

Elk Ridge Chiropractic & Wellness Center Welcomes New Chiropractor

by **ABIGAIL MORSE** — Elk Ridge Chiropractic & Wellness Center

2021 has been a season of change, and for the folks at Elk Ridge Chiropractic & Wellness Center, it's been nothing but good change.

Elk Ridge has grown a lot over the years since owner, Dr. Natasha Ruegsegger, assumed ownership in 2015. Adapting and expanding through all that life has to offer, Dr. Natasha has employed a variety of highly qualified individuals ranging from chiropractors, naturopaths, chiropractic assistants, licensed massage therapists, office managers and receptionists. Formulating a balanced environment of well-trained and personable people has helped Dr. Natasha maintain Elk Ridge's place as one of Bend's most trusted chiropractic offices.

Now, Dr. Natasha is both pleased and proud to announce the arrival of Elk Ridge's newest member, Dr. David Juratovac.

New to the Elk Ridge team, yet certainly not a new professional in the practice of chiropractic, Dr. Dave began his chiropractic journey when, at the age of 14, he went to a chiropractic office for the first time. As the son of a massage therapist, living in Oregon City, Oregon, Dr. Dave learned early on about the importance of muscle health, spinal movement and how an active lifestyle, paired with smart nutrition, can impact every aspect of a person's life.

This seed carried him through high school, which was when he first thought of becoming a chiropractor. However, it wasn't until a job shadow in a chiropractic clinic made him realize that helping people was what he was meant to do.

In 2009, Dr. Dave made the big decision to move across the country to St. John's University in Collegeville, Minnesota, where he began his chiropractic education. He earned his Bachelors in Biology in 2013, and later graduated with a Doctorate of Chiropractic from Northwestern Health Sciences University in Bloomington, Minnesota in 2016.

A real go-getter, Dr. Dave moved back to Oregon and jumped right into the chiropractic world, where he would go on to own his own practice in Portland, Oregon from 2018 to 2021.

At this point in Dr. Dave's life, he decided to make another new and exciting change in moving to Bend to continue his career. Together, with his wife

Cass, his daughter Sully and their snappy dog, Piper, the Juratovac family made the big move and couldn't be happier!

Now doing *what* he loves *where* he loves, Dr. Dave remains committed to the philosophies of chiropractic that first inspired him when he was younger.

Beyond his formal education as a Chiropractic Wellness Practitioner with a focus on lifestyle and prevention, Dr. Dave has completed multiple continuing education courses to remain current and to serve his patients in the best possible way.



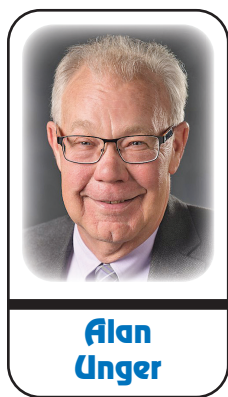
DR. DAVID JURATOVAC | PHOTO COURTESY OF ELK RIDGE CHIROPRACTIC & WELLNESS

He is proficient with therapeutic taping methods, instrument-assisted soft tissue therapies as well as orthopedic work. While his passion is with wellness and prevention, Dr. Dave holds vast experience with auto- and work-related injuries, acute pain and sports injuries. He is also certified in Webster Technique to help him better care for pregnant women and support their journey into motherhood.

Dr. Dave is currently accepting new patients at Elk Ridge Chiropractic & Wellness Center, performing both Activator and Manual adjustments to patients of all ages, from infants to toddlers, teens, adults and seasoned lifers! Working alongside Elk Ridge's trusted team, Dr. Dave is well-equipped to help all of his patients, both current and new, to accomplish their health goals and to live their best lives.

To book your first appointment with Dr. Dave, give the Elk Ridge team a call at 541-388-3588, or email us at elkridgechiropractic@gmail.com.

thebendchiropractor.com



Alan Unger

The **Central Oregon Community College (COCC)** board of directors recently selected board member **Alan Unger** as its chairperson for the 2021-22 year, a post he will maintain through June of next year. Representing the city of Redmond, or Zone 3, for the college's district, Unger is a retired Central Oregon government official and a former contractor.

A resident of Redmond since 1950, Unger was a Redmond city councilor before becoming mayor of the city for eight years, followed by two terms serving as a Deschutes County commissioner. He was appointed to the Oregon Workforce Investment board for seven years, where he represented many Oregon counties and statewide boards and committees, and also held the position of director for

the League of Oregon Cities.

Unger currently serves on the executive board of the Oregon Community College Association, a group that represents all 17 of the state's community colleges.

The role of COCC's board chair is to ensure the integrity of the board's processes and sometimes represent the board to outside parties. Unger's term of service as a COCC board member will continue through 2025.

Act-On Software announced the addition of **Gregg Ames** as chief commercial officer and **Syed Ahmed** as senior vice president of Engineering, both reporting to Act-On CEO Kate Johnson. As the company positions itself for continued growth, the hirings mark another major step following a funding announcement, technology launch and successful marketing conference in 2021.

Ames joins Act-On after driving revenue and sales growth at Marketo, Oracle and Turning. As VP of Enterprise Sales at Marketo, Ames was instrumental in the rapid growth of the marketing automation market. A proven leader with a wealth of experience in revenue and business management, Ames will expedite Act-On's business growth and accelerate momentum upmarket into enterprise-level deployments.

Ahmed has extensive experience leading engineering and operations teams, most recently as CTO and VP of Engineering at Contiq. Ahmed also spent four years leading a high growth period at Tapclicks, a marketing operations start-up. As SVP of Engineering at Act-On, Ahmed brings a wealth of expertise in platform scalability, data analytics and CRM integrations, which will bolster Act-On's ability to continue to offer a highly personalized and customizable customer experience through its growth marketing automation platform.

Windermere Central Oregon Real Estate's Redmond Office has been named the Redmond Chamber of Commerce & CVB's 2020 Business of the Year. The Chamber of Commerce presented the award as a surprise to Managing Principal Broker Mike Gordon during the real estate company's weekly meeting. The honor is especially meaningful following the turbulent year dominated by the global pandemic.



Gregg Ames

Syed Ahmed

Synergy Health & Wellness (Synergy) announces the expansion of its nutrition and massage teams, as well as announcement of its advanced diabetes certifications.

Rose Mattson joins the nutrition team as a Registered Dietitian Nutritionist (RDN). Her philosophy and passion lie in helping others develop positive attitudes and behaviors around food. She believes in choosing foods that nourish both body and mind, in making health choices rooted in self-care and self-compassion and in working towards



Rose Mattson

Michelle Mora

body acceptance. Ultimately helping clients develop a peaceful relationship with food, body and movement. She holds a masters in nutrition and dietetics, with a sports nutrition emphasis, from the University of Utah. She has worked in a variety of outpatient settings, primarily with clients struggling with disordered eating and eating disorders, as well as those with Celiac disease and diabetes.

Michelle Mora, LMT, joins Synergy's massage team specializing in helping clients

recover from injuries, maintain an active lifestyle and manage pain. She enjoys helping clients work through bodywork struggles in order to continue doing the things they love in life. Her philosophy is to attack specific problem areas and target the muscles involved by mixing different modalities using deep tissue, force line therapy, cupping and Swedish massage. Mora graduated from COCC's massage program and obtained her Oregon LMT license in 2016. She has also completed advanced studies in fire cupping, Ashiatsu, deep tissue/force line massage and sports massage.

In addition to adding new team members, Synergy's Diabetes therapy team, including **RanDee Anshutz**, RDN, LD, LMT, **Kasey Conyers**, MS, RDN, LD, CDCES and **Abby Douglas**, RDN, LD, have also received advanced certification with Medtronic and Omnipod insulin-pump therapy. The new certifications solidify Synergy's holistic approach to guide clients through therapies and strategies to help them thrive with diabetes.

The Council on Aging of Central Oregon announced that it has added two new members to its Board of Directors. The new board members bring technology expertise to help our growing IT and communications needs and a strong disabilities advocate to guide our senior diversity and inclusion efforts.

Michael Hensley, a long-term Bend resident, has been the IT Director for NeighborImpact for almost 20 years, helping their growing organization keep pace with ever-changing technology to streamline operations and bring more services to Central Oregonians. Hensley attended San Jose State University and the University of Alaska Anchorage as an English major/creative writing minor, and enjoys many outdoor activities including, running, cycling, hiking, traveling and camping with his two dogs.

Sharlene Wills, a current and long-term member of the American Council of the Blind and a former County of Los Angeles employee, has first-hand knowledge of the issues visually impaired seniors face as they age. She said her interest in wanting to join the Board was because "seniors, like the disabled, are among the most underserved people both in the community and in the nation. Our voices need to be heard and our needs addressed. As both a disabled person and a senior citizen, I feel very able to represent these two groups in advocacy as a Council on Aging Board member."



Michael Hensley



Laurie Chesley

Central Oregon Community College's (COCC) president, Dr. **Laurie Chesley**, was recently appointed by Oregon Governor Kate Brown to a three-year post on the state's Workforce and Talent Development board. Her term began on July 1.

The state's Workforce and Talent Development board is comprised of 40 appointed members who advise the governor and the legislature on workforce policy to strengthen Oregon's workforce systems for both workers and businesses. Initiated by the federal government's 2014 Workforce Innovation and Opportunity Act, the volunteer group builds partnerships that merge public and private interests, aligns policy with resources and education, advances equity among communities and communicates a long-term vision for Oregon that identifies future workforce needs, among other objectives.

Between now and 2030, the state anticipates that more than 120,000 additional jobs with post-secondary training or education will be required within Oregon's labor force, and the Workforce and Talent Development board is working toward meeting that Adult Education and Training goal, set forth in 2018.

President of COCC since 2019, Chesley also serves on the boards of EDCO and Better Together, and is a member of the governor's Central Oregon Regional Solutions Advisory Council.

Awbrey Glen Golf Club announces two hole in ones made by **Sue Wassom** and **Tiffany Collingwood**.

Wassom made a hole in one on July 23, 2021 on hole 11, 115 yards using an 8 iron. The hole in one was attested by Carol Lee; golf professional was Meghan Dobbins.

Collingwood made a hole in one on July 23, 2021 on hole 11, 124 yards using a 9 iron. The hole in one was attested by Gracey Gerdes and Casey Case; golf professional was Meghan Dobbins.



Tiffany Collingwood