 2020-21 year, a leadership post she will hold through June of 2021, the culmination of her four-year term. Skatvold previously served as vice chair of the seven-person board, representing Zone 4, which covers most of Bend.

Having grown up in Bend — where, as a student at Bend Senior High School, she took classes at COCC through the college's dual-credit program — Skatvold's background combines local community understanding with firsthand COCC student experience. More recently, in the 2018-19 academic year, she was an enrolled student at COCC, working on nursing program prerequisites.

Skatvold is the director of quality management at St. Charles Healthcare System and serves on the Deschutes Public Library's budget committee.



Erica Skatvold

Businesses Serving Community



MID OREGON CREDIT UNION MARKETING TEAM MEMBERS PRESENT A CHECK TO THE FAMILY ACCESS NETWORK IN BEND | PHOTO COURTESY OF MID OREGON CREDIT UNION

MID OREGON CREDIT UNION & FAMILY ACCESS NETWORK

Mid Oregon Credit Union raised \$2,725 during its annual Supplies 4 Schools drive. This year's campaign included school supply donations and cash contributions to better support local students and families facing increased hardship due to COVID-19 and the shift to remote learning.

Throughout August, the credit union's seven branch locations collected donations from members and the community. Mid Oregon pledged to match the first \$1,000 donated in cash, which contributed to the overall total of \$2,725.

The Supplies 4 Schools funds and supply donations will stay in the local communities where they were collected. Mid Oregon partnered with Family Access Network and school districts to distribute the supplies to students in Deschutes, Crook, and Jefferson Counties who lack the necessities to succeed at school.

BEND-REDMOND HABITAT FOR HUMANITY

As part of a long-standing partnership with Nissan North America, Bend-Redmond Habitat for Humanity received a Frontier to use for construction. The donation is part of a \$1 million national partnership renewal to support local Habitats across the U.S.

Nissan has contributed more than \$17.9 million to Habitat nationally since the partnership began in 2005 when Nissan donated 50 trucks and mobilized employees to assist in home building following Hurricanes Katrina and Rita in the Gulf Coast region. Nissan has continued its support through the years by donating an additional 104 vehicles and helping more than 135 families obtain affordable housing across the U.S. Furthermore, Nissan's employees have logged more than 116,000 volunteer hours with Habitat for Humanity.

Bend-Redmond Habitat for Humanity also recently received a \$1,500 grant from the Pacific Power Foundation to help the organization build an affordable home for a local family in need. The home will be constructed at Habitat's west side property in Bend called NW Cottages. The site will soon be home to ten families.

MID OREGON CREDIT UNION

Mid Oregon Credit Union has implemented several efforts to support those affected by Oregon's wildfires, including:

- Partnership with the American Red Cross (ARC) on a dedicated webpage where the community and credit union members and staff can donate

funds. Thus far, 110 contributors have donated more than \$10,500. Financial donations are still being accepted.

- Introduction of a Fire Assistance Relief Emergency (FARE) loan for members. The FARE loan offers the opportunity to borrow any amount up to the applicant's monthly gross income, with an overall limit of \$5,000. The rate is three percent APR fixed for the life of the loan, and a 48-month maximum term. Borrowers have 90 days before the first payment is due.

- Support of the Rotary's Fire Relief Fund. The Rotary clubs in Central and Southern Oregon and Northern California (District 5110) are collaborating to raise funds to be distributed via grants to rebuild the fire devastated areas. An international Rotary in Thailand (District 3340) pledged to match every dollar raised up to \$10,000 for this fund. District 5110 pledged an additional \$10,000 to match Thailand's pledge.

JERICH ROAD

The Redmond Rebekah Lodge has awarded Jericho Road \$10,000. The \$10,000 will be used to purchase meals, supplies and housing assistance to those in need in the Redmond area.

OREGON COMMUNITY FOUNDATION

The Oregon Community Foundation (OCF) announced new donations to the 2020 Community Rebuilding Fund, a pooled philanthropic fund dedicated to helping Oregon communities recover from the state's worst fire season on record. Facebook is one of the companies that has joined with OCF and other foundations, companies and thousands of individual donors to help provide relief to those in need, and the fund is now at \$5 million.

RBC WEALTH MANAGEMENT

A commitment to our communities is one of RBC Wealth Management's core values. As the west coast continues to be ravaged by wildfires, RBC is providing a \$150,000 donation to the American Red Cross to support the relief and recovery efforts for those impacted by the fires.

Our thoughts go out to the employees, families and frontline workers in the communities affected by these devastating fires.

If you wish to join us in supporting these communities, the American Red Cross is accepting contributions.

REDMOND PROFICIENCY ACADEMY

Redmond Proficiency Academy's (RPA) Redmond Cares program was recently awarded a \$1,500 grant from First Interstate Bank in Redmond as part of the program's new community sponsor opportunity.

The Redmond Cares Community Sponsor program works with businesses in Redmond and throughout Central Oregon to help fund the purchase of food and supplies for a month, host canned food drives and supply and clothing drives for Redmond Cares.

Employees from First Interstate Bank volunteered for Redmond Cares on September 23 and 24 at the RPA high school campus, helping to pack boxes of food and supplies.

RPA and members of the community launched Redmond Cares in April 2020 as a response to the economic impacts felt in the community resulting from layoffs and school closures due to COVID-19. To date, Redmond Cares has packaged and delivered over 575 boxes of food and household items to the communities of Redmond, Bend, Prineville, Culver, Madras and Crooked River.

A Chiropractor’s Preference: Diversified Chiropractic Versus the Activator Method

Know Which One to Ask for at Your Next Appointment

by ABIGAIL MORSE — Elk Ridge Chiropractic & Wellness

Between the ages-old standard manual adjustment (also called diversified chiropractic) and the high-tech Activator method, you’re probably wondering which one’s the perfect fit for you when visiting your chiropractor. Perhaps in your mind, the word ‘diversified’ seems a little too abstract when all you want is your shoulder looked at. Meanwhile ‘activator’ sounds like something from the Terminator, which, if we’re being honest, sounds a wee too painful to be desired. One’s too vague, the other, too abrupt. So let’s dive deeper, shall we? Let’s take a closer look at the definitions, moreover the methods, behind these obscure-sounding words and get down to the facts about what really goes on at the chiropractor’s office. On top of that, let’s figure out which method is right for you.

Diversified Chiropractic Technique (DCT):

A literal hands-on technique, chiropractors work directly with the body, conducting what’s called manual manipulation to restore movement and alignment to the spine and joints. So what does this technique look like?

Spine Health tells us that the diversified chiropractic technique is “the form of high-velocity, low-amplitude thrust that is traditionally associated with chiropractic manual adjustments. For this method, chiropractors apply a short (low-amplitude), quick (high-velocity) thrust over restricted joints (one at a time) with the goal of restoring normal range of motion in the joint. The patient’s body is positioned in specific ways to optimize the adjustment of the spine.” Spine Health goes on to explain that “the high-velocity, low-amplitude (HVLA) technique is among the oldest and most frequently used chiropractic techniques. Most chiropractic clinical research has focused on the evaluating efficacy of this form of spinal manipulation, particularly for low back, mid-back and neck pain.”

That’s the technical definition. But what does it all mean? Elk Ridge Chiropractic & Wellness Center’s licensed Doctor of Chiropractic, Kristin Costanzo, breaks it down for us.

She mentions that the diversified method is a ‘more force, less speed’ technique that provides general treatment to the patient’s target areas. She informs us that “there is not a protocolized assessment when it comes to diversified chiropractic. Because every person is different, there is naturally a little more room for variation when using this method. For example, you may have your regular chiropractor who you go to on a weekly basis. Then let’s say you move and start seeing another chiropractor; or maybe you’re out of town and visit a chiropractor because you threw out your back on the trip and need instant care. The variation of treatment



PHOTO | BY JOYCE M’COWN

you’ll get between all of these doctors can be pretty vast. There just isn’t as much consistency with this method if you’re looking for the same targeted action every time you go in for treatment.”

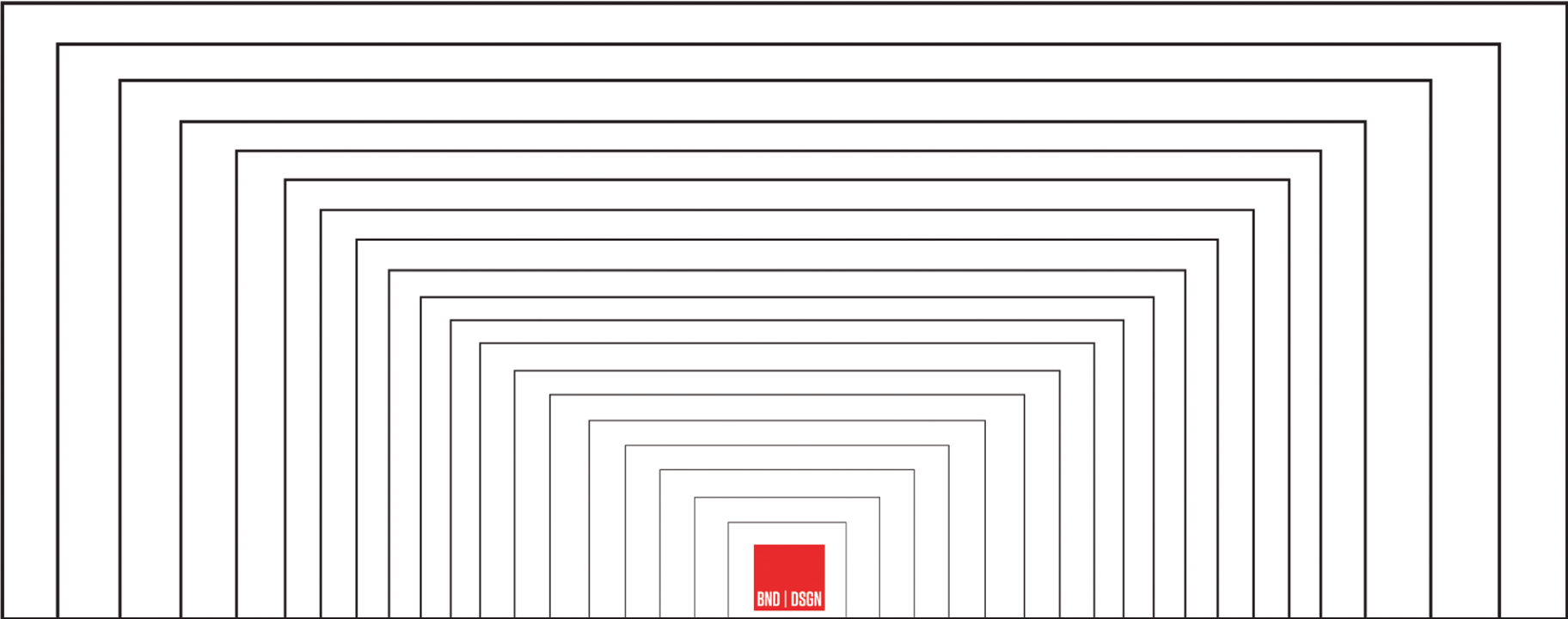
That being said, what are the goals, and moreover, the benefits of receiving the diversified chiropractic technique? Chiro Economics tells us: “Diversified technique has three main objectives. These are to restore spinal alignment, repair joint dysfunction and enhance proper movement.” Care Family Medical and Chiropractic offers their perspective, saying, “This technique is extremely helpful to restoring joint dysfunction and settling the spine back to its normal place,” going on to list certain benefits such as pain relief, increased blood flow, increased muscle relaxation, stress relief and lower inflammation levels.

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► CONTINUED FROM PREVIOUS PAGE

This is also a popular standard among patients who prefer to hear their body moving back into place. What this means is that when undergoing the DCT, each manual thrust may lead to a subsequent popping noise that lets both the doctor and the patient know that the adjustment did its work. Sound strange? The veterans of this method don’t happen to think so. On the contrary. This sort of clarification comes as a preference for a lot of patients, making it a further trusted go-to for those who have long-since used this method.

Activator Method Technique:

Having quickly gained notoriety among the chiropractic community as one of the most common forms of chiropractic treatment, the Activator method has come to rival the positive effects of the DCT. But what exactly is this method, and how does it compare?

Spine Health explains that the activator method “uses a spring-loaded, hand-held mechanical instrument called the Activator adjusting instrument. This instrument allows chiropractors to provide a quick, low-force impulse at specific points.” So not quite the Terminator, but no doubt just as effective. So what are its main objectives?

Spine Health goes on to say, “there are two theoretical advantages of an Activator instrument-assisted treatment.” The first one, they call ‘High Speed.’ “The instrument is so quick that the body’s muscles are less likely to tense in response, and resist the treatment. The lack of muscle resistance may facilitate the treatment’s effectiveness.” The next advantage has been coined ‘Controlled force.’ “The applied

force is localized and does not put the joint in any compromised positions, such as bending or twisting,” they explain.

Similarly, Dr. Kristin describes the procedure as ‘more speed, less force.’ She tells us that “because the tip of the instrument is small, chiropractors can be more specific with each application. With every point of contact, the activator is gentler, more specific. On top of that, there’s a defined protocol for this method. The patient should be able to go to any licensed Activator chiropractor and, according to the protocol, receive more consistent treatment.”

This is a great option for those patients with highly specific target areas that need the more precise point that the activator tool can easily reach, as well as patients who are more sensitive to the higher force, less speed method of the diversified technique. Dr. Kristin mentions that “the activator method is particularly effective on patients with osteopenia - a decrease in bone density usually seen in older women — as well as those with a history of disc injuries, and anyone hesitant about receiving a manual adjustment.” Moreover, unlike the more high-power thrust of the manual adjustment, the Activator method issues a more neutral thrust that provides less trauma to the targeted areas, which can provide a more proactive healing process to the patient.

So whether you’re thinking about the diversified chiropractic technique, or if you believe the Activator method might be a better fit, go ahead and have a sit down with your chiropractor to discuss which one is right for you. If you don’t currently have a regular chiropractor, Dr. Kristin recommends setting up a new patient appointment with her at Elk Ridge Chiropractic by calling 541-388-3588, or by going online at thebendchiropractor.com.

thebendchiropractor.com

Building Permits

COMMERCIAL PERMITS WEEK ENDING 9-11-2020

City of Bend

- \$309,984.00 - Multi-FD 2,495 sf. at 20122 Flowing Water Wy. Bend 97702 OR Owner: Oregon Builders Developers, LLC 3321 NW Panorama Dr. Bend, OR 97703 541-480-9985 Permit # 20-2328
- \$27,500.00 - Commercial Alteration (Deschutes County Main Building) 86,839 sf. at 1300 NW Wall St. Bend 97703 OR Owner: Deschutes County PO Box 6005 Bend, OR 97708
Builder: Sunwest Builders 541-548-7341 Permit # 20-2407

City of Redmond

- \$5,900,000.00 - Commercial Addition (BasX) 72,400 sf. at 3500 SW 21st Pl. Redmond 97756 OR Owner: BasX Properties, LLC 3500 SW 21st Pl. Redmond, OR 97756
Builder: Lisa Reynolds 503-740-0889 Permit # 711-20-001434-STR
- \$25,000.00 - Commercial Alteration (Red Barn Industrial Center) at 1090 NE 11th St. Redmond 97756 OR Owner: Red Barn Industrial Center, LLC 695 SW Mill View Wy. #103 Bend, OR 97702
Builder: Michael Knighten Construction Co, Inc. 541-317-9636 Permit # 711-20-001597-STR

COMMERCIAL PERMITS WEEK ENDING 9-18-2020

City of Bend

- \$309,984.00 - Multi-FD 2,495 sf. at 20126 Flowing Water Wy. Bend 97702 OR Owner: Oregon Builders Developers, LLC 3321 NW Panorama Dr. Bend, OR 97703 541-480-9985 Permit # 20-2511
- \$250,000.00 - Commercial Alteration (Aspen Dental) 7,090 sf. at 3211 N Hwy 97 Ste 120 Bend 97703 OR Owner: Weigand Investments, Inc. PO Box 1271 Ketchum, ID 83340
Builder: TMS Construction, Inc. 719-532-9988 Permit # 20-0716
- \$86,006.00 - Commercial Alteration (Blissful Spoon) 6,657 sf. at 65 NW Newport Ave. Ste 200 Bend 97703 OR Owner: Newport Asset Holding, LLC 1696 NW Albany Ave. Bend, OR 97703
Builder: Stilson Builders, Inc. 541-419-2556 Permit # 20-2385
- \$66,615.00 - Commercial Alteration (McDonalds) 4,636 sf. at 1151 S Hwy 97 Bend 97702 OR Owner: McDonalds Corporations 390 NE Emerson Ave. #Ste 101 Bend, OR 97701
Builder: Russell Anderson Contracting, LLC 541-280-0315 Permit # 20-0807

City of Redmond

- \$6,157,034.00 - Multi-FD 54,603 sf. at 736 NW 5th St. Redmond 97756 OR Owner: Central OR Regional Housing Authority 405 SW Sixth St. Redmond, OR 97756
Builder: Peter E Baer 541-388-9897 Permit # 711-20-000875-STR
- \$60,000.00 - Commercial Alteration (Alteration) at 1655 SW Odem Medo Rd. Redmond 97756 OR Owner: Albany-Pacific, LLC Et Al PO Box 990 Minneapolis, MN 55440
Builder: Dickerhoof Construction, LLC 541-231-5977 Permit # 711-20-001272-STR
- \$57,960.00 - Commercial (Alert Safety Supply) 1,200 sf. at 106 SE Evergreen Ave. Redmond 97756 OR Owner: Micheal F & Mary A Lantz 323 SW Canyon Dr. Redmond, OR 97756
Builder: Philgood Contractors, Inc. 541-279-1579 Permit # 711-20-000876-STR
- \$10,972.00 - Commercial Detached Accessory Structure 1,790 sf. at 4528 SW 39th St. Redmond 97756 OR Owner: Cypress 144 Holdings 210 SW Wilson Ave. Ste 100 Bend, OR 97702
Builder: Pahlisch Commercial, Inc. 541-385-6762 Permit # 711-20-001615-STR-04

Deschutes County

- \$1,525,924.00 - Commercial (Bend Distillery) 17,230 sf. at 19330 Pinehurst Rd. Bend 97703 OR Owner: Bendis Homes Pinehurst, LLC 19330 Pinehurst Rd. Bend, OR 97703
Builder: Seth E. Anderson 541-330-6506 Permit # 247-19-005605-STR
- \$20,000.00 - Commercial Alteration (AT&T Cell Tower) at 64280 N Hwy 97 Bend 97701 OR Owner: New Cingular Wireless PCS, LLC 754 Peachtree St. NE #16th Floor Atlanta, GA 30308
Builder: Crown Castle USA, Inc. 480-734-2428 Permit # 247-20-005264-STR

COMMERCIAL PERMITS WEEK ENDING 9-25-2020

City of Bend

- \$450,000.00 - Commercial (Blackstrap Industries) 4,940 sf. at 1309 SE Armour Rd. Bend 97702 OR Owner: Shehadeh Leasing, LLC PO Box 7573 Bend, OR 97708
Builder: Overland Company 541-410-1056 Permit # 20-2509
- \$275,657.00 - Multi-FD 2,224 sf. at 20128 Reed Ln. Bend 97702 OR Owner: Oregon Builders Developers, LLC 3321 NW Panorama Dr. Bend, OR 97703 541-480-9985 Permit # 20-2879
- \$65,000.00 - Commercial Alteration (Bangers and Brews) 15,058 sf. at 1462 NE Cushing Dr. Bend 97701 OR Owner: JKC Neff, LLC PO Box 25822 Eugene, OR 97402
Builder: Rustic Built, LLC 541-362-6183 Permit # 20-2622
- \$56,970.00 - Commercial Alteration (Bend Board and Brush) at 63455 N Hwy 97 Ste 81 Bend 97703 OR Owner: CVSC, LLC 1231-B State St. Santa Barbara, CA 93101
Builder: Compass Commercial Construction Services 541-330-2449 Permit # 20-4028 City of Redmond
- \$809,600.00 - Commercial (Obsidian Heights Clubhouse) 4,045 sf. at 1238 SW Obsidian Ave. Redmond 97756 OR
Owner: Redmond Pacific Associates, LLC 430 E State St. #140 Eagle, ID 83616 Permit # 711-19-002390-STR
- \$523,250.00 - Commercial Detached Accessory Structure (Affatati Building) 8,160 sf. at 2760 NW 7th St. Redmond 97756 OR Owner: Ralph J Affatati PO Box 598 Sisters, OR 97759
Builder: Oregon Pole Structures, LLC 541-719-0566 Permit # 711-20-001347-STR
- \$450,380.00 - Commercial Detached Accessory Structure (Affatati Building) 7,008 sf. at 2719 NW 7th St. Redmond 97756 OR Owner: Ralph J Affatati PO Box 598 Sisters, OR 97759
Builder: Oregon Pole Structures, LLC 541-719-0566 Permit # 711-20-001344-STR
- \$150,000.00 - Commercial Detached Accessory Structure (AAA RV Storage) 13,000 sf. at 1333 NE Jackpine Ln. Redmond 97756 OR Owner: AAA RV Storage, LLC 25455 Elk Ln. Bend, OR 97701
Builder: Definitive Construction, LLC 541-213-5104 Permit # 711-20-001129-STR
- \$130,000.00 - Commercial Detached Accessory Structure (AAA RV Storage) 11,470 sf. at 1333 NE Jackpine Ln. Redmond 97756 OR Owner: AAA RV Storage, LLC 25455 Elk Ln. Bend, OR 97701
Builder: Definitive Construction, LLC 541-213-5104 Permit # 711-20-001130-STR
- \$54,580.00 - Commercial Alteration (Rise Painting) 2,000 sf. at 688 SW Veterans Wy. Redmond 97756 OR Owner: Redmond Ventures, LLC 5771 SE international Wy. Milwaukie, OR 97222
Builder: Rise Painting and Maintenance, LLC 541-316-5929 Permit # 711-20-001795-STR

Oxford

Continued from page 3

during this time.”
Opened in 2010, the locally owned and operated Oxford Hotel Bend has been a prominent asset to the Central Oregon hospitality industry, offering an upscale travel experience to visitors. The hotel was recently recognized as the #6 Best Hotel in the United States in TripAdvisor’s Travelers’ Choice awards. Curt and Robin Baney, owners of the

Wishcamper

Continued from page 3

without Bend’s commitment to affordable housing, which among many other positives, resulted in a waiver of SDC fees, property tax abatement, density bonus and subordinate loans. New affordable housing projects are incredibly difficult and complex to bring online and I’ve never worked with a City that understands and responds to the challenges like Bend did for Stillwater Crossing.”

The Project
The \$51.6 million project is located north of Ponderosa Street along Atwood Drive, which runs parallel and just to the west of Highway 97.

Offering one-, two- and three-bedroom apartments, Stillwater provides much-needed housing for working families and individuals who earn less than 60 percent of local area median income. The community will include an approximately 5,000-square-foot community building that will house a flexible recreational space, fitness center, kitchen facilities and community room where free onsite resident services will be provided to residents and available to the surrounding community. Residents will be able to take advantage of the exterior amenities, which include a large splash pad, picnic and BBQ areas, community gardens and covered bike storage. “We’re very proud to provide affordable housing with these fantastic amenities and services to the community of Bend,” O’Connell said.

Noteworthy
• Almost all affordable housing in Oregon over the recent past is made possible through large allocations of scarce and competitive grants and/or subordinate loans. These funding sources, which primarily are Metro Housing Bonds, the OHCS LIFT Program and nine percent Low Income Housing Tax Credits, typically fund 20-70 percent of total project costs. Per Fletcher Ray, a native of Portland and principal with Wishcamper, “We very much wanted to undertake a demonstration project in Oregon that did not utilize large amounts of competitive and scarce funding resources. Stillwater received subordinate loans from the City of Bend, which were critical, but only equated to 2.2 of percent of the project’s total cost. I’m very pleased that we were able to bring this project to market with less than 3 percent of the total cost funded with scarce resources, without the benefit of it being located in a qualified census tract, while sacrificing nothing regarding the quality of the product or services we’ll offer residents. It’s been a goal of ours from the beginning and I hope it’s the first of many.”
• Stillwater has achieved 30.8 percent participation from MWESB (Minority, Women, and Emerging Small Business firms) sub-contractors and professional services providers, making it one of the few projects in Oregon to ever achieve such a milestone. Per Justin Metcalf, President of Wishcamper, “Alongside our unique subcontractor procurement methods, our MWESB outreach partnership with

Oxford Collection of hotels, parent company of Oxford Hotel Bend, have consistently been committed to the enrichment of the community, evident in their generous contributions to the OSU-Cascades endowed faculty fund for its hospitality management program in 2016 and 2018.
McMenamins Old St. Francis School received second-place honors in the Best Lodging category, and Sunriver Resort won Best Staycation in Central Oregon. To view the full list of winners, visit bendsource.com/bend/BestOf.oxfordhotelbend.com

Professional Business Development Group was a critical component to our success in reaching over thirty-percent MWESB participation. I can’t say enough good things about Kenechi (executive director) and their organization, we’re thrilled to have them as a partner. We’re looking forward to continuing our outreach efforts to ensure the housing opportunity is inclusive and available to everyone who calls Bend home.”
• Stillwater incorporates sustainable construction best practices, with an emphasis on energy and water conservation, and will achieve Earth Advantage Multifamily Certification for healthy built environments.

The Developer
Wishcamper Development Partner’s principals have over 80 years of combined experience across 23 states; having developed or redeveloped over 15,000 units of affordable apartment housing since the early 1970’s. Today, Wishcamper’s development footprint resides in the Pacific Northwest and Northern Rocky Mountain Region, with offices in their home states of Portland, Oregon and Missoula, Montana.

Per Justin Metcalf, president of Wishcamper, “Closing Stillwater is monumental for us. It’s the first project to break ground stemming from our efforts in early 2019, when my partners and I drove to every corner and region of Oregon to find the communities with the highest need for affordable housing, and where our projects would have the most impact. Stillwater is one of four new construction projects that we’re currently developing in Oregon. Our other projects are in Roseburg, Woodburn and Beaverton. We’re honored to be taking part in providing inclusive housing for Oregonians that is physically indistinguishable from market rate apartments, and each dedicated to providing robust and tailored resident services. Going forward, Oregon will continue to be where our new construction development model is focused.”

Facts and Details
• Project funding: \$200K grant from OHCS Multifamily Energy Program + additional energy incentives provided through Energy Trust of Oregon; \$400K loan from the City of Bend Housing Trust Fund; \$750K loan from the City of Bend Urban Renewal Agency; \$4M provided by Wishcamper; \$12.3M in 4 percent Low Income Housing Tax Credits syndicated by Boston Financial Investment Management and purchased by Freddie Mac; and \$33.8M in construction-to-perm debt financing from CITI Community Capital.
• Construction is beginning, with units scheduled for initial occupancy in July 2021 and fully occupied by May 2022.
• 100 percent of the units are designated as affordable housing with income set-asides at 60 percent local area median income.
• A groundbreaking ceremony is currently scheduled for October 21 on-site (please contact Lynne McConnell at the City of Bend).
wishcamperpartners.com

Deschutes National Forest

Continued from page 3

Vacancy announcements for the following positions will be available:
Positions open for application on October 1, 2020:
• GS-0462-05 Forestry Technician (Recreation) — Bend
• GS-0462-05 Forestry Technician (Timber Stand Improvement) — Bend, Sisters
• GS-0462-06 Forestry Technician (Timber Stand Improvement) — Sisters
• GS-1001-04 Visitor Information Assistant — Crescent
• GS-1001-05 Visitor Information Assistant — Bend
• GS-1001-06 Lead Visitor Information Assistant — Bend
• GS-1001-07 Visitor Information Assistant — Bend
• GS-0404-05 Biological Science Technician (Wildlife) — Bend, Crescent, Sisters
• GS-0404-06 Biological Science Technician (Wildlife) — Bend, Crescent
• GS-0404-07 Lead Biological Science Technician (Wildlife) — Sisters
• GS-1101-05 Resource Assistant — Bend
• GS-4748-05 Maintenance Worker — Bend
Positions open for application on October 30, 2020:
• GS-0404-05 Biological Science Technician (Fisheries) — Bend
• GS-0404-04 Biological Science Technician (Plants) — Sisters
• GS-0404-05 Biological Science Technician (Plants) — Bend, Sisters
• GS-0404-07 Biological Science Technician (Plants) — Bend, Crescent, Sisters
• GS-0404-05 Biological Science Technician (Soils) — Bend
• GS-0102-07 Archeology Technician — Bend, Crescent, Sisters
• GS-0462-04 Forestry Technician (Timber Sale Prep) — Bend, Crescent, Sisters
• GS-0462-05 Forestry Technician (Timber Sale Prep) — Bend, Crescent, Sisters
• GS-0462-06 Forestry Technician (Timber Sale Prep) — Bend, Sisters
• GS-1001-04 Visitor Information Assistant — Bend
• GS-1001-05 Visitor Information Assistant — Sisters
• GS-0462-04 Forestry Technician (Recreation) — Bend
• GS-0462-05 Forestry Technician (Recreation) — Crescent, Sisters
• GS-0462-04/05 Forestry Technician (Trails) — Bend
• GS-0462-04/05/06/07 Forestry Technician (Wilderness/Trails) — Sisters
• GS-0462-05 Forestry Technician (Fuels) — Crescent
• GS-0462-04/05 Forestry Technician (Lookout) — Bend, Sisters
• GS-0462-03 Forestry Aid (Fire Suppression) — Bend, Crescent, Sisters
• GS-0462-04/05 Forestry Technician (Fire Suppression) — Bend, Crescent, Sisters
• WG-5716-08 Engineering Equipment Operator (CDL Required) — Bend
For questions about applications, vacancy announcements or positions, email SM.FS.Des_TempHire@usda.gov. SDA is an equal opportunity provider, employer and lender.
fs.fed.us

Funding

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Partners in Care’s Chief Development Officer, Marlene Carlson, said that although their clinical staff members are accustomed to dealing with adversity and finding solutions to issues as they arise, it has been challenging to conduct a non-traditional capital campaign to construct their new 12-bed Hospice House. “Fundraising during a deep recession with high unemployment, volatile financial markets and a shift of private and foundation donations to political-, social justice- and pandemic-related causes created somewhat of an unfavorable climate for philanthropy,” she said. “Our ability to conduct events and in-person meetings has been hampered by COVID-19 restrictions.”
Younity’s Arlene Gibson agrees that funding for nonprofits has been negatively

impacted over the past eight months. “We have community donors who have been financially impacted, even our wealthier donors. They are still giving, but smaller donations. Grants and corporations have refocused funding to prioritize critical care like food and healthcare, as it should be. But this has impacted our funding. There is simply less funding available for our services.” She adds, “Fortunately, we have proven programming; we have helped 10,000 youth and have had 2,700 adult volunteers. This helps us find support avenues for funding; people remember this. We have changed our fundraising focus to online. You can’t beat sitting face-to-face with a funder, but this is where we are right now. We have missions to support, and we are doing everything we can to support them.”
unitedwaycentraloregon.org • jbarj.org
bbbsco.org • bgcbend.org • kidscenter.org
bethleheminn.org • partnersbend.org
younityus.org

Moving Forward

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rural or outlying areas where coming to Bend can be time intensive or difficult due to weather. We’d been talking about exploring this for a while, but found ourselves in a position to have to do it. It works well for a lot of our clients. It’s easy to log on from wherever you are, even on a phone.” He adds, “That’s been a change we will probably continue to offer in some capacity. As much as a lot of us are getting tired of the Zoom thing, if it’s something you really need, it’s nice to have it as an option.”
Younity’s Arlene Gibson said expanding the organization’s missions and delivery programs and taking advantage of the heightened partnering opportunities with community agencies are her priorities moving into the future. “More nonprofits are coming together as partners. There is lots of collaboration happening. These opportunities are part of our plans going forward,” she says. “We also have a new intern, a Political Science junior from the University of California Riverside, who is leading a core group of local students of color virtually and through phone calls.” This new diversity program is featuring prominent Black educators and community leaders, Gibson says, and they are producing a series of engaging educational courses. “Our youth are telling us that they want new, updated Black history programs. They are really passionate about this. We have an all-youth-lead diversity initiative. This is a new pathway for us.”
unitedwaycentraloregon.org • bbbsco.org • bgcbend.org • jbarj.org
kidscenter.org • younityus.org

Bridge Meadows Groundbreaking

On September 10, Bridge Meadows broke ground on a new development in Redmond that will serve families who have adopted children out of foster care, and adults 55+ who elect to serve as mentors to the families. It will be located within the Hayden Homes Maple Meadows development, sharing a community building and greenspace with the larger neighborhood development. Bridge Meadows will open in fall of 2021.

PHOTOS COURTESY OF BRIDGE MEADOWS



City of Redmond Mayor George Endicott.



Bridge Meadows Executive Director, Derenda Schubert.



Groundbreaking attendees.



Helping *kids*
GET BACK
to being *kids*.



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