Cataract Surgery
Has Improved
Quality of Life
for Centuries

— Page 23

Enhancing & Promoting the Economic Vitality of Central Oregon Since 1994

Desperado Celebrates 25th Anniversary This Month



OANNE SUNNARBORG, OWNER OF DESPERADO | PHOTO COURTESY OF DESPERADO

by RONNI WILDE — CBN Reporter

esperado, a bohemian-inspired boutique with western flair in downtown Bend, is celebrating its 25th anniversary September 17-18. Although the details of the party are still being worked out as COVID considerations fluctuate, the event will include live music outside, a clothing and jewelry trunk show and food and drinks.

"It's hard to plan; we just have to plan the best we can and be flexible. But despite the situation, there will still be a party!" says owner Joanne Sunnarborg enthusiastically. "The good news is we will still be able to do a trunk show with clothing and jewelry, people will just have to wear masks. The music will be outside, featuring Honey Don't, in a parking spot with a canopy. The tricky part will be the food and alcohol. We can't have a bunch of people in the store milling around, but people can take their drinks outside."

Sunnarborg started Desperado in Portland's historic Pearl District as a high-end western lifestyle store carrying everything from custom boots to handmade rugs. "I was in the insurance business before, but I've always loved fashion and wanted to do something different, she says. In 2007, Sunnarborg moved her business to Bend's Old Mill District, which was the shop's home for nearly 13 years. In late summer 2020, Desperado was moved to its current home in downtown Bend at 933 NW Bond Street. The shop carries a variety of women's clothing, footwear and accessories, as well as gifts for women, men, kids and babies at a broad price point. Recognized for excellent customer service and a large selection of custom boots and glamorous apparel, brands featured at Desperado include Johnny Was, JW LA, Biya, Old Gringo, Liberty Black Boots, XCVI, Double D, PJ Salvage, Söfft, denim by Driftwood, Dear John, Stonefield and others.

Rebecca Meade, head of marketing and advertising for Desperado, says that since

PAGE 6

COVID-19 Vaccines — Good for Business

by RONNI WILDE — CBN Reporter

BUSINESS IN DOWNTOWN BEND HAS BEEN ROBUST OVER THE SUMMER | PHOTO COURTESY OF THE DOWNTOWN BEND BUSINESS ASSOCIATION

since the COVID-19 vaccines have become widely available, the local economy has picked back up again, and as a result, the 2021 summer season appears to have been successful for many business owners.

"The vaccine has helped people feel comfortable going back out in public, and that has helped our businesses and restaurants. It helps customers feel safe going out to shop and eat, and it also helps employees feel safe going back to work," says Beau Eastes, marketing director of the Old Mill District and the Les Schwab Amphitheater. "At the Amphitheater; we would not have been able to put on shows if the vaccine wasn't available. I'm thankful that the

PAGE 20

Annual Healthcare Supplement — Pages 9-34

Caring with Compassion in Challenging Times

by JESSICA LEBLANC, MD MPH, Chief Health Officer — Mosaic Medical



PHOTO | BY ASAWIN FORM PXHERE

ver the years I've learned that the best way to provide quality primary care is to establish a relationship with my patients and collaborate, rather than give orders or ultimatums. I've been fortunate enough to learn from my patients that lifestyle and habit change cannot occur after one 20-minute visit in the primary care office. Meaningful changes can take

ver the years I've learned that the best way to years of conversation and connection, but can truly provide quality primary care is to establish a impact a person's health.

Listening with Compassion

Like all healthcare providers, I've faced challenging encounters with patients who are not ready to give up certain chemicals or harmful activities in their lives even though I can see that it would truly benefit them. These

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RE/MAX KEY PROPERTIES

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cbn BUSINESS NEWS

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Petrosa Commercial, Bend's New 179-Acre Retail Mixed-Use Property, to Break Ground in 2022

JLL Serving as Leasing Representatives for New Project that will Offer Prime Space for Retail, Health & Wellness & More

JLL announced today that Pahlisch Commercial will break ground on a 179acre retail mixed-use property in the fast-growing Bend area in 2022, and that JLL will be the exclusive leasing team.

Petrosa Commercial will serve as the retail component to Northeast Bend's newest premier community offering a new construction home for every stage

of life, from 120+ townhomes and 260 apartments to 675 single-family homes and 180 multi-family homes. This new retail component will create a unique and forward-looking synergy for the broader Petrosa project as well

County Seeks Input on New Business Financial Assistance Program

On behalf of the Deschutes County Board of Commissioners, the Sunriver Area Chamber of Commerce is seeking input on a new financial assistance program that will help businesses and organizations negatively impacted by the COVID-19 pandemic.

Funding for this program has been set aside by the Commissioners from the federal American Rescue Plan Act of 2021 to assist businesses and organizations

Bend's Area Rug Connection Has New Owners

Bend's Area Rug Connection is under new ownership, and we are eager to connect with our customers and community!

The new team includes husbandwife partners, Jenny and Greg Lanker, with 40 years of experience owning and operating businesses together. Greg's primary focus will be the books and business logistics. Jenny is at her best collaborating with clients to realize their vision for home. Both Jenny and Greg look forward to building relationships with customers, industry professionals and Bend's small business community.

While running a business is not new to Jenny and Greg, the rug industry is,

Continued on Page 38 ►

Visit Bend Seeks Community Input on Bend Sustainability Fund Grants

Having a say in future trails is enticing enough, but Visit Bend is sweetening the pot with a chance to choose who gets an additional \$500.

It's all part of the Bend Sustainability Fund's first granting cycle, which opens for community input August 25. "This is the community's opportunity to provide input on their recreation priorities and help determine how best to protect

and enhance Bend's wild places," explained Serena Gordon, Visit Bend's Sustainability manager.

The Bend Sustainability Fund (BSF) launched in June 2021 by earmarking transient room tax (TRT) dollars for shovel-ready projects that protect,

Continued on Page 38 ►

RECENT TRANSACTIONS

Compass Commercial Real Estate Services principal broker **Bruce Churchill** represented the buyer, **Deschutes County**, in the acquisition of 236 NW Kingwood Avenue in Redmond. The 37,462 SF medical office building on 0.86 acres sold for \$2,450,000.

Brokers Graham Dent, Jay Lyons, SIOR, CCIM and Grant Schultz with Compass Commercial Real Estate Services represented the seller, Chambers Development Corp., in the sale of 63049 Lower Meadow Drive in Bend. Broker Dan Kemp, CCIM with Compass Commercial Real Estate Services represented the buyer, Scott & Lyn Philiben. The 10,982 SF industrial building on 0.9 acres sold for \$2,225,000.

Compass Commercial Real Estate Services brokers Peter May, CCIM and Dan Kemp, CCIM represented the seller, Berj & Georgia Martin Trust, in the sale of a 5,681 SF office Building on 0.33 acres located at 850 SW 7th Street in Redmond. The building sold for \$1,321,134.

Brokers **Bruce Churchill**, **Jay Lyons**, **SIOR**, **CCIM** and **Grant Schultz** with **Compass Commercial Real Estate Services** represented the landlord, **Mill A Associates**, **LP**, in the lease of a 2,926 SF retail suite located at 805 SW Industrial Way in Bend.

Compass Commercial Real Estate Services principal broker **Bruce Churchill** represented the landlord, **Three Sisters Holding, LLC**, in the lease of a 7,947 SF industrial suite located at 3525 SW Empire Drive in Prineville.

Principal broker **Bruce Churchill** with **Compass Commercial Real Estate Services** represented the landlord, **Fifteen SW Colorado, LLC**, in the lease of a 1,125 SF office suite located at 15 SW Colorado Avenue in Bend.

Compass Commercial Real Estate Services broker **Luke Ross** represented the landlord, **Holeman 2008 Revocable Trust**, in the lease of a 5,060 SF industrial suite located at 380 SE Bridgeford Boulevard.

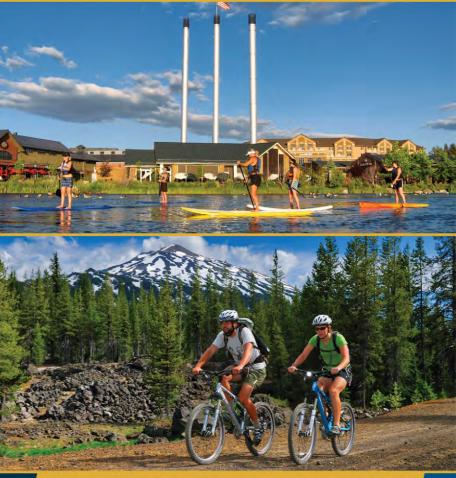
Brokers Peter May, CCIM, Jay Lyons, SIOR, CCIM and Grant Schultz with Compass Commercial Real Estate Services represented the landlord in the lease of a 1,593 SF office suite located at 300 SW Columbia Street in Bend. Broker Luke Ross with Compass Commercial Real Estate Services represented the tenant.

Compass Commercial Real Estate Services brokers Jay Lyons, SIOR, CCIM and Grant Schultz represented the tenant, First American Title Insurance Company, in the lease of a 1.064 SF office suite located at 431 E Cascade Avenue in Sisters.

Brokers **Graham Dent** and **Luke Ross** with **Compass Commercial Real Estate Services** represented the landlord, **Sawyer Park, LLC**, in the lease of a 4,050 SF industrial suite located at 63025 O.B. Riley Road in Bend.

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♦ Several Bend neighborhoods have

successfully connected to public sewer

through the Septic to Sewer Conversion

Program which allows people to convert

from private septic systems to City

sewer service and is funded through

The Via Sandia, East Lake and Orion

neighborhoods in southeast Bend

applied to the program and were

approved for funding in early 2020.

The project allowed 42 homeowners

to decommission their aging septic

systems and connect to public

sewer. Sewer construction began in

March 2021 and was completed in

August 2021, ahead of schedule and

The Septic to Sewer Conversion

Program is an ongoing effort allowing

residents to apply annually to complete

a sewer project in an area where

properties are currently served by

private onsite septic systems. Some

residents are converting to sewer

utility rates.

within budget.

BEND

because their privately owned septic systems are failing. Others are connecting because it allows them to develop their properties further, as improvements on properties with septic systems are limited.

As the City continues to grow, more neighborhoods are applying to the program. If you are interested in learning more or applying to the program, visit bendoregon.gov/ septictosewerprogram.

DESCHUTES COUNTY

♦ Deschutes County is accepting applications from community members who are interested in serving on its new Cannabis Advisory Panel (CAP).

With the passage of HB 3295 by the Oregon Legislature in June and the creation of the new CAP, Deschutes County is once again eligible to receive marijuana tax revenue from the State. The County has not received marijuana tax revenue since 2019.

As specified by HB 3295, the panel will provide recommendations to the Board of Commissioners on the use of marijuana tax revenue, public safety measures related to marijuana use and marijuana entities in the county, and issues presented by marijuana growing, processing, wholesaling and distributing in unincorporated areas of Deschutes County. The CAP is expected to meet quarterly beginning in October.

Interested candidates are encouraged to visit deschutes.org/jobs to learn more and to apply. A resume and letter of interest are required. Applications will be accepted until Monday, September 13.

The CAP will consist of a variety of appointed members, including:

- A person who holds a license issued under ORS 475B.070 for a premises located in the county (i.e. MJ production license);
- A person who holds a license issued under ORS 475B.105 for a premises located in the county (i.e. MJ retail license);
- · A designee of the County Sheriff;
- · A designee of the County Commission;
- A member of the public;
- A watermaster who is appointed for a water district in, partially in or near the county; and
- A representative of the county who is knowledgeable about economic development in the county

FROM THE LEGISLATIVE DESK...

WASHINGTON

♦ On August 27, the U.S. Small Business Administration announced it will begin sending invitations for supplemental awards for the Shuttered Venue Operators Grant program. Per the Economic Aid to Hard-Hit Small Businesses, Nonprofits and Venues Act, SVOG supplemental awards are to be provided to those who received an initial grant and have illustrated a 70 percent loss when comparing 2021's firstquarter revenues to the same in 2019. Thus far, approximately \$9 billion has been awarded in initial SVOGs to more than 11,500 venues, providing a critical lifeline for theaters, live venue spaces and other entertainment and cultural hubs as they recover from the pandemic, re-open in many communities across the nation and continue contributing to local economies.

Supplemental award applicants can choose to apply for any amount up to 50 percent of their original SVOG amount, with a \$10 million cap of the initial and supplemental awards combined, according to the law. The supplemental awards also allow SVOG recipients to extend the time to use their grant funds for expenses accrued through June 30, 2022 and lengthen their budget period to 18 months from the initial grant's disbursement date. SVOG is one of the many programs that the SBA has facilitated during the pandemic that has provided more than \$1 trillion in relief for America's communities.

If sufficient funding is not available for all eligible entities to receive a supplemental award, priority will be given to applicants who have illustrated the greatest revenue loss in the first quarter of 2021 compared to the first quarter in 2019.

One such venue that the SVOG program was instrumental in saving is Tygart Valley Cinemas, which opened in 1979 and has been in the Carunchia family for two generations, with husband-wife duo Michael and Melissa now operating it. Marion County is very important to the family; the business employs nearly 20 residents and is dedicated to keeping ticket prices reasonable as they know the entire community has suffered during this crisis.

For additional information on SBA's Economic Relief programs, visit COVID-19 relief options. Further, SBA's resource partners, including SCORE Mentors, Small Business Development Centers, Women's Business Centers and Veterans Business Outreach Centers, are available to provide entities with individual guidance on their applications. Applicants can find a local resource partner via a zip code search at sba.gov/local-assistance.









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Callan Accounting CPAs & Advisors Significantly Expands Financial Planning Capabilities

New Partner Additions bring Valuable Insights in Financial Planning, Estate Planning & Wealth Accumulation Strategies

allan Accounting CPAs & Advisors, LLC recently announced the appointment of Matt Goette, CFA, CFP, AIF, CDFA and Paul Svendsen, CPA/PFS, ABV, CVA as partners who will focus on enhancing the firm's financial planning expertise. These additions reinforce Callan Accounting's objective to provide a broad spectrum of accounting and financial advisory services to its more than 1,200 individual and corporate clients. Goette and Svendsen bring over 50 years of combined experience to the firm and will focus on helping Callan's clients reach their financial goals through proactive financial planning. Additionally, Svendsen will head the firm's valuation practice and provide summary and comprehensive valuation reports, business value calculations and expert witness testimony to support a wide variety of litigation services.

"We are very excited to enhance our financial planning capabilities with the addition of Matt and Paul to our team," said Steve Callan, president of Callan Accounting. "Each is a recognized leader in financial planning. Together, they

bring deep industry experience to ensure we provide best-in-class CFO level services to our individual and corporate clients."

"The professionalism and integrity of the Callan Accounting team was the driving factor in solidifying our desire to join the firm," said Goette. "Callan Accounting has a well-deserved reputation in always putting its clients' interests' first and providing the highest level of service. I'm thrilled to be joining the team at this exciting time in the company's history."

About Callan: Callan Accounting CPAs & Advisors, LLC, founded by Steve Callan in 1982, strives to offer value-building tax and financial solutions and ease financial stress for its more than 1,200 individual and corporate clients. As accounting and finance experts, Callan Accounting manages the entire spectrum of financial needs for individuals and corporations to allow clients to focus on what is most important to them.

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2021 Impact Conference

he 2021 Impact Conference is the evolution of our successful Real Estate and Economic Impact Breakfast events into one information-rich, half-day virtual conference. In addition, this year we will be including the hospitality industry in our lineup of session breakouts.

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ECONOMIC SESSION

Economic Keynote: Damon Runberg, Regional Economist for the State of Oregon;

Understanding Labor Market Disruptions of the COVID-19 Recession and Recovery.

REAL ESTATE SESSION

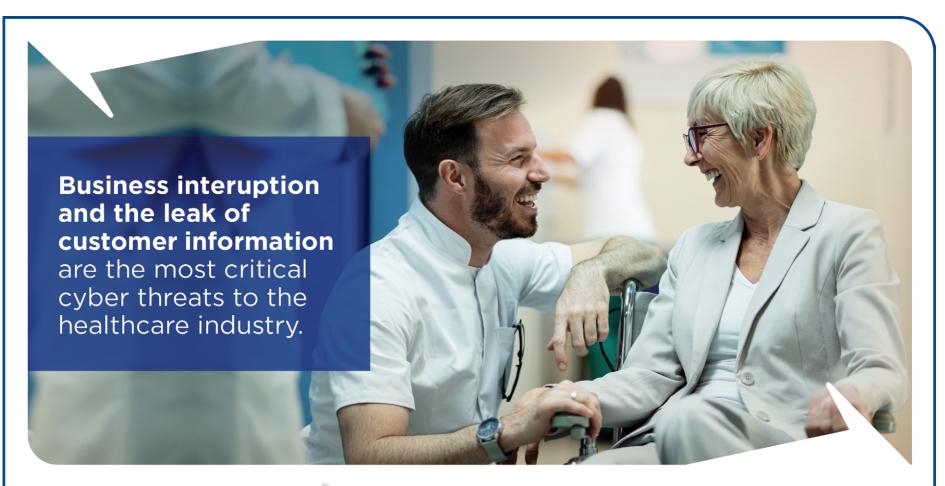
Commercial Keynote: Darren Powderly, Founder of CrowdStreet; Building a Digital Real Estate Portfolio: How Technology is Changing the Real Estate Investing Landscape.

Residential Keynote: Brian Ladd, Principal Broker at Cascade Sotheby's International Realty; A Holistic Review on the Bend Housing Market.

HOSPITALITY SESSION — Workforce and Labor Panel

Todd Montgomery, OSU-Cascades (Moderator); Molly Hartley, Sunriver Resort; Lynne McConnell, City of Bend; Zach McKirahan, Brasada Ranch and Israel Morales, Kachka Restaurant — Solutions to the Hospitality Labor Shortage — Making Our Industry a Career Destination.

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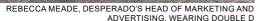


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*Ponemon Data Breach Study







DESPERADO STAFF MEMBER MIKKI KROHN WEARING



OLIVIA HARMS WEARING DOUBLE D RANCH AND A PEYOTE BIRD NECKLACE

esperado
Continued from page 1

the store started out as a high-end western store, they are tying that into the anniversary celebration. "We are bringing in Double D, which is like the Mercedes of western wear," Meade explains. "Joanne has carried this line for 25 years. It's like going back to our roots. Our clothing is a lot less western than it used to be." She adds, "For our show, there will also be a custom boot maker, and we will showcase several jewelry lines that are handmade in America with sterling silver and turquoise."

Sunnarborg says that her passion for fashion is what has kept her going all these years and is what has helped her overcome the challenges along the way. "For 25 years, I can't say I've loved everything I've done every single minute of every day. But I really like what I do, and most times I love it. If I didn't, I'm not sure I'd be so tenacious to overcome the challenges." Among the big hurdles, she says, are the economic upheavals over the years, whether due to recession or now COVID. "Those are the biggest challenges. I, like restaurants, never make up lost revenue. When you lose revenue over months or years, you never make that up. You don't double business when you open back up." Sunnarborg says that she did not go into debt with COVID, and at this point, she just hopes to get back to "normal" at some point. "During the 2008 recession; I had two stores when that one went down. I had to close one store and put my ego aside."

At this time, Sunnarborg says business is going well, but she is short-staffed like so many others, so she has to close the store on Mondays. "You just have to do what you have to do," she says. "I have lightened up my product mix a bit too. In this time, you just don't take as many risks. It's going well, but you have to change it up for the time, as with any business."

Her goal moving forward, Sunnarborg says, is to stay relevant in fashion, and her business philosophy is to not make decisions based on fear or ego. "I've never made a good decision if I made it based on ego or fear. Ego happens to me all the time, because I go to an apparel show and I see all this fabulous stuff and think, 'I have to have that.' Then I get back to Bend, which is casual, and wonder what I was thinking," she says with a laugh. "As for fear, you have to take risks. Coming back from COVID, as a business owner, if you didn't have any inventory, you couldn't have a business. So, you just ordered inventory and kept your fingers crossed."

Despite the challenges, Sunnarborg says that her biggest triumph is that 25 years in, she still loves what she does, and is proud to have achieved 25 years of brick-and-mortar success. "This is especially true with the internet evolution and Amazon as a way to shop. That's a big triumph to be here after 25 years with a brick-and-mortar store." She adds, "Why I'm still in business would really come down to the fact that I've been lucky in my 25 years to have great employees, and that is huge. It's huger than anything I've done. They provide great service, and that's why customers are attracted to the store and keep coming back." She continues, "It's all about great service, and they do that. The best compliment I can have is when someone thinks one of my employees owns the store."

desperadoboutique.com



DESPERADO STAFF MEMBERS SERVE AS MODELS FOR PHOTO SHOOTS
PICTURED HERE IS JULIE KNIRK



DESPERADO STAFF MEMBER LESLYE VENTURI WEARING A GREELEY HAT WORKS CUSTOM HAT AND MAURITIUS LEATHER JACKET



DESPERADO STAFF MEMBER NICOLE KLADNY| PHOTOS COURTESY OF DESPERADO

Explore Writing Resources in Central Oregon

by KRISTINE THOMAS — CBN Feature Writer

A nalyzing if it's obvious who murdered the deceitful golfer, determining if your character's banter is romantically playful or finding a word to rhyme with "solemnly" are a smattering of tasks a writer probably shouldn't attempt to do alone.

Thankfully, there are many resources for writers to find what they need to benefit their writing, whether it is joining a critique group, meeting fellow writers, finding an editor or taking classes or workshops to hone their skills.

There are many resources for writers in Central Oregon. Here are the ones listed in the story:

- Blank Pages: blankpagesworkshops.com
- Bookstores:
 Visit your local bookstore to discover reading groups and more.
- COCC Continuing Education: enrole.com/cocc and click on writing and literature classes.
- Central Oregon Writers Guild: centraloregonwritersguild.com
- Deschutes Public Library's Write Here: deschuteslibrary.org/calendar/writehere
- Ellen Santasiero: ellensantasiero.com
- OSU-Cascades: osucascades.edu
- Quail Run Publishing Consultants: quailrun.co
- Sarah Cyr's Workshops: sarahcyr.com
- Shut Up & Write: meetup.com/shutupandwritebend

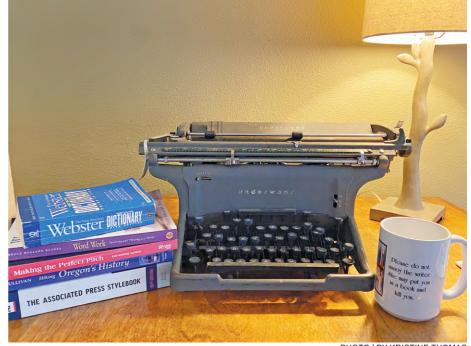


PHOTO | BY KRISTINE THOMAS

improvement. We not only learn from reading, but by being read, and by giving feedback to our peers. Community is a good thing."

Cooper recommends workshops offered by Blank Pages, Ellen Santasiero and Sarah Cyr, classes at OSU-Cascades and COCC and reading groups and author presentations at local bookstores in Bend, Redmond, Sunriver and Sisters.

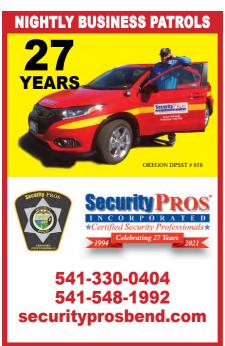
Julie Swearingen is the publicity director of COWG and the event and consignment manager at Roundabout Books in Bend. "I recommend connecting with writer's guilds and other writers to every author I work with because those are also their readers," Swearingen said. "They can find critique

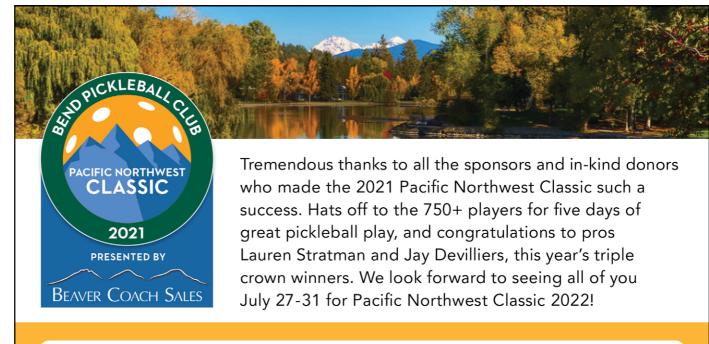
Continued on Page 8 ►

Mike Cooper is the president of Central Oregon Writers Guild (COWG) and teaches writing at Central Oregon Community College (COCC) and OSU-Cascades, along with creative writing workshops at The Workhouse, Deschutes Public Library and COCC Community Learning.

He said writing groups and classes assist writers in being more productive and educated as a community. "Writers are solitary creatures; we often live inside our own heads, which are sometimes wonderful places."

Some writers find joy from the act of writing and don't have a need for anyone to see their work, he added. "But being in our own heads with our own tunnel vision cuts off the reader — the variety of readers — and the potential for feedback and









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www.bendpickleballclub.com



groups, beta readers, fellow editors and other publishing professionals through those connections."

Deschutes Public Library

Deschutes Public Library Program Director Liz Goodrich and Program Specialist Paige Ferro invite writers to checkout Write Here, a three-part program created to benefit Central Oregon's writing community. "The Deschutes Public Library is here to support the writing community in an intentional way by creating space and opportunities for writers to be able to learn and grow in their craft," Goodrich said.

Write Here's three pillars are:

- Writers Writing provides writing workshops for writers to practice their craft, explore working with a new genre or polish a specific writing skill.
- Writers Working is both a creative and a business endeavor to help writers explore what it takes to be a successful working writer.
- Writers Reading introduces the local writing community to local and national writers working in various genres.

Ferro said experienced writing instructors facilitate the free programs, which are open to everyone with an interest in cultivating their craft from the beginning to the end of a writing project. "The act of writing is solitary. Our program provides writers with the support, inspiration and feedback to keep going."

Central Oregon Writers Guild

The Central Oregon Writers Guild's mission is to provide writers a "forum for mutual support and education through meetings, annual events and

workshops. Our goal is to advance growth and success for individual writers of all genres and skill levels."

Swearingen said COWG members meet the second Tuesday of every month from 5:30-7:30pm. The meetings include a reading from a local author, workshops and presentations. Meetings are free and open to the public. Membership is \$25 a year and provides a discount on workshops offered several times a year. "COWG is a great way to network," she said. "Roundabout Books has hosted various events with local writers and will continue to partner with COWG to support the writing community.

Swearingen said COWG members wear multiple hats in the writing sphere. "We have editors, publicists, interior designers, cover designers and more to help a writer with any stage of their process."

Swearingen added that COWG's leadership board is inclusive and welcoming, which was helpful to her when she moved back to Bend from Portland. "COWG has developed a great group of members, and we are always looking for new faces and ways to expand."

Sarah Cyr's Workshops

Sarah Cyr's work includes articles in *Newsweek, The Boston Globe, Boston Magazine* and *Cosmopolitan*. In 2014, she read Natalie Goldberg's *Writing Down to the Bones* and began a daily writing practice. She has studied with Goldberg including a year-long program at the Upaya Zen Center in Santa Fe.

Sarah teaches writing practice, emphasizing the importance of making writing a regular habit and developing a writing routine that can grow to other writing projects such as a novel, essay or memoir. This fall, she is teaching an eight-week class to help writers unravel their own stories by paying attention to their senses. "I teach writing as a practice," she said. "It's a confluence of writing along with studying mindfulness."

She will provide her students with a prompt and encourage them to keep the pen moving to get down what they are thinking without editing. "Everyone has a great story to tell," she said. "I help writers who are starting and those who have been doing it for a while. Writers need someone to listen to what they write as well as benefiting from listening and learning to what others have written."

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Home Assistance & Care Services (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services	Area Covered
Almost Family, LLC 243 SW Scalehouse Lp., Ste. 3-A Bend, OR 97702	541-389-0006	541-389-0906	www.almostfamilycare.net kristy@almostfamilycare.com	Kristy Walters	80	1982	Medication management, registered nursing services, 24-hr. companion & homemaking services, personal & respite care. IDD/DD attendant care	Deschutes, Jefferson & Crook Counties.
At Home Care Group 205 SE Wilson Ave., Ste. 1 Bend, OR 97702	541-312-0051	541-312-0077	www.athomecaregroup.com kristy@athomecaregroup.com	Kristy Walters	8	1999	Services offered include home assistance, companionship, personal care & nursing services.	Deschutes, Jefferson & Crook Counties.
Heart 'n Home Hospice & Palliative Care, LLC 745 NW Mt. Washington Dr., Ste. 205 Bend, OR 97703	541-508-4036	541-508-4037	www.gohospice.com billyge@gohospice.com	Billy Gehm	15	2004	Services include on-call nursing support, hospice CNAs, medical social services, spiritual counseling, trained volunteers, physician support, grief & loss support, veteran services & recognition.	Central Oregon.
Heart 'n Home Hospice & Palliative Care, LLC - La Pine 51681 Huntington Rd. La Pine, OR 97739	541-536-7399	541-536-9312	www.gohospice.com dianah@gohospice.com	Diana Hergenrader	10	2004	Services include on-call nursing support, hospice CNAs, medical social services, spiritual counseling, trained volunteers, physician support, grief & loss support, veteran services & recognition.	Central Oregon.
Helping Hands Home Care 61396 S Hwy. 97, Ste. 107 Bend, OR 97702	541-241-1950	458-206-7377	www.helpinghandshomecare.com elizabeth@helpinghandshomecare.com	Pamela Breuer, Mary Galley	25	2017	Personalized one-on-one in-home care services for seniors & people with disabilities. From running errands & grocery shopping, to bathing & medication administration.	Deschutes, Jefferson & Crook Counties.
Home Instead Senior Care 20380 Halfway Rd., Ste. C Bend, OR 97703	541-330-6400	541-330-7362	www.homeinsteadbend.com gloria.rockwell@homeinstead.com	Cole Mack, Jonathan Mack	170	2000	Non-medical companionship & home care for seniors, specializing in 24 hour care, personal care, homemaking, respite care, nursing services & Alzhiemer. Licensed & insured.	Deschutes, Jefferson & Crook Counties.
Hospice of Redmond 732 SW 23rd St. Redmond, OR 97756	541-548-7483	N/A	www.hospiceofredmond.org info@hospiceofredmond.org	Jane McGuire	21	1981	Hospice, Palliative Care & Transitions programs, Medical Director Hospice & Palliative Care certified, licensed registered nurses, social workers, hospice aides, licensed therapists, bereavement support, Veterans' support & trained volunteers. 24/7 nurse on call.	Redmond, Bend, Sisters, Tumalo, Crooked River Ranch, Powell Butte, Culver, Terrebonne, Black Butte Ranch, Camp Sher- man & Prineville.
Lincare, Inc. 63076 NE 18th St., Ste. 100 Bend, OR 97701	541-382-8303	541-382-8358	www.lincare.com	Michael Sheldon	12	2000	Respiratory care & durable medical equipment.	All of Central Oregon.
Norco Medical 63024 Sherman Rd. Bend, OR 97703	541-388-2273	541-383-5996	www.norco-inc.com wayneb@norco-inc.com	Wayne Barker	40	1987	Home delivery of medical supplies including all respiratory, durable medical equipment, incontinence, diabetic & rehabilitation products. 24-hr. on-call service.	Central & Eastern Oregon.
Partners In Care - Hospice-Home Health - Transitions-Palliative Care 2075 NE Wyatt Ct. Bend, OR 97701	541-382-5882	N/A	www.partnersbend.org marlenec@partnersbend.org	Marlene Carlson	200	1979	Medicare-certified home health, hospice & palliative care. Non-medical transitions & bereavement for adults & children. Skilled nursing; physical, occupational, speech therapy; medical social work; certified nursing assistants & spiritual care. Hospice House is a six-bed, in-patient unit. On-call 24/7. Nonprofit.	Headquarters in Bend & Branch offices in Redmond & La Pine. Serving Central Oregon from Madras & Prineville in the north to Christmas Valley & Chemult in the south.
Right at Home In-Home Care, Central Oregon 2195 NE Professional Ct., Ste. 15 Bend, OR 97701	541-633-7436	541-633-7438	www.rightathomeco.com julie@rightathomeco.com	Julie Burket	80	2009	One-on-one in-home care & assistance for seniors & disabled adults. Caregivers are experienced & carefully screened through criminal background checks, drug testing & motor vehicle records. Right at Home, Inc. has been in business since 1995. The corporate office is based in Omaha. They have been franchising since 2001.	Deschutes, Jefferson & Crook Counties.
St. Charles Home Health Services 63031 NE Layton Bend, OR 97701	541-706-7796	541-706-4996	www.stcharleshealthcare.org jlnewton@stcharleshealthcare.org	Julie Newton	78	1984	Skilled nursing, certified home health aides, medical social workers, physical, occupational & speech therapy, including orthopedic & neurological rehabilitation, collect & deliver lab specimens, fall prevention education, medication, post-operative & pain management, evaluation & treatment, wound /ostomy care, lifeline emergency response, nutritional evaluation & counseling, I.V. therapy, specializing in chronic disease management including diabetes, congestive heart failure, chronic obstructive pulmonary, disease, hypertension.	Deschutes, Jefferson, Crook, Wasco & Northern Klamath Counties.
St. Charles Hospice 2500 NE Neff Rd. Bend, OR 97701	541-706-6700	N/A	stcharleshealthsystem.org hospice@stcharleshealthcare.org	Laurie Jackson	45	1988	Physician services, skilled nursing care, medical equipment & supplies as appropriate, drugs for symptom management & pain relief, complementary therapies short-term inpatient & respite care, homemaker services & hospice aides, physical & other therapies, counseling, chaplain & social work, volunteer support, bereavement support.	Deschutes, Jefferson & Crook Counties.
Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702	541-383-1414	541-312-7080	www.touchmarkbend.com SDN@Touchmark.com	Kaitlin Dahlquist, Scott Neil	28	2004	Home care.	Deschutes, Jefferson & Crook counties.
Visiting Angels, Living Assistance Services 2920 NE Conners Ave. Bend, OR 97701	541-617-3868	541-330-5645	www.visitingangels.com/bend k.clark@visitingangels.com	Karen Clark	75	2007	Visiting Angels is proud to be the nation's leading provider of senior home care services. Our Angels provide in-home care, medication management, elder care, respite care, senior personal care & companion care services. With our senior home care services, elderly adults can continue to live independently in their own homes.	Central Oregon.

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.



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Doing the Right Thing for Over 40 Years



NEW 12-BED HOSPICE HOUSE OPENING THIS NOVEMBER | RENDERING COURTESY OF PARTNERS IN CARE

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

ne of our staff members recently flashed on a motto for Partners In Care — "Doing the right thing for Over 40 Years." This struck me as such a positive statement, especially in light of the difficult circumstances our frontline caregivers are working under. The ability to adapt in the face of adversity goes to the heart of the Partners In Care 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. It's doing the right thing.

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.

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 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 Bendbased 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," said Eric Alexander, Partners In Care president and CEO. "With the opening of a new 12-bed Hospice House to replace the current six-bed facility in November, 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.

partnersbend.org

Calm

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Our specialized care supports you at home.

Despite the resurgence of COVID-19 and its variant, Partners In Care continues to be a positive and helpful presence for patients and their family caregivers. For over 40 years, we have grown in our understanding of the complexities of chronic and terminal illness. You are not alone. We can help. We understand.



Partners In Care

(541) 382-5882 PartnersBend.org

Local. Independent. Nonprofit.

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

Physician Groups & Clinics (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Doctors	Other Area Locations	Patients Per Month	Services
Bend Dermatology Clinic, LLC 2747 NE Conners Ave.	541-382-5712	541-382-2605	www.bendderm.com suzanne@bendderm.com	Suzanne Maitland	45	1980	5	Central Oregon	3,300	Diseases & surgeries of the skin.
Bend, OR 97701 Bend Hernia Center 2450 Mary Rose Pl., Ste. 210 Bend, OR 97701	541-383-2200	541-383-5170	www.bendherniacenter.com wimel@bendsurgicalassociates.com	Michael J. Mastrangelo, M.D., FA	6	2003	1	N/A	200-250	Laparoscopic & Robotic surgery. All types of hernia repair & general surgery.
Bend Surgery Center 1303 NE Cushing, Ste. 200 Bend, OR 97701	541-318-0858	541-318-6740	www.bendsurgery.com website@bendsurgery.com	Jason Winters	100	1997	N/A	N/A	1,000	Ambulatory surgery.
Bend Urology Associates, LLC 2090 Wyatt Ct., Ste. 101 Bend, OR 97701	541-382-6447	541-388-6862	www.bendurology.com patriciap@bendurology.com	Patricia Parker	50	1964	4	Redmond	1,900	Male, female & pediatric disorders of the urinary tract, comprehensive incontinence treatment, board certified & board eligible surgeons.
Cascade Direct Care 198 NE Combs Flat Rd. Prineville, OR 97754	541-362-8688	541-550-7779	www.cascadedirectcare.com cascade.reception@gmail.com	Lindsey G. McKay PA-C	4	2013	Lindsey McKay, PA-C	N/A	N/A	Family medicine clinic & primary direct care office that offers primary care services to its members for a monthly fee including minor in-office procedures & many labs. Insurances accepted as well.
Cascade Surgicenter 2200 NE Neff Rd., Ste. 100 Bend, OR 97701	541-322-2395	541-322-2394	www.cascadesc.com	Cammy Gilstrap	45	2006	Staff doctors from The Cen- ter & more.	N/A	500	Outpatient surgeries by The Center physicians, as well as pre- & post-operative care. Specialty areas include minimally invasive knee & shoulder arthroscopy, carpal tunnel surgery, pain management injections & other outpatient surgical procedures. Pediatric dentist, podiatry.
Central Oregon Clinical Genetics Center 143 SW Shevlin-Hixon Dr., Ste. 203 Bend, OR 97702	541-678-5417	541-678-5466	www.cocgc.org oschirripa@hipaamail.us	Osvaldo A. Schirripa, M.D., M.S.	1	2010	1	Grants Pass	40	Identification, management & prevention of genetic disorders/diseases.
Central Oregon Dermatology 388 SW Bluff Dr. Bend, OR 97702	541-678-0020	541-323-2174	www.centraloregondermatology.com info@centraloregondermatology.com	Mark A. Hall, M.D	9	2000	1	Bend, La Pine, Redmond, Madras	450	General dermatology & specializes in skin cancer diagnosis & skin cancer surgery & various cosmetic procedures involving Botox, Juvederm, Restylane, Radiesse, laser treatment, phototherapy & photodynamic therapy.
Central Oregon Ear, Nose & Throat, LLC 2450 NE Mary Rose Pl., Ste. 120 Bend, OR 97701	541-526-1133	541-385-4935	www.coent.com	Dr. Ryan P. Gallivan, M.D.	20	1970	5 Physicians, 2 Audiologists	N/A	2,000	Ear, nose, throat & hearing.
Central Oregon Family Medicine, P.C. 645 NW Fourth St., PO Box 460 Redmond, OR 97756	541-923-0119	541-923-3228	www.cofm.net	Lori Wells	10	1981	3	N/A	900	Family medicine.
Central Oregon Pediatric Associates (COPA) 760 NW York Dr., 2nd Floor Bend, OR 97703	541-389-6313	541-389-8760	www.copakids.com wmiller@copakids.com	Wade Miller	104	1975	16 MDs, 6 PA/PNP's	East Bend, South Bend, Redmond	4,200	Pediatric & adolescent medicine.
Central Oregon Radiology Assoc. PC 1460 NE Medical Center Dr., Ste. 180 Bend, OR 97701	541-382-6633	541-382-9327	www.centraloregonradiology.com keharvey@cmillc.org	Kate E. Harvey	260	1947	28	Redmond & Bend South Side	7,500	MRI, CT, ultrasound, nuclear medicine, PET, mammography, x-ray, DXA, vascular/interventional radiology.
Central Oregon Regional Pathology Services 1348 NE Cushing Dr. Bend, OR 97701	541-382-7696	541-389-5723	www.copc.net jdover@copc.net	Cheryl Younger, MD	18	2000	6	N/A	N/A	Pathology services.
Deschutes Osteoporosis Center 2200 NE Neff Rd., Ste. 302, PO Box 490 Bend, OR 97701	541-388-3978	541-278-8366	www.deschutesosteoporosis- center.com	Dr. Molly Omizo, MD	2	2010	1	N/A	35	Care for osteoporosis & bone health.
Deschutes Rheumatology 2200 NE Neff Rd., Ste. 302 Bend, OR 97701	541-388-3978	541-278-8366	www.bendarthritis.com	Merilee Silverstein	14	2012	3	N/A	400	Rheumatology services.
Desert Orthopedics, LLP 1303 NE Cushing Dr., Ste. 100 Bend, OR 97701	541-388-2333	541-388-0930	www.desertorthopedics.com	Michael Ryan, MD	60	1995	27	Redmond	1,900	Joint reconstruction & replacement surgery spine disorders & diseases pediatric orthopedies adult & adolescent sports medicine hand & upper extremity disorders foot & ankle rehab physical medicine trauma & orthroscopic surgery.
Doctors Park Surgery Center 2090 Wyatt Ct., Ste. 102 Bend, OR 97701	541-389-5931	541-389-5932	N/A	N/A	14	2002	5	N/A	300	Outpatient ambulatory surgery.
East Cascade Women's Group 2400 NE Neff Rd., Ste. A Bend, OR 97701	541-389-3300	541-389-8115	www.eastcascadewomensgroup.com	Jeff Stewart	36	1994	8	N/A	Over 2,000	OB/GYN
Endocrinology Services Northwest 929 SW Simpson Ave., Ste. 220 Bend, OR 97702	541-317-5600	541-317-5676	www.endonorthwest.com	Patrick McCarthy, MD	5	2012	2 M.D.'s, 2 P.A.'s	Redmond	1,200	Diabetes, thyroid & cholesterol disorders, hormonal imbalances & testosterone deficiencies.
Gastroenterology of Central Oregon 2239 NE Doctors Dr., Ste. 100 Bend, OR 97701	541-728-0535	541-647-5125	N/A	Dr. Glenn Koteen, MD	2	2007	1	N/A	120	Specializing in liver disease, diagnostic, therapeutic, GI & endoscopy.
High Lakes Health Care - Bend-Upper Mill 929 SW Simpson Ave., Ste. 300 Bend, OR 97702	541-389-7741	541-278-8375	www.highlakeshealthcare.com	Dan McCarthy	170	1996	16	Bend-Shevlin Park, Bend-Hos- pital District, Redmond	4,000	Primary care/family practice, internal medicine, physical medicine & rehabilitation, pediatrics, GYN, cardiology.
InFocus Eye Care 2450 NE Mary Rose Pl., Ste. 110 Bend, OR 97701	541-318-8388	541-318-7145	www.infocus-eyecare.com info@infocus-eyecare.com	Dr. Winter Lewis, OD, Dr. Ida Alul, MD, Dr. Patricia Buehler, MD, Dr. Elizabeth Potvin, OD	35	1998	6	N/A	1,800	Specializing in advanced cataract surgical techniques, LASIK, surgery & eyelid surgery. Comprehensive eyecare, Botox treatments & on-site fashion eyewear. All with the warm, personal approach every patient can expect at In
Inovia Vein Specialty Center 2200 NE Neff Rd., Ste. 204 Bend, OR 97701	541-382-8346	541-382-5796	invoiavein.com kristen@inoviavein.com	N/A	12	2005	2	N/A	N/A	Complications from varicose veins, compression therapy, Endovenous Vein Ablation, ambulatory phlebectomy
Madras Medical Group 76 NE 12th St. Madras, OR 97741	541-475-3874	541-475-3503	www.madrasmedicalgroup.com info@madrasmedicalgroup.com	Bob Jones	25	1973	6	N/A	1,400	Family practice.
Mosaic Medical - East Bend 2084 NE Professional Ct. Bend, OR 97701	541-383-3005	541-383-1883	www.mosaicmedical.org	Bridget McGinn	365	2004	See website	Prineville, Madras, Redmond	Approx. 600	Primary Care for the insured & uninsured of all ages, pediatrics.
Mosaic Medical - Madras Office 850 SW Fourth St., Ste. 101 Madras, OR 97741	541-838-3005	N/A	www.mosaicmedical.org	Natalie Dacuzzi	25	2004	3	Prineville, Bend, Redmond	580	Primary care for the insured & uninsured of all ages; prenatal care.
Mosaic Medical - Prineville Office 375 NW Beaver St., Ste. 101 Prineville, OR 97754	541-383-3005	N/A	www.mosaicmedical.org N/A	Mari Enders	25	2004	7	Bend, Madras, Redmond	N/A	Primary care for the insured & uninsured of all ages.
Mosaic Medical - Redmond Office 1250 SW Veterans Way, Ste. 120 Redmond, OR 97756	541-383-3005	541-383-1883	www.mosaicmedical.org N/A	N/A	20	2004	See website for a com- plete listing of providers.	Prineville, Bend, Madras	N/A	Primary care for the insured & uninsured of all ages.
Mosaic Medical Internal Medicine - Bend Internal Medicine Clinic 2965 NE Conners Ave., Ste. 280 Bend, OR 97701	541-383-3005	541-383-1883	www.mosaicmedical.org N/A	Dr. Divya Sharma, M.D., M.S.	50	2013	See website	Prineville, Madras, Redmond	N/A	Primary care services for adults.
Mountain Medical Immediate Care 1302 NE Third St. Bend, OR 97701	541-388-7799	541-317-0533	www.mtmedgr.com sklar@mtmedgr.com	Stacey Klar	19	1986	6	N/A	1,200	Urgent care & occupational health services. Travel medicine.
Name Your Care 3818 SW 21st PL, Ste. 100 Redmond, OR 97756	541-548-2899	541-504-3781	www.yourcaremedical.com deb@yourcaremedical.com	Debora Watten- burg	18	2013	6	N/A	800	Walk-in same day medical care. Urgent care & occupational medicine including work comp.
Northwest Brain & Spine 2115 NE Wyatt Ct., Ste. 201 Bend, OR 97701	541-585-2400	541-585-2407	www.neuronwbs.com ckauer@nwbrainandspine.com	Dr. Kent Yundt, Dr. Anthony Hadden	50	2004	2	N/A	1,000	NeuroSurgical treatment of the brain & spine, injections.
Northwest Medi Spa 447 NE Greenwood Ave. Bend, OR 97701	541-318-7311	541-318-2884	www.northwestmedispa.com northwestmedispa@gmail.com	Dr. Rebecca Nonweiller	5	2002	1	Klamath Falls	500	Array of medical aesthetics procedures to help you look & feel your best.

Osaic Medical
Continued from page 1

are crossroads we encounter daily, and as providers we are charged with relinquishing all judgement and continuing compassionate conversation towards meaningful change. Awareness and curiosity have really helped me come to a middle ground with the human beings I care for.

I often hear traumatic stories about how the medical system has failed the patient in the past and that they hold too much fear or mistrust pharmaceutical industries, or are influenced by poorly supported claims read in



Iessica Leblanc

media or on-line. Sitting and listening with compassion, setting attainable goals, supporting their right to choice and explaining our experience and science-based practice are some of the strategies we use in order to motivate healing.

The Impact of Choosing to be Unvaccinated

Recently, I have seen and heard a lot of conversation and judgement about patient decisions not to vaccinate for COVID-19 and — despite all my years of practice and patience — I am also guilty of this. I have a spouse working tirelessly as an ER nurse, and a mother who has worked for 50 years as a nurse at Good Samaritan Hospital in Corvallis, Oregon. I am watching my team members in primary care slowly leave the profession because patients and coworkers will not receive a life-saving vaccine.

Nationwide, 95-97 percent of patients hospitalized with COVID-19 are unvaccinated. Locally, in Central Oregon, our hospitalized COVID-19 patients are 98-99 percent unvaccinated. In this case, the choice of these patients to be unvaccinated is directly increasing the physical risk to my closest family members and contributing to potential burn-out for them and their team members. It is also taking up resources and bed space from my patients who need surgery and emergency care.

The surges of unvaccinated human beings who were fearful of the injection are again crowding our schedules for follow-up, and carrying long-COVID symptoms that are difficult to treat. Those of us who have been resilient through the initial pandemic, and now again with the unvaccinated surge, continue to carry on despite knowing that this disease could have easily been prevented if patients chose to vaccinate. I continue to work on reserving judgement, by holding an awareness of the situations of our neighbors, their past traumas and their access to care and education.

A Request for the Experiences of Healthcare Providers to be Heard

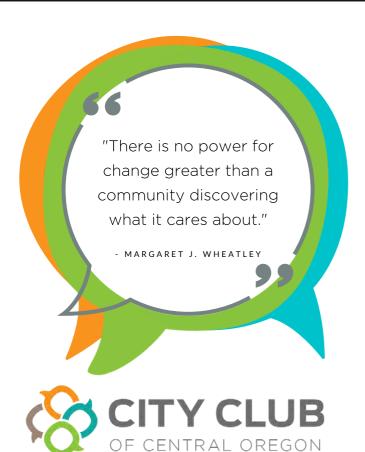
We can continue to motivate patients to change their views on vaccination by instilling trust, reducing fear and continuing to provide care, while at the same time showing them how this decision is causing their community and healthcare providers to suffer. As we navigate this wave of COVID-19, primarily in patients who have chosen not to vaccinate, I implore patients to learn more about the experiences of healthcare providers, the impact of healthcare provider shortages and the levels of professional burn-out that their decisions are directly influencing.

We are here for our community and we beg you to be here for us. Our healthcare teams across Central Oregon have committed their careers to caring for our community, sacrificing nights of sleep, time with loved ones and increased risks of exposure. I hope that some patients out there can overcome their fears of the vaccine, not just for their own health and well-being, but also for those around them and for the healthcare workers in their emergency rooms, hospital floors and clinics caring for them with compassion.

Jessica LeBlanc, MD MPH is the Chief Health Officer at Mosaic Medical. She has committed her career I to supporting community health center establishments, maintaining the philosophy that everyone deserves the right to healthcare, no matter whether they are uninsured, on Medicaid, Medicare or privately insured. She is grateful to Mosaic and all of her teammates across the organization who continue to strive to keep this mission alive in our communities.

mosaicmedical.org

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Our mission is to build a conscious and civic minded community through dialog, education and research that results in responsible civic engagement. Tune in to our free virtual forums every month to hear from leaders in our community. Join the conversation on topics impacting Central Oregon. Be inspired to take action and get involved.

WILD FIRES
WATER RIGHTS
HOMELESSNESS
TRANSPORTATION





ELECTIONS
DIVERSITY
COVID-19 IMPACTS
HUMAN RIGHTS
CHILDCARE



COVID-19 VACCINES + TESTING

Free and Open to All

BY APPOINTMENT ONLY

Vaccine

Schedule:

Online: bit.ly/MosaicVaccine

Text: Send "Schedule vaccine" to 458-203-1535

Call: 541-383-3005

Testing

Schedule online: bit.ly/MosaicCOVIDTest

Must be symptomatic or in close contact with confirmed positive case







www.mosaicmedical.org

CONTINUED FROM PAGE 12

Physician Groups & Clinics (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Doctors	Other Area Locations	Patients Per Month	Services
Optima Foot & Ankle 1506 NE Williamson Blvd. Bend, OR 97701	541-383-3668	541-383-4546	www.optimafootandankle.com brandi@optimafootandankle.com	Brandi Abbas	8	1997	2	Redmond	800	Comprehensive foot & ankle treatment for all ages. Ingrown toenails to reconstructive foot & ankle surgery. Cold laser therapy for toenail fungus.
Redmond Medical Clinic 1245 NW Fourth St., Ste. 201 Redmond, OR 97756	541-323-4545	541-323-4546	www.redmondmedical.com aharris@redmondmedical.com	Adrien Harris	7	1999	1 & 2 FNP	N/A	1,400	Preventative care for adults, Chronic & acute illness, primary care & board certified internists.
St. Charles Family Care - Bend East 2600 Neff Rd Bend, OR 97701	541-706-4800	541-706-4806	www.stcharleshealthcare.org kmcallon@stcharleshealthcare.org	Kevin Callon	35	2011	7	Bend South, Madras, Redmond, Sisters, Prineville	N/A	Family practice, pediatrics, women's health, travel medicine & osteopathic manipulation therapy.
St. Charles Family Care - Bend South 61250 SE Coombs Place Bend, OR 97702	541-706-5935	N/A	www.stcharleshealthcare.org dnstafford@stcharleshealthcare.org	Daggi Stafford	9	2015	9	Bend East, Madras, Redmond, Sisters, Prineville	N/A	Family practice, pediatrics, women's health, travel medicine, internal medicine, sports medicine, minor surgery.
St. Charles Family Care - Madras 480 NE A St. Madras, OR 97741	541-475-4800	541-475-4805	www.stcharleshealthcare.org	Joe Gillespie	2	1967	4	Bend East, Bend South, Prineville, Redmond, Sisters	N/A	Full family care specialty; interest focus on preventa- tive health care for chronic conditions, disease & end of life care.
St. Charles Family Care - Prineville 384 SE Combs Flat Rd., Ste. 1200 Prineville, OR 97754	541-447-6263	541-447-8724	www.stcharleshealthsystem.org glkessi@stcharleshealthcare.org	Gretchen Kessi	23	2008	7	Bend East, Bend South, Madras, Redmond, Sisters	N/A	Routine/preventive care, disease management, women's healthcare, sports medicine, general surgery, mental health care.
St. Charles Family Care - Redmond 211 NW Larch Ave. Redmond, OR 97756	541-548-2164	541-548-0534	www.stcharlesfamilycareredmond.org jidubisar@stcharleshealthcare.org	Jill Dubisar	15	1949	10	Bend South, Bend East, Madras, Sisters, Prineville	N/A	Family practice, obstetrics, pediatrics & occupational medicine.
St. Charles Family Care - Sisters 630 Arrowleaf Trail Sisters, OR 97759	541-549-1318	541-588-6002	www.stcharleshealthcare.org csbrophy@stcharleshealthcare.org	Christine Brophy	7	2011	2	Bend South, Bend East, Madras, Sisters, Prineville, Redmond	N/A	Family practice, pediatrics & travel medicine.
St. Charles Surgical Specialists 1245 NW Fourth St., Ste. 101 Redmond, OR 97756	541-548-7761	541-598-3485	www.stcharleshealthcare.org rmoor@stcharleshealthcare.org	Raylene Moor	13	2005	5	Prineville	N/A	General surgery, specialized laproscopic complex vascular, breast, endocrine, thoratic & gastrointestinal surgery.
Summit Health Solutions 2421 NE Doctors Dr. Bend, OR 97701	541-323-3363	541-323-3366	www.summithealthbend.com info@summithealthbend.com	Darci	6	2013	Dr. Jack E. Berndt, MD	N/A	N/A	Dr. Jack Berndt is a board certified Anesthesiologist & certified in age management medicine. He practices in comprehensive pain management medicine. His approach includes interventional spine & joint procedures & multi-modality medical management.
Summit Medical Group - Formerly Bend Memorial Clinic 1501 NE Medical Center Dr. Bend, OR 97701	541-382-2811	N/A	www.bendmemorialclinic.com info@bendmemorialclinic.com	Dr. David Holloway, Kurt Kemcke, Cheryl Stewart, Joan Sheldon	565	1946	78	Bend Eastside, Redmond, Old Mill District Sisters, Mt. Bachelor Urgent Care	16,000 different patients, 29,000 appointments	Specialties: family medicine, internal medicine, pediatrics, urgent care, lab & imaging services, allergy & asthma, banatric surgery, cardiology, dermatology, endorinology, gastroenterology, nospitalist, infectious disease, nephrology, nutrition, oncology, ophthalmology & optometry, physical medicine, pulmonary, rheumatology, surgery, vein clinic. Services: acupuncture, cardiology diagnostic services, clinical research, hyperbaric oxygen therapy, nuclear medicine, optical, sleep disorders center, travel medicine, vascular lab.
The Center 2200 NE Neff Rd., Ste. 200 Bend, OR 97701	541-382-3344	541-382-1681	www.thecenteroregon.com info@thecenteroregon.com	Mike Gonsalves, CEO	274	1954	22	Redmond, La Pine, Burns, John Day, Madras, Prineville	4,000	Disease & injuries of the brain, spinal cord & nerves; neurosurgery; comprehensive spine care; sports medicine; hand, foot & arthroscopic surgery; joint reconstruction & replacement; occupational medicine; physical medicine & rehabilitation; Walk â6" In Injury Care; digital xray & MRI.

Hospitals (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Number of Beds	Number of Doctors	Number of Nurses	Operating Expenditures
St. Charles Bend 2500 NE Neff Rd. Bend, OR 97701	541-382-4321	541-388-5807	www.stcharlesheathcare.org isimmons@stcharleshealthcare.org	Iman Simmons	3,408	1918	256	175	979	\$555.3 million
St. Charles Madras 470 NE A St. Madras, OR 97741	541-475-3882	541-475-0615	www.stcharleshealthcare.org jcbishop@stcharleshealthcare.org	John Bishop	198	1967	25	7	58	\$33.5 Million
St. Charles Prineville 384 SE Combs Flat Rd. Prineville, OR 97754	541-447-6254	541-447-6705	www.stcharleshealthcare.org jcbishop@stcharleshealthcare.org	John Bishop	228	1950	16	18	62	\$35.9 million
St. Charles Redmond 1253 N Canal Blvd. Redmond, OR 97756	541-548-8131	541-526-6504	www.stcharlesheathcare.org isimmons@stcharleshealthcare.org	Iman Simmons	578	1952	48	69	175	\$92.30

Emergency Transportation (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Area Served	Services
Airl.ink Critical Care Transport 2500 NE Neff Rd. Bend, OR 97701	541-233-6355	N/A	www.airlinkcct.org Kristin.Lingman@Med-Trans.net	Kristin Lingman	75	1985	Central Oregon, Eastern Oregon, Southern Oregon	Emergency air medical transportation.
Bend Fire & Rescue 1212 SW Simpson Ave. Bend, OR 97702	541-322-6300	541-322-6321	www.bendoregon.gov/government/ departments/fire-ems communications@bendoregon.gov	Todd Riley	85	1905	Bend	Ambulance & fire services emergency & non-emergency.
Crook County Fire & Rescue 500 NE Belknap St. Prineville, OR 97754	541-447-5011	541-416-2053	www.crookcountyfireandrescue.com info@crookcountyfireandrescue.com	Matt Smith	48	1882	Crook County	Fire & emergency services.
La Pine Rural Fire Protection District Administrative Office 51590 Huntington Rd., P.O. Box 10 La Pine, OR 97739	541-536-2935	541-536-2627	www.lapinefire.org info@lapinefire.org	Mike Supkis	25	1971	Southern Deschutes County & North Klamath County	Fire, rescue & emergency ambulance transport services.
Life Flight Network 743 SE Salmon Ave. Redmond, OR 97756	541-280-1224	503-678-4369	www.lifeflight.org cmcgrath@lifeflight.org	Cindy McGraith	15	1978	The Pacific NW in four states: Oregon, Washington, Idaho & Montana	Life Flight is nationally-recognized not-for-profit air medical service.
MASA Medical Transport Solutions 70 SW Century Dr. Bend, OR 977/02	541-848-8124	N/A	masamts.com/biz-solutions turioste@masamts.com	Tony Urioste	170	1974	N/A	N/A
Redmond Fire & Rescue 341 NW Dogwood Ave. Redmond, OR 97756	541-504-5000	541-526-1254	www.redmondfireandrescue.org Diane.Cox@redmondfireandrescue.org	Diane Cox	65	1910	Redmond, Terrebonne, Smith Rock State Park, Powell Butte, Roberts Field - Redmond Municipal Airport, Cline Falls, Eagle Crest & outlying areas	Ambulance, Fire Suppression, Rescue Services & Air Rescue Fire Fighting (ARFF).
Sunniver Service District 57475 Abbot Dr., PO Box 2108 Sunniver, OR 97707	541-593-8622	541-593-2768	www.sunriversd.org ssdadmin@sunriversd.org	Debra Baker	25	2002	Sunriver	Police, fire & EMS

The Evolution of Diabetes Education

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

n the following, I speak about diabetes and innovations to its programs and education with enhanced self-efficacy approach.

Why is educating people with Diabetes a priority to you and your team?

With over 306,000 Oregonians diagnosed with diabetes (9.5 percent of the adult population), and an estimated 1,097,000 (33.5 percent) adults with prediabetes, the need for education is at an all-time high. It is proven that diabetes self-management education and support (DSMES) is a critical element of care for people living with diabetes. There is considerable evidence linking DSMES to positive changes in health behaviors and improved diabetes-related outcomes. Just some of the benefits include:

- Improved hemoglobin A1c levels
- Improved blood pressure and cholesterol levels
- Higher rates of medication adherence
- Fewer or less severe diabetes-related complications
- · Beneficial lifestyle behaviors, such as better nutrition, increased movement and activity levels and use of primary care and preventive services
- Enhanced self-efficacy
- Decreased health care costs, including fewer hospital admissions and readmissions

Why is it important to be ADCES (Association of Diabetes Care & Education Specialists) Accredited?

Simply put, the accreditation means that our team has proven that it meets and upholds the ten National Standards for Diabetes Self-Management and Support. These standards are agreed upon jointly by the ADA, ADCES and CMS.

Synergy's diabetes program has held the ADCES accreditation since 2016 and is excited to have recently announced its team of diabetes educators are now certified and currently administering Medtronic and Omnipod insulin pumps to patients with both Type 1 and Type 2 diabetes. Our team are educators, but also, more importantly, we operate as a support system as we walk alongside clients through their diabetes journey.

Since starting your practice, have you seen a paradigm shift in diabetes management?

Yes, slowly. A lot of what we see in diabetes education is being done the same today as it was ten, 20 or more years ago. We are trying to change that! Last year at the ADCES national conference I heard the statistic that only five percent of people newly diagnosed with diabetes are receiving comprehensive diabetes education. Thinking about those earlier statistics on how many people are living with the condition, and how many of the complications of diabetes can be decreased or prevented, we want to be part of the solution and get more people into education programs.

We already feel like our approach to client care is different — really personcentered, non-judgmental and empowering, but after learning those stats and seeing what we've seen with other education programs we decided that we need to make our program really unique and enticing. That's when we sat at the table and brainstormed, talked with stakeholders and started thinking about how to do education different, and better.

As a result, we've evolved our program to be really hands-on and experiential. Whether it's seeing your blood sugars in real time through trial use of a continuousglucose monitor (CGM), eating a meal together and observing and discussing $your blood sugar before during and after, learning {\it how} to cook or walking through$ the grocery store with your educator, we're trying to make it all very interactive

What is your process in educating people to Thrive with Diabetes?

Our clients know their bodies best — we're here to help support and bolster that knowledge to improve diabetes and health outcomes. Our approach with education and promoting behavior change includes assessment, goal setting, planning, implementation, evaluation and shifting accordingly as we go — all with a shame-free promise. Unfortunately, at diagnosis, we find a lot of folks are experiencing shame or self-blame over this condition; we first start by educating people on factors that lead to insulin resistance such as genetics, social determinants of health and other considerations. We also start right away with empowering folks to realize that they can live perfectly fulfilling and happy lives while keeping an eye on their blood sugars. From there, we determine a client's baseline knowledge and experience with diabetes and build from there; we work with clients to set individualized goals that will help them experience improved blood sugar levels while also fitting the changes into their lives realistically. Our Diabetes educators also work as part of the client's health care team to align with other providers and add to their treatment plan.

Our clients within Central Oregon are consistently sharing the need for more interactive education and support opportunities. We aim to provide that supportive environment with our group diabetes education classes. Every quarter, we offer a four-week class session which is covered by most insurance companies. Topics discussed include:

- Education on diabetes, the disease process, factors that impact blood sugars, medications and more
- (New addition) Patients will receive a test Continuous Glucose Monitor (CGM). Over a two-week period, patients will see how different foods impact their blood sugar in real-time.
- · (New addition) A full meal will be served during class and integrate carb counting, blood sugar education and trending blood glucose levels
- · Examine behavioral strategies that can help people stay on track with their treatment or get back on track, and even thrive with diabetes



PHOTO | COURTESY OF SYNERGY HEALTH & WELLNESS

• Discuss real-life tips and tools for recognizing and moving through the emotional aspects of diabetes.

Where do you see the future of diabetes educators and their role with patient care?

Diabetes educators will continue to be valuable partners for both patients and physicians. In the future, we hope to see diabetes educators and DSMES programs like ours offered to every person living with diabetes. In the past, education has been valued at the highest level, but we have learned that knowledge doesn't always bring behavior change. Educators need to adapt to meet the patient where they are today and help find the right tools for each individual to support their own version of thriving diabetes.

At Synergy, all of our diabetes educators are also Registered Dietitian Nutritionists. We understand that food has many roles in our lives — beyond nourishing our cells, foods also nurture our soul. We help people move away from dieting and restriction and instead towards an intuitive eating style that benefits both physical and mental health.

synergyhealthbend.com



Synergy's team provides experienced massage therapy, nutrition therapy, and innovative diabetes education. Our staff are ready to serve you in our Bend and Redmond locations.



Don't miss our Fall (AADE accredited) Thriving with Diabetes Program October 2 - 23, 2021

www.synergyhealthbend.com 541-323-3488

Physical & Occupational Therapy (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Active Care Physical Therapy 57067 Beaver Rd. Sunniver, OR 97707	541-390-7518	541-389-6272	www.physicaltherapysunriver.com	Brent Bradley, MPT	2	2013	Rotator cuff injuries, knee replacement rehab, hip replacement rehab, post-surgical rehab, acute & chronic musculoskeletal pain or impairment. Auto, work, sports related injuries, back, neck & spine pain / disc / nerve injuries, Sacro Iliac (SII) & pelvis issues, shoulder, arm, elbow, wrist & hand pain, carpal tunnel injuries, leg, hip, knee, ankle & foot pain / tendonitis / tears Patella Femoral / chondromalacia patella issues, plantar fascitits, numbness, tingling & swelling of extremities, pre/post natal back/SI pain, headaches, arthritis, fibromyalgia & muscle pain or fatigue.
Alpine Physical Therapy & Spine Care 336 SW Cyber Dr., Ste. 107 Bend, OR 97702	541-382-5500	541-389-5669	www.alpinephysicaltherapy.com info@alpinephysicaltherapy.com	Jill Freund	10	2006	Physical therapy & spine care. Alternate office at 2546 Conners Ave, Ste. 110, Bend, OR 97701.
Apex Physical Therapy, LLC 230 SW Fifth St. Madras, OR 97741	541-475-1218	541-475-7647	www.apexoregon.com info@apexoregon.com	Karin Monger, DPT, CSCS, Brock Monger, DPT, ATC	11	2007	Physical therapy, sports medicine, orthopedic rehab. Neck & back injuries, joint surgeries, work injuries, arthritis & auto accidents.
Falling Waters Injury & Health Management 55 NW Wall St., Ste. 100 Bend, OR 97703	541-389-4321	541-389-4420	www.fallingwaterscenter.com amanda@fallingwatersbend.com	Amanda Guy	40	2007	Specializing in auto injuries, work comp injuries, aquatic therapy, sports, post surgical & functional & strength rehabilitation of the back, neck, shoulder & knee. Also chiropractic, physical therapy, massage & nutritional counseling
Focus Physical Therapy, Inc. 1239 NE Medical Center Dr., Ste. 200 Bend, OR 97701	541-385-3344	541-312-5256	focusptbend.com appointments@focusptbend.com	Carolyn Roemheld, Haden Voss	13	2005	Active wellness & lifestyle physical therapy clinic with a reputation for combining gentle & effective manual therapy with cutting edge exercise & sport programs.
Focus Physical Therapy, Inc Old Mill Clinic 550 SW Industrial Way Ste. 130 Bend, OR 97702	541-385-3344	541-312-5256	www.focusphysio.com appointments@focusptbend.com	Amy Royce	15	2005	Active wellness & lifestyle physical therapy clinic with a reputation for combining hands on manual therapy with cutting edge exercise & sport programs.
Hand & Arm Therapy of Central Oregon 2100 NE Neff Rd., Ste. A Bend, OR 97701	541-633-7535	541-706-9036	www.handandarm.net reception@handandarm.net	Kristin Gulick, OTR/L, CHT	4	2010	Hand & arm occupational therapy, custom orthotics & extensive upper extremity rehabilitation.
Hands On Physical Therapy, PC 147 SW Shevlin Hixon Dr., Ste.104 Bend, OR 97702	541-312-2252	541-312-8822	www.handsonptbend.com HOPTBend@aol.com	Lisa Kennedy-Leary, PT, Steve Leary, PT	9	2006	Physical therapy with a comprehensive & individualized hands-on approach incorporating advanced manual therapy & functional exercises. One-on-one with a licensed physical therapist. Women's health specialist. Treatment of scoliosis.
Healing Bridge Physical Therapy 354 NE Greenwood, Ste. 105 Bend, OR 97701	541-318-7041	541-388-3711	www.healingbridge.com allisonsuran@gmail.com	Allison Suran	1	1998	N/A
Living Well Therapy 1288 SW Simspon Ave., Ste. F Bend, OR 97702	541-312-2004	541-312-2056	www.livingwelltherapy.com info@livingwelltherapy.com	Dr. Erik Zamboni, DPT, CSCS	5	2003	Physical therapy, chiropractic, massage therapy & nutrition.
Madras Physical Therapy 785 SE McTaggart Rd. Madras, OR 97741	541-475-2571	541-475-2590	www.madrasphysicaltherapy.com madraspt@madrasphysicaltherapy.com	Trevor Groves, PT, Rob Nelson, PT	9	2010	Physical, outpatient orthopedic, aquatic therapy, workmen's comp, headaches, spine care, sports rehab, geriatric rehab, manual therapy, fall risk assessment & therapy & treatment of vertigo.
Prineville Physical Therapy 1470 NE Third St., Prineville, OR 97754	541-447-6846	541-447-1243	www.proactivesportspt.com/ prineville	Joe Kundrat PT, DPT	9	1989	Physical therapy - wide range of services.
Proactive Physical Therapy Specialists 450 NW Greenwood Ave. Redmond, OR 97756	541-923-0410	541-923-7393	proactivepts.com	Andrew Knox, PT, COMT	20	1986	One-on-one customized care, emphasizing manual therapy, therapeutic exercise, return to work programs, aquatic therapy, job site evaluations, healthy lifestyle step-down program. Se habla español, TMJ & chronic pain.
Rebound Physical Therapy 1303 NE Cushing Dr., Ste. 150 Bend, OR 97701	541-382-7875	541-382-2181	www.reboundoregon.com info@reboundoregon.com	Matthew Hayes, PT, CHT	18	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy 1160 SW Simpson Ave., Ste. 200 Bend, OR 97702	541-322-9045	541-322-9044	www.reboundoregon.com info@reboundoregon.com	Laura Mann, PT, DPT, OCS	25	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.

Continued on Page 18



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How Physical Therapy Can Help Those with Work-Related Injuries

by ELISE GROSS, Marketing Coordinator — Rebound Physical Therapy

f you work a physically demanding job, you are probably familiar with the minor aches and pains that come along with manual work. But occasionally, you may get seriously injured on the job and require medical treatment and/or time off from work.

Obviously, when it comes to workplace injuries, prevention is the best medicine. Sometimes, employees lack the strength, posture and/or proper lifting mechanics needed for their job — especially for high-risk tasks. Luckily, Rebound Physical Therapy offers great resources to both help employers mitigate the risk of work place injuries and treat employees if an on-the-job injury does occur. Physical therapy is a natural, convenient and cost-effective way to prevent and treat work-related injuries. In many cases, it eliminates the need for further — potentially harmful — interventions such as prescription pain medication and surgery.

Overexertion injuries are common in jobs that require lifting heavy objects, lowering, bending and repetitive stress on the body. These injuries often include low back muscle strains, rotator cuff (shoulder) muscle tears and wrist tendonitis. Slips, trips and falls on the job can also cause injury — whether from sliding on a wet floor or falling off of a high ladder. Those who sit at a desk all day aren't immune to getting injured at work — simply sitting for long periods can lead to back and neck pain and dysfunction.





REBOUND PHYSICAL THERAPY'S WORK INJURY SITE | PHOTOS COURTESY OF REBOUND PHYSICAL THERAPY

Physical therapy plays a key role in helping people recover from occupational injuries, and treatment plans are often covered under worker's compensation insurance. PT's are trained to work with patients to restore mobility, strength and activity following an injury, allowing employees to return to work as quickly and safely as possible.

At Rebound Physical Therapy, several PT's in Bend and Redmond have specialized training in work-related injury prevention and treatment, and are authorized by the state to administer tests such as Physical Capacity Evaluations (PCEs) and Work Capacity Evaluations (WCEs) to determine a patient's physical readiness to resume working.

Rebound's Work Injury Program offers pre-employment screenings to determine if a prospective employee is physically able to perform the job they have been hired to do. Each screening is individualized to meet the needs of the employer.

To learn more about Rebound's Work Injury Program, visit reboundoregon.com/work-injury-program or email Andy Herriott (aherriott@reboundoregon.com).



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SUNRIVER (541) 585-3148

★ BEND - NORTH

(541) 323-5864

LA PINE

(541) 536-7443

BEND - SOUTH (541) 585-1022

PRINEVILLE (541) 416-7476

Physical & Occupational Therapy (Listed Alphabetically)

CONTINUED FROM PAGE 16

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Rebound Physical Therapy - Bend North Side 2700 NE Fourth St., Ste. 105 Bend, OR 97701	541-323-5864	541-323-5865	www.reboundoregon.com info@reboundoregon.com	Seth Ramsey, PT	5	2016	Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - La Pine 51600 Huntington Rd., Ste. B La Pine, OR 97739	541-536-7443	541-536-7805	www.reboundoregon.com info@reboundoregon.com	Andy Emerson PT, OCS	6	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Prineville 1590 NE Third St., Ste. B Prineville, OR 97754	541-416-7476	541-416-7478	www.reboundoregon.com info@reboundoregon.com	Tami Tuttle, PT	9	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - South Bend 61470 S Hwy. 97, Ste. 4 Bend, OR 97702	541-585-1022	541-585-1024	www.reboundoregon.com info@reboundoregon.com	Hailey Foster PT, DPT	4	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - St.Charles Redmond Campus 1315 NW Fourth St., Ste. B, Redmond, OR 97756	541-504-2350	541-504-2354	www.reboundoregon.com info@reboundoregon.com	Laura Mann	17	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Sunriver 56870 Venture Lane, Ste. 103 Sunriver, OR 97707	541-585-3148	541-323-3452	www.reboundoregon.com/re- bound-physical-therapist/sunriver info@reboundoregon.com	Eric Walberg, PT	3	2012	Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Regency Redmond Rehabilitation & Nursing Center 3025 SW Reservoir Dr. Redmond, OR 97756	541-548-5066	541-923-8652	www.regency-pacific.com/se- nior-living/or/redmond/regency-	N/A	52	1960	In-house physical & occupational rehabilitation therapy.
Southside Physical Therapy Inc. 364 SE Wilson Ave. Bend, OR 97702	541-388-2681	541-388-9236	www.southsidept.com southsidept@bendbroadband.com	Jonathan Sampson, PT, Morag Sampson, PT	5	1992	Personalized one-to-one manual therapy in a supportive environment. Emphasize education & home exercise programs. Treatment of lymphedema by nationally certified lymphedema therapist.
St. Charles Rehabilitation Services 2500 NE Neff Rd. Bend, OR 97701	541-706-7725	541-706-4915	www.stcharleshealthcare.org ejadzak@stcharleshealthcare.org	Jennifer Mckie	26	1993	Physical, occupational & speech therapy services. Geriatric rehabilitation, balance deficits & dizziness, neurological rehabilitation (CVA, TBI, SCI, amputees) & pediatric rehabilitation. Other area locations: Outpatient Rehabilitation — Madras, Prineville, Redmond, Physical Therapy — Bend South.
Step & Spine Physical Therapy - Bend 2185 NW Shevlin Park Rd. Bend, OR 97703	541-728-0713	541-728-0715	www.stepandspine.com glenn@stepandspine.com	Barrett Ford, PT	15	2010	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Step & Spine Physical Therapy - Eagle Crest 7555 Falcon Crest Dr. Redmond, OR 97756	541-527-4353	541-527-4354	www.stepandspine.com therapy@stepandspine.com	Barrett Ford, PT	4	2019	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Step & Spine Physical Therapy - Redmond 974 SW Veterans Way Redmond, OR 97756	541-504-5363	541-504-7677	www.stepandspine.com brittany@stepandspine.com	Barrett Ford, PT	24	2010	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Step & Spine Physical Therapy - Sisters 625 N Arrowleaf Trail, Bldg. G Sisters, OR 97759	541-588-6848	541-588-6607	www.stepandspine.com alana@stepandspine.com	Barrett Ford, PT	3	2010	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Therapeutic Associates Central Oregon - Bend 2200 NE Neff Rd., Ste. 202 Bend, OR 97701	541-388-7738	541-312-0121	www.therapeuticassociates.com/bend bend@taipt.com	Chuck Brockman, MPT, OCS, CSCS	20	1982	Orthopedic physical therapy, sports rehab, pediatric physical therapy, hand therapy, variety of exercise programs for the public, cycle fit & running analysis.
Therapeutic Associates Central Oregon - Bend 2 61615 Athletic Club Dr. Bend, OR 97702	541-382-7890	541-382-7498	www.therapeuticassociates.com/ locations/oregon/central-o athleticclub@taipt.com	Laura Cooper, PT, DPT	9	1991	Orthopedic & sports physical therapy with focus on manual therapy & functional strengthening with specialties in aquatic therapy, therapeutic yoga, golf performance/fitness/rehabilitation, biomechanical bike & running analysis, breathing assessment & women's health.
Therapeutic Associates Central Oregon - Sisters 1011 Desperado Trail, Ste. 201 Sisters, OR 97759	541-549-3574	541-549-1092	www.therapeuticassociates.com/sisters sisters@taiweb.com	Matt Kirchoff, PT, DPT	6	2001	Sports rehab physical therapy & a variety of exercise programs to the public. Aquatic therapy, myo-fascial release, cranio-sacral therapy, ASTYM & post-operative rehabilitation.
Therapeutic Associates Redmond Physical Therapy 413 NW Larch Ave., Stc. 102 Redmond, OR 97756	541-923-7494	541-504-9153	www.therapeuticassociates.com/redmond redmond@taipt.com	Eric Coughlin, PT, MSPT	5	1999	Our clinic offers board certified orthopedic/sports rehab physical therapy, hand therapy, pain management & work conditioning/ergonomic consulting with fitness exercise prescription for the public.
Therapy Works Physical Therapy 330 NE Marshall Ave. Bend, OR 97701	541-383-8179	541-382-2879	www.therapyworkspt.com dale@therapyworkspt.com	Meg Navish PT, Dale Navish	14	1997	Neck & lower back pain, headaches, motor vehicle accidents, women's health & pelvic floor issues, manual therapy, Pilates, sports & movement, core strengthening, cranio sacral & visceral therapy, McKenzie techniques, pool therapy, vestibular & balance issues.
Therapy Works Physical Therapy 2115 NE Wyatt Ct., Ste. 103 Bend, OR 97701	541-382-2070	541-382-2176	www.therapyworkspt.com dale@therapyworkspt.com	Derek Hopp, Meg Navish, PT	14	1997	Neck & lower back pain, headaches, motor vehicle accidents, women's health & pelvic floor issues, manual therapy, Pilates, sports & movement, core strengthening, cranio sacral & visceral therapy, McKenzie techniques, pool therapy, vestibular & balance issues.
Wellspring Structural Integration, PC 131 NW Hawthorne, Ste. 209 Bend, OR 97703	541-382-7123	541-330-0302	N/A	Karen Daniels, OTR/L, CHP	1	1997	Structural integration, a holistic therapeutic process of hands on soft tissue work & movement education & onsite ergonomic assessment & training.
Work Capacities, LLC 2275 NE Doctors Dr., Ste. 1 Bend, OR 97701	541-306-6175	541-306-6244	www.workcapacities.com workcapacities@bendbroadband.com	Janet Kadlecik, OTR/L	3	1992	Services physical/work capacity evaluations; ergonomic assessments, fit for duty evaluations, disability evaluations, physical capacity evaluations for vocational purposes.

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.



Hidden Restrictions Deep in Your Body May Hold the Key to Your Healing

by MICHAEL HAHN LMP

fter 23 years in practice, I have moved my manual therapy healing practice to Bend. Below I am sharing my perspective on a unique approach to helping you heal from hard-to-treat pain issues. The work is gentle, comprehensive and extremely effective.

Has anyone addressed:

- Restrictions around your spinal cord?
- Strains in your organs?
- Tensions in your nerves and arteries?
- Compressions in your spine and cranium?
- Stagnation in your lymphatic system?

When these systems are addressed, your body can heal from complex injuries and feel great again! Parents bring in their newborns to address twisted bodies and feeding issues and adults come in to heal from automobile, bicycle and skiing accidents among other challenging issues.

After practicing and studying this work for decades, I have come to realize that proper function (movement) at a very deep level is critical in the recovery process from injuries. Below is an overview of a gentle and unique structural approach to healing and wellbeing.

The spinal cord should glide within your vertebrae, your lungs should slide and rotate within the ribcage, your abdominal organs need to glide against their neighbors, bones should be able to bend a small amount, vertebrae and ribs need to articulate appropriately with each other, your lymphatic system should flow without obstructions and your nerves and circulatory system should be flexible and mobile in places.

When you experience impacts, trauma and surgeries, your body often loses its ability to move properly. Restrictions in these often overlooked tissues can cause global pain and discomfort. Restoring proper movement to these structures supports you in feeling great and increases



your vitality.

The bulk of this approach comes from the work of French Osteopath, Jean Pierre Barral, the developer of Visceral Manipulation. The work uses multiple assessments and gentle treatment techniques for restoring function to the entire body.

This modality is extremely effective at getting to the root of most challenging chronic pain issues, such as: TMJ dysfunction, headaches, whiplash-related symptoms (think restrictions in the spinal dura), back pain, pain resulting from surgeries (organ membrane adhesions), head injuries (cranial and dural restrictions), repetitive strain injuries, ioint pain and stiffness. By treating areas that may seem vastly unrelated, the work $creates\,quick, positive\,change\,throughout$ your entire body. The assessments show where the restrictions are, when to treat them and what techniques to use. This takes the guesswork out of knowing where and how to treat.

A client with persistent lower back pain for 20 years had restrictions in the following areas. The loops of their small intestines (see image 1) had inappropriate adhesions to their neighbors and its attaching membranes were tight and short, causing the vertebrae in their lower back to be inappropriately rotated. Also, their spinal cord was adhered to many of their vertebrae instead of gliding within them. When these adhesions were gently cleared, the pain went away and the client had more range of motion and comfort throughout their body.

This work treats some of the most commonly



IMAGE 1 | GRAPHIC COURTESY OF MICHAEL HAHN

overlooked systems in your body. By treating these systems, many chronic conditions are addressed, allowing your body to reorganize and heal itself. I believe this work to be at the forefront of today's manual therapies.

I offer private sessions and year-long trainings in the work. If you have questions or would like to connect, please reach out.

Michael Hahn LMP 115 NW Greeley Ave., Bend Lic # LMT-22604 mmhahn.com • 541-241-7850



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OVID-19 Vaccines

Continued from page 1

majority of Oregonians decided to get the vaccine; this is not the case everywhere. And in Deschutes County in particular; we're at 73 percent." He adds, "Since the outbreak of the variant, everybody is trying to do their part to stop or slow the spread of the variant. The mask mandate applies to all our businesses, and we are seeing more masks and social distancing outside as well."

For the Amphitheater, an announcement was made in late August that as of August 29, attendees of shows in the 2021 concert season must bring proof of full vaccination or proof of a negative COVID-19 test result collected within 72 hours of the show for each show they are attending, and within 48 hours of the Dave Matthews Band show on September 8. Eastes says the test result needs to have the concert attendees' name on it; no self-administered test results will be accepted.

April Lawyer, owner/operator of Vanilla in the Old Mill District, says she observed what seemed to be a huge increase in tourism over this summer, which she says is probably attributable to the vaccine and people feeling more comfortable traveling. "I'd say definitely the vaccine has helped business. Bend is a hotspot for tourism; people want to get outside and enjoy the outdoors, so they come here," she says.

"As far as being an employer, the vaccine has definitely improved business for me and my staff because it gave us peace of mind," says Lawyer. "The anxiety as



(L-R) VANILLA STAFF MEMBERS TAMMY FELLERS, HANNAH MARONA AND APRIL LAWYER | PHOTO COURTESY OF APRIL LAWYER

a business owner over the past year and a half was huge. When an employee had a sore throat or was exposed to COVID from a roommate or a friend, every day I wondered if we would have to shut down or quarantine." She continues, "Once our team was vaccinated, it gave us a sense of comfort that we didn't have to think about maybe having to close every day. A lot of my employees have roommates or friends who were exposed, so we'd have to quarantine. I wondered if I'd have enough employees from day to day to stay open."

Lawyer says she is grateful that all her employees chose to get vaccinated. "I didn't have to ask. I know this is not the case for many employers. I would respect anyone's choice, but if I had employees who didn't have the vaccine, it would have to change how I schedule." She adds, "As a team, we



MASKS ARE BACK, BUT BUSINESS IS STILL BOOMING AT THE OLD MILL DISTRICT | PHOTO BY NATE WYETH

have kids and elderly people we care for, so we have all been careful. My team all chose to get vaccinated; it was not a requirement."

Mindy Aisling, executive director of the Downtown Bend Business Association, says that there have been more new businesses opening than existing businesses closing in the downtown district since the beginning of the pandemic. "Some businesses have self-reported that they are struggling, and others have self-reported that they have had their best year ever," she says. "Restrictions being removed from businesses has helped, and those restrictions are correlated with low case counts, which also correlates with vaccination." The vaccine allowed the government to remove restrictions on businesses, she says, which helped community members feel safer to go out to shop and dine, helped employees feel safer and lessened sickness within staffs. She adds, "We appreciate our community's commitment to supporting Bend families by shopping local."

Israel Love, owner of Xcel Fitness in Bend, agrees that the rules and restrictions put on business owners by the government is what kept people away and slowed down business. "The vaccine helped bring business back, but it was the lifting of the rules and restrictions that really increased business. People would have come anyway regardless of the vaccine if there hadn't been all the rules and restrictions." He adds, "Once we were left to our own devices and were allowed to operate normally, people came back."

Since the onset of the Delta variant, Lawyer says she noticed an increase in mask wearing each day, even prior to the mask mandate being re-established. "It went from no masks to a few more masks each day, and of course now it's a mandate again."

Despite the returning restrictions, Lawyer says she is still seeing a good amount of traffic. "I think there's a sense of urgency for people right now wanting to wrap up their summer. With school starting and the possibility for travel restrictions again, I think people want to finish up their vacations and travel quickly. It's hard to pinpoint the reason for the upswing in business. We also have an influx of business because the concerts started up again. That's bringing thousands of people back into the community and the Old Mill." She adds, "But I can tell people are being more careful."

 $old mill district.com \bullet shop vanilla.com \bullet down town bend.org \bullet xcel fitness bend.com$



THE COVID-19 VACCINES HAVE ALLOWED CONCERTS TO RETURN TO THE LES SCHWAB AMPHITHEATER | PHOTO

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COVID & Climate Drive Up Indoor Fitness Equipment Sales

by RONNI WILDE — CBN Reporter

OVID, smoky air, heatwaves, masks. Needless to say, there are multiple obstacles getting in the way of outside recreation and exercise this year. But there is one side to this situation that could be viewed as a silver lining: Dedicated fitness buffs are setting up home gyms and purchasing fitness equipment, which is good for a piece of our local economy, and for the health of those committed to staying in shape through it all.

"Overall, business is good because there is a lot going on," says Sandi Beutler, co-owner of Mt. Bachelor Fitness Shop, which has been in business in Bend for 32 years. People have gotten to the point that if they are serious about their health, they are tired of trying to depend upon trainers and gyms with everything that has already happened and what may happen this winter, so they are setting up home gyms."

Back in the late '90s, Beutler says home fitness equipment sales were booming, with people building new homes that included fitness rooms. "Then it kind of died off. We are not sure why. It might have been because the building in Bend was going the way of smaller lots and homes. Then when COVID hit, there was that surge all over again. People were converting garages, extra bedrooms, offices and even living rooms." She adds, "We did so many deliveries. We were putting treadmills and fitness machines in peoples' living rooms. It was like a panic situation; I've never

COVID, they wanted everything. More people were coming in for dumbbells and kettlebells, plates and bars. They wanted to replicate what they were doing at the gym."

Beutler says customers were going outside to walk or run during the shutdown for cardio fitness, but they wanted to add weights at home while the gyms were closed. "This was challenging because of the supply chain shortage. It was super hard to get them. People were using bricks and rocks as weights. You should have heard the stories of what people were doing just to keep their strength up."

Like Love, Beutler agrees that our health is the most important thing right now, and is one of the few things we can have some control over. "I'd much rather be outside than inside,

but with the smoke, I feel like it's counterproductive. It's hard to gauge, because you don't know how much smoke you are taking in, but it can't be good." To maintain fitness, she recommends a combination of cardio and weights, and suggests that when setting up a home fitness area, the first thing to consider is space. "If you are exercising at home, and space is an issue, you have to decide what you can accommodate. If it's a small space, we recommend a stationary bike." During the COVID rush, Beutler

says spin bikes were very popular because they are small. "People can just put them next to their beds or couch. Peloton was doing so much advertising that people came in to check it out." She says they sold "a ton" of spin bikes because they are easy to move around and don't weight a lot, whereas treadmills and ellipticals are heavy. "If space is not an issue, we recommend a treadmill or walker," she says. "If you aren't into running or walking, we recommend an elliptical. A



TH AND SANDI BEUTLER, CO-OWNERS OF MT. BACHELOR FITNESS | PHOTO COURTESY OF SANDI BEUTLER

rower can also be good, and we recommend a few weights or kettlebells. If you have the space for it, we sell full weight machines with pulley systems. It's all important."

For those who want to move their fitness regimen indoors and/or into their homes but need a little advice on how to get started, Beutler and her husband, Keith, who co-owns the shop with her, will show customers a few exercises to get them going. "Lifting weights is important as you age due to loss of muscle mass. And cardio is important for the lungs, especially through this virus." She adds, "The average person has put on weight over the past year; it is being called the 'COVID 20.' People are at home sitting, or are working from home and close to the refrigerator. That's a problem of its own." She continues, "If people have thought about getting fitness pieces for home, or don't want to wear a mask at the gym, we can help with a full room or just one piece. It's not our goal to just sell stuff people won't use. We consider lifestyles, family members, etc. We want them to just get up and move."

mtbachelorfitness.com BackInActionFitnessEquipment.com xcelfitnessbend.com



BACK IN ACTION FITNESS EQUIPMENT | PHOTO COURTESY OF KEVIN ROL

seen anything like it." Beutler says they are seeing a second surge now with the re-establishment of mask requirements and the spread of the Delta variant. "I think it's got people thinking," say says.

The weather and climate have also contributed to rising fitness equipment sales and repairs. "Sales have been higher than our normal summer sales due to the heat and smoke," says Kevin Roll, owner of Back in Action Fitness Equipment in Bend, which provides residential and commercial sales and service of equipment. "There aren't any specific units selling, just overall fitness equipment in general, including cardio and strength units," he says.

Israel Love, owner of Xcel Fitness in Bend, says he finds that in terms of people exercising, the smoke has a similar effect as that of a bad snowstorm. "It's odd, because the people who normally go to the gym are still coming to the gym no matter the weather. The smoke is like a bad snowstorm; the people who don't venture out and do anything during a storm don't venture out in the smoke either." He adds, "The smoke hasn't hurt business, but it hasn't increased business either. Even though you are indoors, it's still smoky. Everything is an emergency now; we are in emergency and crisis mode. With all the stress in the world, what's needed most now is exercise." He adds, "You can't get away from everything by watching sports anymore because it's all politicized. But what you can do is exercise to feel better."

Beutler says that with the current state of affairs, most people purchasing equipment for home gyms are gym users, which is different from years past. "This past year, we saw a lot of gym-usersonly people come in. Before COVID, we always sold more cardio equipment than weights or weight machines, like rowers and elliptical machines. But through

ADVANCED HEALING THERAPIES

Michael Hahn - Treating Newborns to Adults



Has anyone addressed restrictions around your spinal cord?
Strains in your nerves, arteries, bones or cranium?
Blocks in your energy flow? Tensions in your organs?

These are examples of the often overlooked issues that can cause longterm chronic pain and limitations. We get these types of restrictions from falls, accidents, surgeries and simply from using our body.

I therapeutically treat all tissue types helping to resolve stubborn, hard to treat issues while restoring natural movement and energy flow.



Michael Hahn LMT 541-241-7850 mmhahn.com

OR State Lic # LMT-22604

Eye Care Surgery Clinics & Examinations (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Alpine Eyecare 505 SW Mill View Way, Ste. 100 Bend, OR 97702	541-317-9310	541-317-1202	alpineeyecare@bendbroadband.com	Dr. Tom S Thomason, OD	2	2000	Family vision care.
Bend Ophthalmology LLC 2357 NE Conners Ave., Ste. 101 Bend, OR 97701	541-389-3166	541-389-9817	www.bendeyes.com info@bendophthalmology.com	Darcy C. Balcer, OD, Nancy M. Bonetto, OD, Jason W. Dimmig, MD, Scott X. Stevens, MD	18	1976	Comprehensive medical eye care, corneal, glaucoma specialties, cataract & laser surgery.
Cascade Eyecare 62968 OB Riley Rd., Ste. 11 Bend, OR 97701	541-382-2020	541-382-5004	www.cascadeeyecare.com frontdesk@cascadeeyecare.com	Terry L. Steckman, O.D., F.A.A.O	6	1952	Comprehensive eye examinations, laser eye surgery co-management, medical eye care, custom contact lens fitting, special vision testing for computer users, eye wear & frames for everyone.
Central Oregon Eyecare - Bend 2155 NW Shevlin Park Dr. Bend, OR 97703	541-647-2760	541-647-2763	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care, contact lenses, LASIK & surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare - Madras 65 NE Oak St., Ste. 110 Madras, OR 97741	541-475-9999	541-475-4247	www.centraloregoneyecare.com info@centraloregoneyecare.com	Michelle Lima	4	2009	Eye disease detection & treatment, family vision care, contact lenses, LASIK & surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare - Prineville 198 NE Combs Flat Rd., Ste. 120 Prineville, OR 97754	541-447-5133	541-447-6891	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care, contact lenses, LASIK & surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare - Redmond 1000 SW Indian Ave. Redmond, OR 97756	541-548-2488	541-548-5334	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	12	1943	Eye disease detection & treatment, family vision care, contact lenses, LASIK, surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare- Sisters 625 N Arrowleaf Tr., Ste. 103 PO Box 1986 Sisters, OR 97759	541-549-2105	541-549-2106	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care,contact lenses, LASIK & surgery co-management, complete optical, sunglasses.
Coffman Vision Clinic 61535 S Hwy. 97, Stc. 16 Bend, OR 97702	541-389-4774	541-389-3971	www.coffmanvision.com meredith@coffmanvision.com	Howard Schor, Michael A. Coffman, OD, Erin E. Follen, OD	23	1998	Comprehensive vision exams, high fashion frames, newest technology lenses, one hour service, 3-D retinal imaging
Elemental Eyecare 2736 NW Crossing Dr., Ste. 120 Bend, OR 97701	541-323-3937	541-323-3938	www.elementaleyecare.com info@elementaleyecare.com	Dr. Kerri Lyons, OD, Dr. Amanda Balsalobre, OD, Dr. Gabby Marshall, OD, FCOVD	8	2008	Pediatric eye exams & vision therapy. Pediatric eyewear. Vision rehabilitation & sports vision training.
Eyes on Wall St. 822 NW Wall St. Bend, OR 97703	541-382-4756	541-382-4455	eyesonwallstbend.com	Dr. Lorraine M. Winger, OD	4	1999	Professional eye examinations & contact lens fittings. Complete optical services including on-site optical lab. Feature a large selection of quality fashion eyewear & repair.
High Desert Vision Source 404 NW Fifth St. Redmond, OR 97756	541-923-2221	541-923-3776	www.visionsource-highdeserteye- care.com hdvs@bendbroadband.com	Dr. Allan J. Hudson, OD, Dr. Kilah S. Atkinson, OD, Dr. Gretchen I. Chadwick, OD, FA, Dr. Audrey H. Brumley, OD	11	1983	Complete comprehensive eye care, including contact lenses, primary eye care, optical services, laser & surgery co-management, children's vision & comprehensive eye exams.
InFocus Eye Care 2450 NE Mary Rose Pl., Ste. 110 Bend, OR 97701	541-318-8388	541-318-7145	www.infocus-eyecare.com info@infocus-eyecare.com	Dr. Elizabeth Potvin, OD, Dr. Winter Lewis, OD, Dr. Patricia Buchler, MD, Dr. Ida Alul, MD	35	1998	Specializing in advanced cataract surgical techniques, LASIK, surgery & eyelid surgery. Comprehensive eyecare, Botox treatments & on-site fashion eyewear. All with the warm, personal approach every patient can expect at InFocus. Additional providers: Dr. Meryl Sundy, MD & Dr. Emily Karben, OD.
Integrated Eyecare 452 NE Greenwood Ave. Bend, OR 97701	541-382-5701	541-382-5702	www.iebend.com info@iebend.com	Dr. Kirsten C. Scott, OD, MS, Dr. Kit Carmiencke, OD, Dr. Lindsey Slinger, OD	15	1935	Enhancing the quality of your vision today, while protecting the health of your eyes for tomorrow.

Continued on Page 24



Change is in the air...

 Congratulations to Dr. Carmiencke on his retirement after 45 years of service to the Central Oregon community.



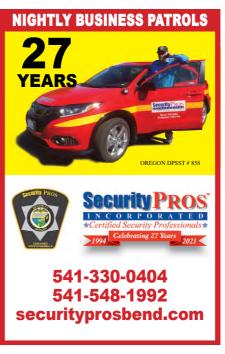
- We welcome new optometrists Dr. Laura Leis and Dr. Patrick Swihart to Integrated Eyecare.
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Cataract Surgery Has Improved Quality of Life for Centuries

by PATRICIA BUEHLER, MD, Partner — Infocus Eye Care

eveloping cataracts is an expected occurrence with aging. Cataracts are a clouding of the lens of the eye causing blurry vision. Most people notice blurred vision with near activities in their 40s and 50s, when their lens becomes less flexible with age and people need to start wearing reading glasses or bifocals. As they age, and sometimes due to certain medications or trauma, the lens material becomes cloudy and that is called a cataract. When a person has a cataract, they can require more light to see fine print and can have difficulty with the glare from oncoming headlights.



Cataract surgery allows nearly two million Americans to improve and recover their vision each year. This eye surgery has been conducted since ancient times, but has undergone significantly advanced developments over the past 50 years in order to become a common and effective procedure. The word "cataract" stems from the Greek word for "waterfall," because prior to the 1700s, people believed that cataracts were comprised of an "opaque material flowing, like a waterfall, into the eye. We now know that the clouding of the originally clear lens material can result from aging, trauma, radiation, smoking and certain medications including steroids.

Cataract surgery was first mentioned in the Babylonian code of Hammurabi 1750 BC. In ancient India, a doctor named Sushruta described cataract treatment with a procedure called couching. This method consisted of dislocating the cloudy lens, moving it away from the visual axis and letting it sit in the vitreous gel in the back of the eye. Excavations in ancient Egypt, Rome and Greece have allowed scientists to discover the surgical instruments that ancient doctors would have used when performing cataract surgeries.

In 1748, Jacques Daviel was the first European physician to actually remove

the cloudy lens material from the eye. Unfortunately, there was no material to replace the focusing power of the lens so patients were still blurry, but no longer blind after this procedure. It wasn't until 1949, during WWII, that a surgeon named Harold Ridley in England noted that some British fighter pilots returning from the war had sustained injuries when their windshields were shattered, sending shards of glass into their eyes. Dr. Ridley fashioned the first intraocular implant lens to replace the focusing power of the eye.

Dr. Charles Kelman, after noticing his dentist using ultrasound to remove plaque from teeth, introduced phacoemulsification (a form of ultrasound) to break the lens up into tiny fragments that could be washed away through a very small incision.

Since then, there have been dramatic advances in the technology to remove cataracts and replace the lens with an implant. "Today, cataract surgery can be done with just eye drop anesthesia, can take as little as ten minutes to perform and is usually done without the need for stitches," says Dr. Ida Alul, an Infocus Eye Care partner and ophthalmologist.

What does that mean for quality of life? Implant lenses can reduce or eliminate the need for glasses both for distance and near. "Not only is cataract surgery a safe and effective procedure, it has the potential to lead to a glasses- and contact lens-free lifestyle," says Dr. Meryl Sundy, also a physician with Infocus Eye Care.

Patricia Buehler, MD, is a partner with Infocus Eye Care, a Central Oregon medical group with over 20 years in the community. Infocus Eye Care specializes in Cataract Surgery, LASIK and Optometry services. For more information on cataracts or to learn about freedom from eyeglasses and contact lenses, visit infocuseyecare.com or schedule a consultation at 541-318-8388.

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With today's advanced technology, cataract surgery can improve your vision and may be able to reduce your dependence on glasses—making reading, driving and all your activities easy again. Visit **infocus-eyecare.com** or call **541-318-8388** to learn more about cataract surgery — or make your first appointment.

Ida Alul, MD · Patricia Buehler, MD · Meryl Sundy, MD



Eye Care Surgery Clinics & Examinations (Listed Alphabetically)

CONTINUED FROM PAGE 22

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Lifetime Vision Care LLC 901 NW Carlon Ave., Ste. 2 Bend, OR 97703	541-382-3242	541-317-3579	www.lvcbend.com info@lvcbend.com	Dr. Brock Karben, Dr. Derri Sandberg, Dr. Matt Sisson	13	1995	General lifetime optometry care.
Madras Vision Source 211 SE Fifth St. Madras, OR 97741	541-475-2020	541-475-6118	www.visionsource-madras.com	Dr. Audrey H. Brumley, OD, Dr. Jessica B. Tegen	6	1979	Optometric services including corrective eyewear, eye health evaluations, pre & post operative surgical care.
Ochoco Vision Source 340 NW Beaver St. Prineville, OR 97754	541-416-2020	541-447-2608	www.visionsource-ochocovision.com ovs@bendbroadband.com	Dr. Audrey H. Brumley, OD, Dr. Gretchen I. Chadwick, OD, FA, Dr. Kilah S. Atkinson, OD, Dr. Allan J. Hudson, OD	7	1981	Optometric services including corrective eyewear, eye health evaluations, pre & post operative surgical care.
Oregon Vision Center - Madras 1555 S Hwy: 97 Madras, OR 97741	541-475-2700	N/A	www.oregonvisioncenters.com ovc.2020@yahoo.com	Dr. Tom Thomason, OD	2	2009	Thorough vision examinations for prescribing eyeglasses & any type of contact lenses.
Oregon Vision Center - Prineville 1555 NE Third St. Prineville, OR 97754	541-447-3937	N/A	www.oregonvisioncenters.com ovc3937@yahoo.com	Dr. Tom Thomason, OD	4	2001	Thorough vision examinations for prescribing eyeglasses & any type of contact lenses.
Oregon Vision Center - Redmond 632 SW Sixth St. Redmond, OR 97756	541-923-2020	541-923-2082	www.oregonvisioncenters.com ovc.2020@yahoo.com	Dr. Tom Thomason, OD	6	1960	Thorough vision examinations for prescribing eyeglasses & any type of contact lenses.
Orion Eye Center Bend 1475 SW Chandler Ave., Ste. 102 Bend, OR 97702	541-548-7170	541-548-3842	www.orioneyecenter.com	Dr. Dr. Ryan Constantine, Dr. Laith Kadasi, Dr. Brian Desmond	30	1993	Specialists in retina & cornea, cataract surgery, & medical diseases of the eye. Our in-house ambulatory surgical facility offers a low stress approach to surgery.
Orion Eye Center Redmond 1775 SW Umatilla Ave. Redmond, OR 97756	541-548-7170	541-548-3842	www.orioneyecenter.com	Dr. Ryan Constantine, Dr. Laith Kadasi, Dr. Brian Desmond	30	1993	Specialists in retina & cornea, cataract surgery, & medical diseases of the eye. Our in-house ambulatory surgical facility offers a low stress approach to surgery.
Riverbend Eyecare 143 SW Shevlin Hixon Dr., Ste. 101 Bend, OR 97702	541-317-9747	541-317-1818	www.riverbendeye.com info@riverbendeye.com	Patrick Ayres, OD, PC, Kristen Gaus, OD, MEd	5	1999	Adult & child vision care, therapy for eye muscle disorders & visually-related reading disorders, nutritional therapy for eye diseases.
Summit Family Eyecare 1250 NE Third St., Ste. B100 Bend, OR 97701	541-382-0103	541-385-6851	www.summitfamilyeyes.com sfebend@gmail.com	Dr. Raymond F. Hardy, OD, MS	5	1975	Eye examinations, prescription lenses, glasses frames.
Summit Medical Group - Eastside Clinic 1501 NE Medical Center Dr. Bend, OR 97701	541-317-4299	N/A	www.bendmemorialclinic.com	Dr. Robert Mathews, MD, Dr. Hayley McCoy, Dr.Thomas Fitzsimmons,MD, MPH, Dr. Scott O'Connor, MD	29	1950	Cataract surgery, glaucoma specialty care, contact lenses & glasses, low vision evalua- tion & retinal specialty care, oculoplastics.
Summit Medical Group - Redmond 865 SW Veterans Way Redmond, OR 97756	541-382-2811	N/A	www.bendmemorialclinic.com	Dr. Thomas Fitzsimmons, MD, MPH, Dr. Robert Mathews, MD, Dr. Brian Desmond, MD, Dr. Scott O'Connor, MD	6	1950	Cataract surgery, glaucoma specialty care, contact lenses & glasses, low vision evalua- tion & retinal specialty care, oculoplastics.
Summit Medical Group - Old Mill District Clinic 815 SW Bond St. Bend, OR 97702	541-382-2811	N/A	www.bendmemorialclinic.com	Dr. Scott O'Connor, MD, Dr. Thomas Fitzsimmons, MD, MPH, Dr. Robert Mathews, MD, Dr. Michael Majerczyk	25	1950	Cataract surgery, glaucoma specialty care, contact lenses & glasses, low vision evalua- tion & retinal specialty care, oculoplastics.
VisionWorks 63455 N Hwy. 97, Ste. 75 Bend, OR 97701	541-389-5207	541 389 2718	www.visionworks.com	Dr. Eric Hinds	7	2006	Designer & exclusive brand frames, lenses, contact lenses, accessories, sunglasses & vision correction.

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.



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Oregon National Guard Steps in to Offer Lending Hand to Local Hospitals

by RONNI WILDE — CBN Reporter

hough the Oregon hospitals are overtaxed and overwhelmed, there is a program in place — besides the COVID-19 vaccine — that has provided another much-needed shot in the arm for weary staffs: 142 members of the Oregon National Guard have been deployed in Central Oregon, with 128 of them at the four St. Charles Health System hospitals, to help with non-medical tasks and lend a helping hand.

"We're tremendously grateful for the Oregon National Guard troops who have left their families and jobs to support our four hospitals. By stepping in to fill nonclinical roles, the troops are allowing our caregivers to work at the top of their licenses," says Lisa Goodman, public information and government affairs officer for St. Charles Health System. "The troops are filling a variety of roles that are critical to our operations. Some examples include screening people for COVID symptoms at hospital entrances, running supplies, delivering food and performing fit testing for N95 masks."

LTC Brian Dukes, the Central Oregon COVID Response Task Force commander for the Oregon National Guard, says the mission is off to a great start, and integration with the partners at St. Charles Health has gone smoothly. "Our members seem to be really embracing our roles in the various St. Charles facilities," he says. "An activation like this can be stressful for soldiers, families and employers, but our soldiers hit the ground ready to serve the mission they've been called to. I can't say how proud I am of their professionalism."

Dukes says the soldiers, who are covering both day and night shifts, are helping with a wide variety of hospital support, from cleaning, logistics and food services to assisting providers and conducting data entry for ER intake. "There are the normal minor challenges associated with integrating nearly 128 soldiers into their new roles on multiple shifts across four facilities in less than 48 hours from when they reported for activation, but it has really gone well."

The assistance from the Guard comes at a time when the St. Charles Hospital System continues to break records for the number of positive COVID cases in the community. "For the first time since the pandemic started, we saw more than 1,100 positive cases in Central Oregon in a seven-day period ending August 23," reports Goodman. In a press release issued by St. Charles in August, Aaron Adams, president of St. Charles Bend and Redmond, said, "Our hospitals are in crisis. We want to take care of people, but right now, we need their help."

The press release stated that in the past few weeks, St. Charles has been forced to cancel many patients' much-needed surgeries to make room for the seriously ill. The hospital has been operating over capacity with inpatient beds full, and in early August, there were as many as 17 people "boarding" in the Emergency Department, which means they were admitted to the hospital but were stuck in the ED while they waited for an inpatient bed to open up. "This overflow is taxing the Bend Emergency Department, which has 28 exam rooms," the report states. "As a result, ED caregivers are seeing patients in makeshift areas such as hallways and waiting rooms."

"I said in May we were dealing with the most critical capacity issues in my 27



THE OREGON NATIONAL GUARD SOLDIERS ARE HELPING WITH A VARIETY OF NONCLINICAL DUTIES
PHOTOS COURTESY OF THE OREGON NATIONAL GUARD



THE OREGON NATIONAL GUARD HAS BEEN DEPLOYED TO ASSIST IN THE FOUR ST. CHARLES HOSPITALS | PHOTO COURTESY OF ST. CHARLES HOSPITAL SYSTEM

years at St. Charles," says Debbie Robinson, the hospital's chief nursing officer. "It has only gotten worse in the past three months."

The hospital reports that the latest COVID surge is not the only factor contributing to the current crisis: During the early months of COVID-19, many people were unable to access routine and preventive health-care services, resulting in hospitals around the country being busier than ever now, treating a higher-than-normal number of patients who are seriously ill. Injuries have also added to the problem. "Central Oregon is growing fast, and as it does, more people are getting hurt here," the press release states. "In the past, the health system has typically averaged about 1,200



THE OREGON NATIONAL GUARD MEMBERS ARE WORKING AT LOCAL HOSPITALS TO HELP EASE THE STRAIN

trauma visits per year. In 2021, it's on pace to hit 1,600." The report goes on to say that at the same time hospitals are seeing more and sicker patients, they are also struggling to shore up the workforce. "It has become difficult to replace health-care workers at the same rate they are leaving the industry due to early retirements and burnout. And locally, the increasing cost of housing is proving to be a major barrier for potential hires."

To help diffuse the strain, St. Charles has opened an urgent care clinic in the Bend East Family Care building at 2600 NE Neff Road, and is offering drive-through COVID-19 testing in the back of the parking lot of that building. Both services are available from 8am-4pm daily and will be expanded as need arises and resources allow. The hospital is also urging patients who do not need an emergency level of care to avoid the Emergency Department at this time, and has asked that community providers send appropriate patients to primary or urgent care facilities first when at all possible.

"This is bigger than COVID," says Dr. Jeff Absalon, St. Charles' chief physician officer. "There is a cascading effect that is causing incredible strain on the health system." He says that in order to help curtail the crisis, everyone needs to be proactive in taking care of their health. "Eat well. Make sure to exercise your body. Take your medication as prescribed," he says, adding, "See your primary care provider and stay on track with your checkups and preventive screenings."

Depending upon how the situation continues to unfold, the Oregon National Guard will be stationed at the hospitals through September 30. "I expect we will be needed through that time, and there's no indication as to whether the mission could be extended," says Dukes. "We have received incredible support from everyone at St. Charles Health and the community. I am humbled to hear the continuous thanks from the staff throughout the hospital, when they are the ones who have been dealing with these strains on the health-care system for a year and a half." He adds, "It's really our honor to come in and support them."

Dukes says the other "unsung heroes" in National Guard activations are the families and employers of the deployed troops. "Over half of our soldiers are from outside of the local area, so that means moms, dads, family and friends are picking up the slack in those households," he says. "National Guard soldiers cannot continue to do what they do without their employers' support, and that is not an easy thing for many of our employers."

Goodman says the St. Charles staff is hopeful that the FDA approval of the Pfizer-BioNTech vaccine on August 23 will encourage more people to get vaccinated and ultimately ease the surge in cases. "The vaccine has met the high standards for safety, efficacy and manufacturing quality the FDA requires of an approved product," she says. In the meantime, she adds, "We can't say it enough: Please wear a mask and, if you haven't already, get vaccinated."

stcharleshealthcare.org oregon.gov

Audiologists (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services	Locations
Central Oregon Ear Nose & Throat, LLC 2450 NE Mary Rose Pl., Ste. 120 Bend, OR 97701	541-526-1133	541-385-4935	www.coent.com audiology@coent.com	Emilie Hart-Hutter	12	1975	Hearing & dizziness evaluations, hearing aid consultations.	Bend
Connect Hearing - Bend 932 NE Third St., Ste. 2 Bend, OR 97701	541-382-3308	541-318-0767	www.connecthearing.com info@connecthearing.com	Kristin Morris	2	2014	Audiology & hearing aid services.	Bend, Redmond
Connect Hearing - Redmond 106 SW Seventh St. Redmond, OR 97756	541-548-7011	541-548-7023	www.connecthearing.com info@connecthearing.com	Paige Canfield	2	2014	Audiology & hearing aid services.	Bend, Redmond
Hearing Aids by Tricia Leagield 708 SW 11th St. Redmond, OR 97756	541-640-5354	N/A	www.hearingaidsbytricialeagjeld.com tricia.leagjeld@gmail.com	Tricia Leagjeld	2	1955	Educational hearing evaluation & personalized programming. Hearing aid demonstrations & customized fittings for any brand. Top of the line Auricle technology & equipment. Tympanogram. Hearing instrument test box in which we can test the effectiveness of any brand hearing aid. Free office visits, screenings adjustments & cleanings. Hearing aid repairs.	Redmond
Kenyon Audiology 1625 NE Second St. Bend, OR 97701	541-317-1265	541-317-1273	www.kenyonaudiology.com kenyonaudiology@gmail.com	Janet Kenyon	4	1993	Audiology & hearing aid services.	N/A
Pacific Northwest Audiology 2205 NW Shevlin Park Rd. Bend, OR 97703	541-678-5698	541-306-4551	www.pnwaudiology.com pnwaud@gmail.com	Dr. Li-Korotky AuD, PhD	7	2012	From initial consulting, diagnosis & hearing aid fitting to follow-up speech mapping, counseling & rehabilitation, we are Clinical Doctors of Audiology & we have more than 1,000 5-Star reviews. Our services include a wide range of diagnostic & treatment options for hearing loss, timitus, cochlear Implants & other hearing disorders, using cutting-edge hearing technology & hearing enhancement tech.	Bend

Cosmetic Surgery (Listed Alphabetically)

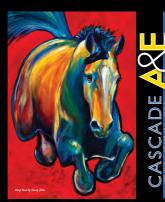
Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Facial & Oral Surgical Center 1893 NE Neff Rd. Bend, OR 97701	541-382-7981	541-389-6953	www.drschock.com osurgery@drschock.com	Todd A. Schock MD,DMD	8	2000	Oral, facial & surgery.
Mountain View Cosmetic Surgery 2450 NE Mary Rose Pl., Ste. 200 Bend, OR 97701	541-317-9555	541-317-9561	www.mountainviewcosmeticsurgery.com mvcs007@gmail.com	Dr. Robert T. Quinn II, MD	2	2003	Cosmetic surgery of the face & body, reconstructive surgery of breast & body.
Northwest Cosmetic Surgery 777 SW Millview Way, Ste. 100 Bend, OR 97702	541-388-1022	541-322-7002	www.northwestcosmeticsurgery.com drgarygallagher@aol.com	Dr. Gary Gallagher, MD	6	2002	Cosmetic plastic surgery of the face & body. Restylane, Botox, Dystort, Photo-facial & hair removal.
The Leffel Center for Cosmetic, Breast & Laser Surgery 1715 SW Chandler, Ste. 100 Bend, OR 97702	541-388-3006	541-382-7605	www.leffelcenter.com	Linda J. Leffel, MD	5	1993	Full service cosmetic, plastic & reconstructive surgery & laser skin technology.
Villano MD 431 NE Revere Ave., Ste. 110 Bend, OR 97701	541-312-3223	541-330-2499	www.villanomd.com info@villanomd.com	Michael E. Villano, MD	7	2003	Facial plastic surgery & aesthetic skin care services.

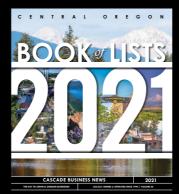
CBN has made every effort to ensure that all information is accurate and up-to-date. We cannot, however, guarantee it. Please contact us immediately if you know that certain information is not correct or you would like to be added to a list, 541-388-5665 or email cbn@cascadebusnews.com.

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Street Dog Hero Invites Bend Community to Heroes on the Run

treet Dog Hero's second annual Heroes on the Run event will take place on Sunday, September 12 from 10am to 2pm at the Athletic Club of Bend.

This outdoor event — presented by Bend Pet Express — promises fun and food for families and furry friends alike including:

- Dog-friendly 5k Fun Run
- Kids' Mini-Run; all participants receive a Street Dog Hero cape!
- Kids' Fun Zone featuring a giant inflatable slide, dog pawdicure/kid manicure station and doggie kissing booth and games
- · Live entertainment
- Food trucks and beer garden
- · Prize raffle

Since 2017, Street Dog Hero (SDH) has provided spay/neuter services to 1,251 animals, and rescued more than 1,600 dogs from neglect, hunger and abuse around the world and from overcrowded shelters in Texas, California and Ohio. SDH also serves its neighbors in rural Oregon, sterilizing more than 500 animals across the state in 2020-21.

"Heroes on the Run is our most important fundraising event of the year. The Central Oregon community has been so supportive of Street Dog Hero, enabling our life-saving programs in areas where animals are least likely to receive care due to financial, geographic and cultural barriers," remarked Marianne Cox, founder of Street Dog Hero. "We're looking forward to this community event to celebrate our success, thank our many supporters and raise critical funds so we can continue saving lives."

The event is free to attend. Registration is required for the 5k Fun Run (\$35 without event T-shirt or \$40 with event T-shirt). Kids Zone and Mini-Run passes are \$10.

Register by September 8 and be a street dog hero!

Thank you to sponsors of Heroes on the Run, presented by Bend Pet Express:

Athletic Club of Bend, Fall River Health, Blue Sky Veterinary Clinic, The Ladd Group, Walker Structural Engineering, Cascade Sotheby's, T-Mobile, Jamba Juice, Northwestern Home Loans, Bend Property Pros, G5, Crater Lake Spirits, Chevrolet Cadillac of Bend, Dwyer Williams Cherkoss Attorneys, OnPoint Community Credit Union, Hooker Creek Construction, BendBroadband, Volvo Cars Bend, Stahancyk, Kent & Hook P.C., The Melner Group, Hayden Homes, Trailhead Liquor, Cascade Design Center, High Desert Mulching, Summa Real Estate Professionals, Dancin Woofs, Oregon Spirit Distillers, Portland Trailblazers and Pahlisch Homes.

Street Dog Hero saves lives around the world. Our mission is to help street dogs globally by providing transportation, medical treatment, adoption placement, awareness and education. There are many ways to support our work:

- Sign up to be a volunteer: streetdoghero.org/volunteer
- Learn about fostering a street dog: streetdoghero.org/foster
- Become a corporate partner: Email Marianne Cox, mare@streetdoghero.com
- Make a donation: streetdoghero.org/general-donation
- Follow us on Facebook: facebook.com/streetdoghero
- Follow us on Instagram: instagram.com/streetdoghero streetdoghero.org



GRAPHIC | COURTESY OF STREET DOG HERO

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Assisted Living Facilities (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Units	Fees	Services
Absolute Serenity Senior Care 182 & 192 E Tall Fir Ct. Sisters, OR 97759	541-848-3194	541-549-1726	absoluteserenity.info absoluteserenity@ymail.com	David & Leah Tolle	8	2009	N/A	N/A	Provision of care in a home atmosphere & promotion of independence with activities of daily living.
Aspen Ridge Memory Care Community 1025 NE Purcell Blvd. Bend, OR 97701	541-385-8500	541-312-6674	www.aspenridgememorycare.com administrator@aspenridgememorycare.com	Simeon	32	1999	42	Upon Request	Meeting the needs of residents & families dealing with dementia & Alzheimers.
Aspen Ridge Retirement Community 1010 NE Purcell Blvd. Bend, OR 97701	541-385-8500	541-330-6687	www.aspenridgeretirement.com marketing@aspenridgeretirement.com	Angela Doms	55	1999	167	Upon Request	Independent retirement living, assisted living & specialized Alzheimers/memory care with the ability to transition from one to the other as needed.
Bend Transitional Care 900 NE 27th St. Bend, OR 97701	541-382-0479	541-389-7054	www.bendtransitionalcare.com	Ron Odermott	75	1954	49	Upon Request	Primary focus on skilled nursing care & long-term care.
Brookdale Bend 1099 Watt Way Bend, OR 97701	541-210-8802	541-389-1163	www.brookdaleliving.com candace.nonnemacher@brookdale.com	Candace Nonnemacher	35	2000	46	Upon Request	Unique building design with specialized life enrichment program to enhance quality of life for the memory impaired.
Brookside Place 3550 SW Canal Blvd. Redmond, OR 97756	541-504-1600	541-504-1602	www.brooksideplace.net director@brooksideplace.net	Charles Davenport	24	1995	37	Upon Request	On-site beauty salon, whirlpool, activities room, all one level, library, dining room, one indoor, secure courtyard.
Cascades of Bend Assisted Living 1801 NE Lotus Dr. Bend, OR 97701	541-389-0046	N/A	www.cascadesofbend.com	Jamie Maul	70	1981	121	Upon Request	Onsite & in-home care agency & assisted living.
Central Oregon Adult Foster Care 1532 NW Jackpine Ave. Redmond, OR 97756	541-548-6631	541-548-5519	www.care.com/b/l/central-oregon-adult- foster-care-llc/re Carlene.irini@gmail.com	Carlene Kitchin	3	2009	5	Call for assesment	Adult foster & senior care.
Fox Hollow Independent & Assisted Living 2599 NE Studio Rd. Bend, OR 97701	541-383-2030	541-383-4979	www.foxhollowbend.com	Martha Orozco-Thompson	70	2006	71	Upon Request	Full service assisted & independent living.
Juniper Springs 590 NW 23rd St. Redmond, OR 97756	541-632-6423	N/A	www.juniperspringssl.com sayhello@juniperspringssl.com	Andrea Fitzgerald	N/A	2017	N/A	N/A	N/A
Pilot Butte Rehabilitation 1876 NE Hwy. 20 Bend, OR 97701	541-382-5531	541-317-5573	www.regency-pacific.com/senior-living/or/ bend/pilot-butte	Jenna Corbly	45	N/A	42	Upon Request	Physical, Occupational & Speech therapies. Skilled nursing care. Recovery from surgery, joint replacement, strokes & fractures.
Prairie House Assisted Living & Memory Care Community 51485 Morson St. La Pine, OR 97739	541-536-8559	541-536-1373	www.prairiehousealf.com director@prairiehousealf.com	Love Pearson	44	1999	61	Upon Request	Assisted Living & Memory care units.
Prestige Senior Living High Desert 2660 NE Mary Rose Pl. Bend, OR 97701	541-312-2003	541-312-2011	www.prestigecare.com/location/prestige-se- nior-living-hig highdeserted@prestigecare.com	James McNama	50	2003	68	Upon Request	Full service assisted living.
Regency Care of Central Oregon 119 SE Wilson Ave. Bend, OR 97701	541-382-7161	541-383-7662	www.cascadeviewnursing.com	Jonathan Stark	45	1969	47	Upon Request	Intermediate care, respite service, Medicaid certified, 24-hr. nursing care, laundry service, 20-bed Alzheimer care unit.
Regency Prineville Rehabilitation & Nursing Center 950 NE Elm St. Prineville, OR 97754	541-447-7667	541-447-6685	www.regency-pacific.com/senior-living/or/ prineville/regen	Aaron Marson	45	N/A	36	Avail.	Skilled Nursing Facility. Respite Care
Regency Village at Bend 127 SE Wilson Ave. Bend, OR 97702	541-317-3544	541-330-0121	www.regency-pacific.com/senior-living/or/ bend/regency-vil manager@thesummital.com	Rebecca Hankey	44	1999	65	Upon Request	Three home-made meals daily & snacks. All utilities except telephone & basic cable. Weekly housekeeping Complementary laundry facilities. 24-hour staff. Scheduled transportation.
Regency Village at Prineville 830 NE Elm St. Prineville, OR 97754	541-416-3600	541-416-9293	www.regency-pacific.com/senior-living/or/ prineville/regen	Michael Sheldon	21	1999	47	Upon Request	Assisted living
Regency Village at Redmond 3000 SW 32nd St. Redmond, OR 97756	541-923-5452	541-923-0280	www.regency-pacific.com/senior-living/or/ redmond/regency- manager@heightsal.com	Jerry Thomas	26	1995	45	Upon Request	Assisted living
Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702	541-383-1414	541-383-3434	www.touchmarkBend.com SDN@Touchmark.com	Scott Neil	196	2007	284	Rental, residency deposit.	Full assisted living/ 24 hr staff/ 2 restaurants/ housekeeping/ transportation/ on-site amenities/ licensed memory care/ Partners in Care on site; Awbrey Dental on site/ two full service salons
Whispering Winds 2920 NE Connors Ave. Bend, OR 97701	541-312-9690	541-312-1450	www.whisperingwinds.info info@whisperingwinds.info	Angela Vanderpool	50	2003	N/A	N/A	Full service independent retirement community.

Retirement Communities (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Number of Home Sites	Price	Fees	Services
East Cascade Retirement Community, LLC 175 NE 16th St. Madras, OR 97741	541-475-2273	541-475-4230	www.seniorhousinginvestiments.net eastcascade@srhousingmgmt.com	Kelsy Wordward	80	2009	2	Varies based on services provided.	Varies based on services provided.	Skilled nursing, memory care, assisted living & independent living
Stone Lodge Retirement 1460 NE 27th Bend, OR 97701	541-318-0450	541-317-9119	www.stonelodgeretirement.com kimberely.blackwell@holidaytouch.com	Jeff Putnam	24	1999	114	\$2,000 & up	N/A	Studio, 1 & 2 bedroom, all utilities except phone, housekeeping, panic button, kitchenette, scheduled trips, TV lounge, billiard room. 3 chef-cooked meals a day. Full activities schedule. Transportation provided. Hospital & medical facilities next door within walking distance. Forum Shopping Center close by. Holiday Travel program included.
Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702	888-231-1113	541-383-3434	www.touchmarkBend.com SDN@touchmark.com	Scott Neil	196	2001	284	\$250,000- \$600,000+	Rental, residency deposit.	Full assisted living/ 24 hr staff/ 2 restaurants/ housekeeping/ transportation/ on-site amenities/ licensed memory care/ Partners in Care on site; Awbrey Dental on site/ two full service salons.
Vintage at Bend 611 NE Bellevue Dr., Ste. 500 Bend, OR 97701	541-617-3985	541-617-5025	www.vintagehousing.com	N/A	2	2005	106	\$665-\$794	\$35.00 tenant screening fee.	Commuting location, on-site hair salon, on-site laundry, exercise facility, billiard room & library/computer room. On-site massage & activity & social areas.
Whispering Winds 2920 NE Connors Ave. Bend, OR 97701	541-312-9690	541-312-1450	www.whisperingwinds.info	Carrie Kasch	50	2003	116	\$2,350- \$4,650 rent	N/A	Studio, 1 & 2 bedroom apartments, full-service dining, weekly housekeeping & linen, utilities, library, activities on & off-site, transportation services, spa room, fitness center, patio/balcony on each apartment, technology center, beauty/barber shop, private dining room, putting green, gated parking & private garages.

Tonsil Stones — The Growing Health Nuisance Being Tackled by a Local Company of OSU & UofO Alumni

A Creative Solution to a Stinky Problem Wreaking Havoc on Self-Esteem

onsil Tech, comprised of Daniel Forbes, Sydney Forbes and Jessy Imdieke, is a team of bioengineers on a mission to develop tools specifically for the safe and easy removal of tonsil stones.

If you have not heard of tonsil stones, you are not alone, but it is an issue your family members, friends and co-workers may be experiencing. It is estimated that roughly ten percent of the U.S. population experiences tonsil stones. Since routine tonsillectomies fell out of favor in the 70s-80s, more and more people are growing up with their tonsils and subsequently experiencing tonsil stones.

What are tonsil stones?

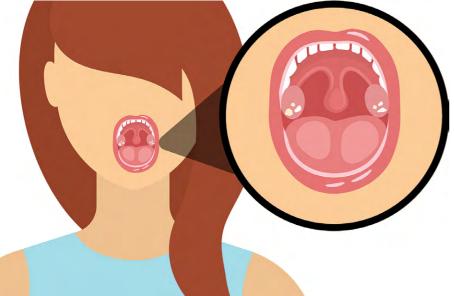
Tonsil stones or tonsilloliths, are the calcification of food, mucus and bacteria that form in the pits and crypts of tonsils and accumulates into small white chunks.

The combination of pungent smell, discomfort and frustration when removing tonsil stones can be an irritating nuisance. People generally don't talk about their tonsil stones because it is an embarrassing topic and leads to reduced self-esteem.

It all started with an Oregon State University project.

Back in 2017, Forbes and Imidieke were tasked to come up with a list of ten things they would like to change in the healthcare space for their bioengineering senior capstone project at Oregon State University.

Upon comparison, they were surprised to find they both had tonsil stones at the top of their lists! The team went on to win a number of class awards for the project.



TONSIL STONES

After college, Forbes and Imdieke both gained valuable experience at their Bay Area startup jobs in process engineering, pharmaceuticals and 3D printed medical devices. As they worked on their individual careers, Forbes and Imdieke re-visited their tonsil stones project a few times. However, it wasn't until the COVID-19 lockdown that they really started to work on the idea and figure out a path to market.

In July 2020, they officially launched their company, Tonsil Tech, with their third



co-founder, Forbes, who is experienced in leading marketing efforts and business analytics for startups. The team moved to Central Oregon and joined several startup programs in the Pacific Northwest including OSU Iterate & Launch, UW Regional CoMotion NSF I-Corps Program, WE-REACH Biomedical Innovation Bootcamp, Washington Innovation Network (WIN) Mentor Program and the Oregon Bioscience Incubator Mentor Program.

"The Pacific Northwest has offered amazing resources to our team as we've navigated the early stages of our startup," said Forbes.

The team interviewed and surveyed hundreds of people with tonsil stones and talked with ENTs, general practitioners, dentists and dental hygienists about tonsil stones to develop the first tool on the market specifically designed for tonsil stone removal.

"Jessy and I both have tonsil stones and we are passionate about helping people because this topic has been understudied," said Forbes. "People are currently using fingers, Q-Tips, syringes, toothbrushes, chopsticks, bobby pins, blackhead removers, makeup brushes, waterpiks, pens, pencils, etc., and we believe there is a better way."

The Tonsil Tech team launched their first product, TonsiFIX, in July 2021.

TonsiFIX is a premium tool kit engineered specifically for safe and easy tonsil stone



(L-R) DANIEL FORBES, SYDNEY FORBES AND JESSY IMDIEKE | PHOTOS AND GRAPHIC COURTESY OF TONSIL TECH

removal at-home. The precise and careful design is intended to provide users with a gentle and comfortable experience compared to alternative options. TonsiFIX is sold direct to consumers on their website tonsiltech.com.

The TonsiFIX devices are manufactured in the USA and made of a high-quality flexible material for soft tonsil tissue. Our patent pending tools are designed to easily fit in tonsil pits and scoop tonsil stones. We include a washable travel pouch for clean storage and a bright LED suction cup light to help see the tonsils hands-free.

"As a bioengineer, it's an amazing feeling creating a product that solves a real world problem for people that have been frustrated and struggling for so long," said Imdieke.

If you or someone you know has tonsil stones, check us out at tonsiltech.com for tonsil stone relief and improved self-esteem!

tonsiltech.com

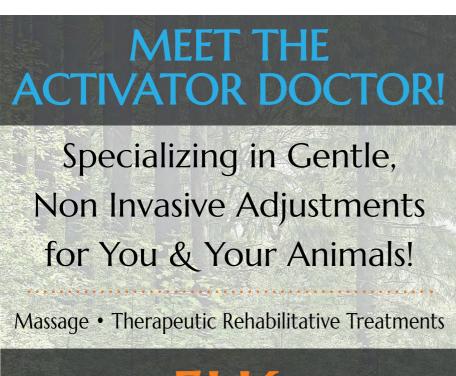




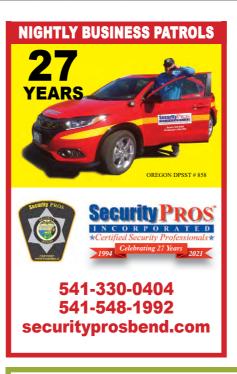
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Chiropractors (Listed Alphabetically)

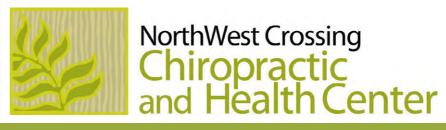
Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Balance Chiropractic, PC 477 NE Revere Ave. Bend, OR 97702	541-383-5156	N/A	www.jimneilson.com	N/A	2	1995	Gentle treatments, spinal massage, applied kinesiology, a balanced approach to better health.
Bemis Chiropractic Clinic 124 NW Second St. Prineville, OR 97754	541-447-1043	541-447-1784	www.bemischiropractic.net	Dr. Jill Bemis, Dr. James Bemis	3	1999	Chiropractic services. Specializing in integrated health care.
Bend We Care Chiropractic Center 932 NE Ninth St. Bend, OR 97701	541-382-8125	541-382-8127	www.bendwecare.com bendwecarechiropracticcenter@gmail.com	Christian K. Schuster DC	2	1982	Specific spinal reconstructive care, sports injuries & athletic performance enhancement.
Bend Whole Health Family Chiropractic 354 NE Norton Ave., Ste. 100 Bend, OR 97701	541-389-1191	541-389-1972	www.bendwholehealth.com mgr@bendwholehealth.com	Dr. Daniel Bourque	7	1995	Soft tissue & manual therapies, activator adjusting, nutritional counseling, automobile injuries, massage therapy, weight loss.
BodyWise Chiropractic 707 SW Ninth St. Redmond, OR 97756	541-548-5089	541-504-5353	www.redmondchiro.com bodywisedc@gmail.com	Dr. Michael Wise, Dr. Laura Gardiner	7	1990	Featuring Graston technique, massage & manual manipulation.
Butler Chiropractic 537 SW Seventh St. PO Box 2294 Redmond, OR 97756	541-548-0125	541-548-0323	www.activator.com butlerdc@uci.net	Dr. David C. Butler, DC	2	1991	Non-force chiropractic care utilizing activator methods technique, soft tissue work, nutritional support & low level laser therapy. Practices in Bend on Thursdays.
Cascade Chiropractic Center 477 NE Greenwood Ave. Bend, OR 97701	541-382-8866	541-323-2949	www.bend-oregon-chiropractor.com cascadechiro@gmail.com	Jim I. Wilkens DC, BS, CCSP	4	1981	Sports physician-certified utilizing numerous adjusting techniques & physiotherapy for spinal & extremity conditions.
Central Oregon Spine & Sports 2115 NE Wyatt Ct., Ste. 101 Bend, OR 97701	541-209-0471	541-323-6288	www.cospinensports.com jkvanduch@deschutessurgerycenter.com	Dr. Michael Wettstein	3	2019	Arthritis, back pain, Botox, plantar fisciitis, steroid injections, migraines, regenerative medicine, spinal cord simulator trials.
Chiropractic Associates 117 NW Larch Ave. Redmond, OR 97756	541-548-4014	541-548-0544	chiropractic.associates Clinic@Chiropractic.Associates	Dr. Michael Thille, Dr. Rodney Cross	6	1986	Manual medicine including varied adjusting techniques, physiotherapy modalities, exercise prescription & massage therapy.
Elk Ridge Chiropractic & Wellness Center 424 NE Franklin Ave. Bend, OR 97701	541-388-3588	541-388-0839	www.thebendchiropractor.com elkridgechiropractic@gmail.com	Dr. Natasha Ruegsegger, DC	9	1986	Personal injury, gentle chiropractic services, lifestyle nutrition, sports medicine & veterinary orthopedic.
Falling Waters Injury & Health Management 55 NW Wall St., Stc.100 Bend, OR 97703	541-389-4321	541-389-4420	www.fallingwaterscenter.com amanda@fallingwatersbend.com	Amanda Guy	40	2007	Specializing in auto injuries, work comp injuries, aquatic therapy, sports, post surgical & functional & strength rehabilitation of the back, neck, shoulder & knee. Also chiropractic, physical therapy, massage & nutritional counseling.
Freedom Wellness Center 2940 NW Terra Meadow Dr. Bend, OR 97703	541-389-0263	541-389-0676	drpamcobbs@yahoo.com	Dr. Pam Cobbs, Dr. Jeff Cobbs	7	2005	Chiropractic care, cranial chiropractic, massage therapy, nutrition, wellness talks & wellness coaching.
Hanes Chiropractic Wellness Center 446 NW Third St., Ste. 200 Prineville, OR 97754	541-447-7230	541-447-5775	www.center4wellness.com	Coby L. Hanes DC	4	1995	Complete Chiropractic Wellness Center including; gentle chiropractic adjustments, mechanical flex- ion/distraction for disc problems, cold wave laser, massage therapy, nutritional & herbal medicine, discounted labs, Allergy treatment & Detox.
HealthSource of Redmond 605 NW Sixth St Redmond, OR 97756	541-548-4086	N/A	www.healthsourcechiro.com/red- mond/#gref	Eric B. Hayden	3	1991	Chiropractic care, manual medicine, physical therapy, exercise & rehab.
High Desert Chiropractic Clinic 1551 NE Fourth St., Bend, OR 97701	541-389-9373	541-388-0650	www.highdesertchiro.com hdchiro@gmail.com	Dr. Joshua Kuhn, Dr. Brandi Kuhn	8	1994	Holistic healthcare for the whole family, certified chiropractic sports physician, nutritional, exercise & massage therapy.











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Year-Round Chiropractic Care Can Help You Stay Mobile Longer

by ABIGAIL MORSE — Elk Ridge Chiropractic & Wellness Center

re there things you do on a regular basis? Maybe a bit of maintenance or shop items around the house? Possibly those leisure activities we indulge in every day, week or month like clockwork? We all have our 'things.' Whether it be taking the car for a wash, mowing the lawn, getting our hair done or paying that monthly premium, there are things in life we want or need to do to keep things running smoothly. Frequent chiropractic care should be on that list as well.

Why? Because life happens. We go out, run errands, sit at work, lift heavy things; we sleep, pick up the kids, go kayaking, sit on the couch. We go through all the motions (and more) that are all a part of living our lives, and that takes a toll on us. We're constantly on the move, going here or there as part of our daily routines. We also like to go on vacation to see castles, go ziplining, lay on the beach. Whether it's a day of relaxation or a day of hard-core energy, we are more mobile than we think, and we want to stay that way. So how do we do this?

At Elk Ridge Chiropractic & Wellness Center, we promote consistent chiropractic care to maintain that busy (or even not -so -busy) lifestyle we've got going on. Just as a vehicle needs a tune-up every now again, or as our teeth need a regular cleaning, so also do our constantly moving, twisting, sitting, running, walking bodies need to be tended to on a regular basis for optimal efficiency. What does this look like?

The basis of chiropractic care is to ensure proper alignment of the spine back to its natural state for maximum comfort and movement in one's daily life. But how do we know when our spine is out of alignment and we need to see a chiropractor? Do we need to be in pain before we make the decision to receive treatment? How frequently should chiropractic care be on our list of things to do?

Elk Ridge's Doctor of Chiropractic, David Juratovac, answers some of these questions for us. In order to better understand the body and what it needs in general, and then individually (as every body is different), Dr. David gives us a good



PHOTO | BY PETER CONLAN ON UNSPLASH

idea of how chiropractic care is not only a great option for everyone, but how it can benefit each one of us according to our needs. With that, let's get started.

How Do I Know If I Need Chiropractic Care?

Dr. Dave emphatically tells us, "Chiropractic care is for everyone at every stage of life. We often view going to the doctor as a reactive event — 'I'm sick, I need to go see a physician' — rather than a proactive event – 'I'm well, how can I stay that way?'

Continued on Page 33 ►

CONTINUED FROM PREVIOUS PAGE

Chiropractors (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Madras Chiropraetic Clinic 28 NE 12th St. Madras, OR 97741	541-475-6171	541-475-6172	www.mullinsmadraschiropractic.com mmm4ecc@yahoo.com	Dr. Mark M. Mullins	1	1978	Manual manipulation of the spine & extremities, physical therapy equipment, massage therapy, x-ray facilities & specializing in chiropractic orthopedics.
McCleery Chiropractic Health Centre PC 61573 Orion Dr. Bend, OR 97702	541-389-7103	N/A	www.drmccleery.com mccleeryoffice@bendtel.net	Dr. Daniel McCleery	2	1977	Care for many types of conditions, scoliosis screening & care, auto accident cases, computerized insurance billing, treat patients of all ages, workers compensation & private insurance.
Michael D Tobey, DC 141 NW Greenwood, Ste. 101 Bend, OR 97703	541-383-2185	541-388-2606	www.drtobey.com	Dr. Michael D. Tobey	5	1991	Chiropractic. Spinal adjustments. Find it, fix it, leave it alone.
NorthWest Crossing Chiropractic & Health Center 628 NW York Dr., Ste. 104 Bend, OR 97703	541-388-2429	541-388-2439	www.nwxhealth.com nwxhealth@gmail.com	Katrina Gruber LMT, Dr. Terry Rubadue-Doi, DC, CCSP	10	2003	Acupuncturist Steven A. Foster-Wexler; chiropractic care by Theresa Rubadue-Doi DC CCSP; massage therapy by Cinda Strauch LMT; naturopathic care & ulcer chiropractic by Laura Staver ND, Dr. Jordan T. Doi MSc DC CCSP.
Pangea Chiropractic 409 NE Greenwood Ave., Ste. 120 Bend, OR 97702	541-728-0954	541-728-0956	pangeachiropractic.com info@pangeachiropractic.com	Dr. Andrew Torchio, Dr. Ashely Campbell	5	2013	Specializing in corrective chiropractic care with an emphasis on pediatric & pregnancy care with a mission to help families achieve their true innate health potential.
Redmond Wellness & Chiropractic 1655 SW Highland Ave., Ste. 6 Redmond, OR 97756	541-923-2019	855-279-8333	www.redmondwellness.com rwc.clinic@gmail.com	Adam Mazzaferro DC, Katie Burford	5	1999	Hands-on Spinal Manipulation & other Chiropractic techniques. DTS Spinal Decompression. Therapeutic Massage. Softwave Regenerative Therapy.
Ries & McClain Chiropractic Center 711 NE Irving Ave. Bend, OR 97701	541-388-0496	N/A	N/A	Dr. McClain	3	1981	Family chiropractic care. Treatment is a non-force adjustment using an instrument (activator) that gives a quick thrust to the vertebrae.
Slater Chiropractic 240 NW Claypool St. Prineville, OR 97754	541-447-6627	541-447-6193	www.slaterchiropractic.com chris@slaterchiropractic.com	Paul J. Slater DC	12	1996	General chiropractic services.
Snow Creek Chiropractic & Natural Health Center 152 N Larch St. PO Box 1896 Sisters, OR 97759	541-549-0624	541-549-3565	drgivot@outlawnet.com	Irv Givot	1	1992	Light force adjustment, laser-assisted kinesiology, bio-cranial therapy, supplements, herbs & botanical remedies, treatment of chronic disease & herbal & nutritional therapy.
Sport + Spine 347 NE Kearney Ave. Bend, OR 97701	541-383-4585	541-383-9092	www.sportandspinebend.com info@sportandspinebend.com	Dr. Bradley Pfeiffer	5	1999	Specializing in treatment of automobile accident & on the job injuries, preferred provider for most insurance, corporate health workshops/lectures.
Teicheira Chiropractic 198 SE Third St. Bend, OR 97702	541-383-3101	541-383-3101	www.teicheirachiropractic.com teichdc@gmail.com	Dr. Christine Teicheira, Dr. Todd Teicheira	2	1991	Chiropractic health care, certified animal chiropractor, Diplomat Gonstead Specific technique.
Three Sisters Chiropractic Clinic 270 S Spruce St. Sisters, OR 97759	541-549-3583	Same as phone	www.threesisterschiropractic.com threesisterschiropractic@gmail.com	Dr. Inice Gough	1	1991	Gentle techniques, pain relief, physical therapy & rehab.
Total Life Chiropractic Clinic 230 SE Third St., Ste. 105 Bend, OR 97702	541-312-4470	541-312-4430	www.totallifechiro.com totallifechiropractic@gmail.com	Dr. James R. Marion, DC	1	1991	Daily examination & adjusting hours, auto & work related injury care, therapeutic massage, spine & extremity care, spinal traction & rehabilitation, pediatric chiropractic & kinesio-taping

Dentists (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Alpine Dental 2078 NE Professional Ct. Bend, OR 97701	541-382-2281	541-382-1610	www.alpinedentalbend.com	Branden R. Ferguson DDS, Taylor M. Bybee DDS	7	1998	General dentistry.
Awbrey Dental Group 965 SW Emkay Dr., Ste. 100 Bend, OR 97702	541-383-0754	541-383-8128	www.awbreydental.com hello@awbreydental.com	Dr. John Luke Covalt, DDS, Dr. Mark Builder, DMD, Dr. Peter Yonan, DMD, Dr. Christopher Primley, DMD	22	1994	General dentistry, implants & cosmetic dentistry.
Bend Dental Group 901 NW Carlon Ave., Ste. 1 Bend, OR 97703	541-389-1884	541-330-1461	www.benddentalgroup.com smile@benddentalgroup.com	Dr. Tyler Schultze, Dr. Katherine Stahrr, Dr. Jeff Johnson	14	2003	General dentistry.
Bend Family Dentistry 660 NE Third St., Ste. 3 Bend, OR 97701	541-876-1573	541-389-1114	www.bendfamilydentistry.com info@bendfamilydentistry.com	Dr. Haley VanVolkenburg, DMD, Dr. Roxane Kotzin, DMD, Dr. Mary Kate Grady, DDS, Gregg Jones, DMD	30	1994	General dentistry, specializing in cosmetic dentistry, Invisalign, IV Sedation, TMJ treatment, Sleep Apnea (Vivos) & dental implants.
Bluefish Dental & Orthodontics 2565 NE Butler Market Rd. Bend, OR 97701	541-317-1887	541-678-5122	www.bluefishdental.com info@bluefishdental.com	Dr. Catherine Quas, Dr. Donna Quinby, Dr. Sumra Zaidi	20	2004	Pediatric dentistry & orthodontics.
Bluefish Dental & Orthodontics - Redmond 1429 SW 15th Redmond, OR 97756	541-923-1300	541-504-1325	www.bluefishdental.com info@bluefishdental.com	Dr. Sumra Zaidi, Dr. Donna Quinby, Dr. Catherine Quas	20	2010	Pediatric dentistry & orthodontics.
Brandon Turley, DMD 708 W Antler Ave. Redmond, OR 97756	541-548-5105	541-548-5746	www.dentistsredmondor.com turleydmd@yahoo.com	Dr. Brandon Turley, DMD	5	2013	General & family dentistry.
Brian G. Kallus 16440 Third St. La Pine, OR 97739	541-536-2175	541-536-1206	N/A	Dr. Brian G. Kallus, DMD	3	1975	General & preventative dentistry.
Cascade Endodontic Group 1590 NE Williamson Blvd. Bend, OR 97701	541-388-1500	541-388-6995	www.cascadeendodontics.com	Dr. Daniel Bitner, DMD, Dr. Patricia Paparcuri, DMD	6	2013	Endodontics.
Cascadia Family Dental 361 NE Franklin Ave., Bldg. D Bend, OR 97701	541-382-5678	541-382-5678	dentistinbendoregon.com stevenetimmdmd@bendbroadband.com	Dr. Jared Adams, DDS	7	1978	General dentistry.
Central Oregon Dental Center 1563 NW Newport Ave. Bend, OR 97703	541-389-0300	541-330-9753	www.centraloregondentalcenter.net codental@bendbroadband.com	Michael R. Hall, DDS	5	1999	General dentistry.
Central Oregon Perio, PC 1569 SW Nancy Way, Ste. 3 Bend, OR 97702	541-382-5080	541-317-0355	www.centraloregonperio.com gumdoc@centraloregonperio.com	Dr. Nicholas W. Misischia, DMD	5	1992	Periodontist.
Clark Family Dentistry 2727 SW 17th Pl. Redmond, OR 97756	541-548-3896	541-548-1859	www.clarksmile.com clarkfd@bendbroadband.com	Edward Clark, DMD	10	1995	General dentistry.
Contemporary Family Dentistry 1016 NW Newport Ave. Bend, OR 97701	541-389-1107	541-317-5958	www.contemporaryfamilydentistry.com	Jessica A. Henderson, DMD, PC	6	1985	General dentistry, TMJ & sleep appliances to general & cosmetic dentistry.
Deschutes Dental Center 159 SW Shevlin Hixon Dr. Bend, OR 97702	541-317-1300	541-317-1351	www.freemansmiles.com	Dr. Phillippe Freeman, FAGD, DMD	6	2001	General dentistry with specialty in cosmetics.
Deschutes Pediatric Dentistry 400 SW Bond St., Ste. 100 Bend, OR 97702	541-389-3073	541-389-9642	www.deschuteskids.com info@deschuteskids.com	Steve Christensen, DMD, Stephanie Christensen, DMD, Ashley Swan, DMD, Edward Christensen, DDS	11	2005	Pediatric dentistry.
Everson, Greg DMD, PC 491 E Main St. PO Box 10 Sisters, OR 97759	541-549-2011	541-549-4787	dr.everson@bendbroadband.com	Dr. Greg Everson, DMD, PC	6	1986	General & family dentistry.
Gilmore Dental 834 SW 11th St., Ste. 2 Redmond, OR 97756	541-504-5707	541-504-0415	www.gilmoredental.com redmonddental@gmail.com	Amy Remick	9	2007	General dentistry.
Greenwood Dental Care 906 NE Greenwood Ave., Ste. 1 Bend, OR 97701	541-382-4848	541-617-9530	www.greenwooddentalcare.com gdc@bendcable.com	Dr. Ken M. Shirteliff, DMD	7	1999	General dentistry.
Greg M. Lee, DMD PC 515 NE Fourth St., Ste. H Bend, OR 97701	541-382-0414	541-382-9469	www.gregmlee.com	Dr Greg M. Lee, DMD PC	3	2006	General & family dentistry.
Highland Family Dental 1332 SW Highland Ave., Ste. 1 Redmond, OR 97756	541-504-3322	541-504-4346	www.highlandfamilydmd.com jparsley2@gmail.com	Dr. Tony Parsley, DMD	12	2010	General dentistry including: root canal therapy, cosmetic procedures, extractions & dentures.
James V. Bachman DMD 535 NE Greenwood Ave. Bend, OR 97701	541-388-0777	541-388-5140	www.jbachmandental.com	Dr. James V. Bachman DMD	7	1994	General dentistry.
Jay Gronemyer, DMD 1553 NW Canal Blvd., Ste. 101 Redmond, OR 97756	541-923-2880	541-923-2881	jaygronemyerdmd.com	Dr. Jay Gronemyer, DMD	5	2012	General dentistry, cosmetic dentistry.
Juniper Dental 461 NE Greenwood Ave. Ste C Bend, OR 97701	541-318-1564	541-318-5229	www.juniperdental.com frontdesk@juniperdental.com	Dr. Chad Stephenson DDS	5	2008	General dentistry.
Krueger & Lenox Oral & Maxillofacial Surgery 1475 SW Chandler Ave., Ste. 101 Bend, OR 97702	541-617-3993	541-617-0030	www.drkeithkrueger.com info@kruegerlenox.com	Dr. Keith E. Krueger DMD, Dr. Nathan Lenox, MD, DMD	11	2000	Oral & maxillofacial surgery.
Krueger & Lenox Oral & Maxillofacial Surgery - Eastside Office 1475 NE Williamson Blvd Bend, OR 97701	541-382-1053	N/A	www.drkeithkrueger.com	Keith E. Krueger, DMD, Nathan Lenox, MD, DMD	10	1997	Oral & Maxillofacial Surgery
Krueger & Lenox Oral & Maxillofacial Surgery - Westside Office 1475 SW Chandler Ave., Ste. 101 Bend, OR 97701	541-617-3993	541-617-0030	www.drkeithkrueger.com	Keith E. Krueger, DMD, Nathan Lenox, MD, DMD	10	1997	Oral & maxillofacial surgery
La Pine Dental 51384 Hwy 97 La Pine, OR 97739	541-630-4023	541-536-2093	www.lapine-dental.com lapine.dental@yahoo.com	Stephen W. Allen, DMD	8	1981	General dentistry.
Lisa Adams General Dentistry 155 SW Century Dr., Ste. 102 Bend, OR 97702	541-382-7708	541-382-1139	ladamsdmd@bendbroadband.com	Lisa A. Adams DMD	5	2000	General dentistry.
Masters of Dentistry 628 NW York Dr., Ste. 101 Bend, OR 97701	541-389-2300	541-389-2301	www.mastersofdentistry.net laura@mastersofdentistry.net	Dr. Tad Hodgert, DMD	4	1974	General & implant dentistry.
Nordstrom, Marc A. DMD, PC 108 NW Newport Ave. Bend, OR 97701	541-382-0823	541-385-8665	nordstrom@bendcable.com	Dr. Marc Nordstrom, DMD, PC	22	1970	General dentistry.
Oak Street Dental 376 NE Oak St. Madras, OR 97741	541-475-6156	541-475-6157	osd@bendbroadband.com	Dr. Adam Zangrillo, DMD	4	2005	General dentistry.
Optimal Orthodontics 710 SW Highland Ave. Redmond, OR 97756	541-923-7432	541-550-1820	www.optimalorthodontics.com	Dr. Scot Burgess, DMD, PC	6	1995	Orthodontics for children & adults.
Pilot Butte Dental 1909 NE Neff Rd. Bend, OR 97701	541-382-3523	541-382-8129	www.pilotbuttedental.com pilotbuttedental@yahoo.com	Dr. John Wiley	5	2000	General dentistry.
PNW Dental 499 SW Upper Terrace Dr., Ste. B Bend, OR 97702	541-323-3930	541-323-3929	dentist-bend.com info@dentist-bend.com	Matthew Pavlovich, DDS	5	2015	Cosmetic & general dentistry, implates, crowns, emergencies.
Ponderosa Dental Center 2088 NE Williamson Ct. Bend, OR 97701	541-640-5234	541-382-1217	www.ponderosadentalcenter.com info@ponderosadentalcenter.com	Joshua Prentice, DDS	8	2017	General dentistry.

Child Abuse Awareness Paramount as School Year Begins

KIDS Center Encourages Community-Wide Vigilance to Protect Children in Central Oregon

he COVID-19 pandemic has affected the safety and wellbeing of children and youth of Central Oregon in many ways. Not attending school inperson for many months means that school-aged children have not been under the direct, in-person supervision of their teachers, all of whom are mandatory reporters of child abuse. Mandatory reporters are legally bound to report any suspected issues of abuse to the state DHS child abuse hotline. School personnel are responsible for over half of these reports to proper authorities. As the school year begins, KIDS Center is raising a call to arms to area educators and the greater Central Oregon community to speak up and save a child.

When making a mandatory report, teachers contribute immensely by connecting children and youth to the services they need when any type of abuse is suspected. Educators aren't the only group who can report suspected abuse. If you see something, "speak up and save a child" is an ethos that KIDS Center encourages the entire Central Oregon community to adopt. "Many children and families in Central Oregon have been impacted by child abuse," said Dr. Guitar Hanna, KIDS Center's medical director. "Child abuse includes sexual, physical and emotional abuse, neglect, witnessing violence and drug endangerment. Some "red flags" to consider include, but are not limited to, sudden changes in a child's behavior or school performance, a child appearing frightened by a caregiver, or if a caregiver offers no explanation of a child's injury. If you suspect abuse may be occurring, please report to your local law enforcement agency, call the Oregon Child Abuse Hotline at 1-855-503-SAFE (7233), or call KIDS Center."

Children who have disclosed abuse — or children who come to KIDS Center when there is a strong concern that abuse has occurred — are provided a number of services including a head-to-toe medical evaluation, a child-friendly forensic interview, family advocacy services that connect families with community resources and child and family therapy services. All services are provided at zero cost to everyone who walks through the doors at KIDS Center.

"KIDS Center has worked diligently to prepare the organization for what we project will be a dramatic increase in reports of child abuse in the coming months," said Gil Levy, executive director of KIDS Center. "The onset of the

school year also coincides with a recent and explosive population growth in our area, resulting in an unprecedented rise in cost of living and displacement of many families from their homes. Our school system is brimming with new students and, unfortunately, we do expect the highest number of cases of child abuse in Central Oregon that we have seen to date."

The success of the recent Cork & Barrel wine and food event series, an annual fundraiser on behalf of KIDS Center, held last month at The Riverhouse on the Deschutes, has bolstered the agency's ability to prepare for the onslaught of reports of child abuse in Central Oregon. However, as both the demand for and cost to provide KIDS Center services has grown, the percentage of the budget that is covered by the Cork & Barrel fundraising event series has fallen to 15 percent, whereas before, it covered 25 percent of the operating budget.

The community's commitment to the goal of ending child abuse, along with their heartfelt generosity, allowed KIDS Center to exceed its goal of raising \$500,000 in net revenue at Cork & Barrel 2021. KIDS Center has safeguarded its fiscal ability in 2021 to best serve the children and youth of Central Oregon whose lives are impacted by abuse. "Our fundraising success at Cork & Barrel highlights the importance of protecting children in Central Oregon," said Levy. "It is necessary for KIDS Center to grow as an organization to adequately meet the burgeoning needs of our community. Cork & Barrel funds a vital part of the health of Central Oregon, in addition to being our area's most beloved wine and food event series."

The 2022 Cork & Barrel wine and food event fundraising series will take place July 14-16, 2022, with additional wine and food opportunities happening throughout the year leading up to the event series. Those interested in the Cork & Barrel wine and food event fundraising series are encouraged to visit CorkandBarrel.org to keep up-to-date on wine and food events, in addition to ways to give back to the community and help serve children, youth, and families whose lives have been impacted by abuse.

KidsCenter.org 541-383-5958 1-855-503-SAFE (7233)

Ik Ridge Chiropractic

Continued from page 31

The basic principle of chiropractic is that the body is a self-healing, self-regulating system, if given the proper tools and environment. The goal of chiropractic is not only to make you feel better, but more importantly to make you heal better."

In other words, chiropractic care is constantly needed. For those with severe discomfort, care should be received more frequently. For minimal to no discomfort, less frequently for general maintenance is a good option to help the body remain in that state of comfort. And the more we receive care on a regular basis, the better our bodies can learn to adapt and heal quickly in the future.

How Often Should I Receive Chiropractic Care?

"Every body is different," Dave reminds us. "Several factors may determine the frequency of care that I recommend to my patients. Recent injury from a sporting event or car accident will be treated differently from a longstanding health concern. This is why we always perform a complete health assessment to better inform our treatment plan on how often each patient should receive care. The best part, though, is that care frequency is ever-changing based on where the patient is in life and what he or she hopes to achieve. For many, though, we will begin care once or twice weekly, tapering off as the patient sees improvement and as we add more subtle changes to help your body function better through their daily routines."

At Elk Ridge, we are committed to creating the best treatment plans for our patients from day one. By formulating a health goal early on, and by maintaining a constant stream of communication with the patient, we believe that optimum healing and overall health will be better achieved for each and every one of our patients.

Should I Receive Chiropractic Care Even When I Feel Fine?

We have no recent injuries, no soreness bothering us. We've got no stress in our lives (says no one ever), so there really isn't a need to fix what isn't broke! But just because we don't think we're in pain doesn't mean there isn't something still to work on. Here's what Dr. David has to say...

"There is a lot of evidence to support the use of chiropractic even for those who 'feel' fine. When we look at it from a simple pain perspective, pain is often the last symptom to show up and the first one to go away. In other words, just because you feel fine doesn't mean your body is truly doing fine. For those who are still

questioning why it might be a good idea to receive care when they feel fine, I would like you to google 'chiropractic care and professional athletes.' You'll likely find some of your favorite players are receiving regular chiropractic care. What does that tell us? If these high-level athletes are receiving regular chiropractic care, shouldn't everybody?"

What Types of Chiropractic Care Will Help Me Stay Mobile Longer?

Obviously, no one wants to be immobile. We all want to be able to perform the most basic life functions at the very least, and at most, we want to be able to hike, bike, jog, cliff-dive, sky-dive...you get the picture. So, the idea of staying mobile should appeal to us, yes? Dr. David explains how this is possible.

"Chiropractic care, coupled with a lifestyle that promotes health and wellness, will help all bodies stay mobile longer." Hint hint: eat healthy, exercise regularly, make sure you love — or at the very least like — your job and the people you surround yourself with. Mix the obligatory activities in your life with things that you enjoy. These will help you to maintain that health lifestyle Dr. Dave is talking about.

So how can chiropractic care fit into this? Dr. Dave tells us further, "The Activator Method is a gentle yet effective form of chiropractic care that can enhance anyone's quality of life. For those who are seasoned chiropractic patients, or find they need a firmer adjustment style, a hands-on chiropractic technique can be used via the Manual Technique. Either way you choose to receive your care will benefit you for years to come."

With these chiropractic techniques that Dr. David recommends, we believe that both short- and long-term results will see you either staying or becoming more mobile so that you can get back to doing the things you love, or you can start to do the things you never thought you could.

Moral of the Story?

Come on in for some chiropractic care. Whether you feel peachy or you really really don't, chiropractic care is for anyone and everyone. We recommending setting up your first appointment with Dr. David to jumpstart the life you want to lead moving forward.

While here, we'll develop a treatment plan that's right for you and your lifestyle so that you can stay up and running for years to come. Sound like a plan? Maybe you still have some questions. That's great! Give us a call at 541-388-3588 or email us at elkridgechiropractic@gmail.com to schedule your appointment or to get more info. We hope to see you soon!

thebendchiropractor.com

CONTINUED FROM PAGE 32

Dentists (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Prineville Dental 601 NW Third St. Prineville, OR 97754	541-447-4888	541-447-4686	www.prinevilledental.com wkmcclure@hotmail.com	Dr. Paul Fairbanks, DDS	5	1980	General dentistry.
PureCare Dental 3081 N Hwy: 97, Ste. 150 Bend, OR 97703	541-647-5555	541-647-5554	www.purecaredental.com info@purecaredental.com	Dr. Eric M. Cadwell, DDS, Dr. Tyler Fix, DMD	14	2010	Family dentistry — adults & children, cosmetic dentistry, smile makeovers, porcelain veneers, implants, wisdom tooth extractions, orthodontics & teeth whitening.
Redmond Dental Group 1765 SW Parkway Dr. Redmond, OR 97756	541-548-8175	541-548-7025	www.redmonddentalgroup.com	Dr. Dane Smith, DDS, Dr. Max Higbee, DMD	19	1971	General dentistry.
River Park Family Dentistry 155 SW Shelvin Hixon Dr. Bend, OR 97702	541-382-0392	541-383-7170	www.riverparkfamilydentistry.com	Dr. Ben Grieb, DMD	9	2004	Family & cosmetic dentistry.
Rockpoint Dental 2300 SW Glacier Place Redmond, OR 97756	541-923-4577	541-923-8677	www.rockpointdental.com frontdesk@rockpointdental.com	Dr. Chad Stephenson, DDS	5	2002	General dentistry.
Rosenzweig Orthodontics - Bend 502 NE Fourth St. Bend, OR 97701	541-382-6822	541-382-1263	www.centraloregonortho.com str8bite@bendcable.com	Dr. Brian J. Rosenzweig, DMD	9	1975	Orthodontics.
Rosenzweig Orthodontics - Redmond 668 SW Rimrock Way Redmond, OR 97756	541-382-6822	N/A	www.centraloregonortho.com str8bite@bendcable.com	Dr. Brian J. Rosenzweig, DMD	9	1975	Orthodontics.
Select Care Dental 774 SW Rimrock Way Redmond, OR 97756	541-923-7633	541-923-8733	www.selectcaredental.com office.selectcare@gmail.com	Mark T. Nuttall, DMD, Jared R. Anderson, DDS	16	1996	General dentistry, cosmetic dentistry & implants.
Shevlin Dental Center 910 SW Simpson Ave. Bend, OR 97702	541-382-8575	541-382-8681	www.shevlindental.com info@shevlindental.com	Dr. Matt Falkenstein, DDS, Dr. David Cauble, DMD	12	1971	General dentistry.
Skyline Dental 2137 NE Fourth St. Bend, OR 97701	541-389-4807	541-385-6883	www.skylinedentalbend.com info@skylinedentalbend.com	Dr. Natalie Buckley, DMD, Dr. Zack Porter, DDS, Dr. Mehdi Salari, DMD, Dr. Maureen Porter, DDS	21	1976	General dentistry.
Studio Nine 30 930 SW Yates Dr. Bend, OR 97702	541-317-9381	541-317-5038	www.studionine30.com smile@studionine30.com	Dr. Matthew B. Engel, DMD	4	1994	State of the art restorative, cosmetic & preventative dentistry.
The Brace Place, Central Oregon Orthodontic Specialists 569 NE Clay Ave. Bend, OR 97701	541-382-0410	541-389-0161	www.centraloregonbraceplace.com braceplace@bendbroadband.com	Dr. David Kang, DMD, Dr. Neil Wiater, DMD	13	1985	Orthodontics, Invisalign preferred provider, complimentary consultations, free custom mouthguards year-round to all Central Oregon athletes.
Timm Family Dentistry 375 NE Emerson Ave. Bend, OR 97701	541-382-1991	541-330-9095	www.timmfamilydentistry.com info@timmfamilydentistry.com	Dr. Jeffrey Timm, DMD, Dr. Andrew Timm, DMD, Dr. Ryan Timm, DMD	14	1981	General dentistry.
Todd A. Schock, DMD, MD 1893 NE Neff Rd. Bend, OR 97701	541-382-7981	541-389-6953	www.drschock.com osurgery@bendbroadband.com	Dr. Todd A. Schock, DMD, MD	8	2001	Oral & maxillofacial surgery.
West River Dental 701 NW Arizona Ave., Ste. 100 Bend, OR 97703	541-317-5732	541-388-9248	westriverdentist.com westriverdental02@yahoo.com	Dr. Dennis Holly, DMD	4	1999	General family dentistry.
Zookal Super Tooth Care for Kids 1245 SE Third St., Ste. A-1 Bend, OR 97702	541-318-5688	541-322-5581	www.zookadental.com teamzooka@zookadental.com	Dr. Rex Gibson, DMD	11	2000	Specialized care for infants, children & young adults & special needs: emphasis on prevention & education.

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.





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The Tapas Life

A Rich & Rewarding Life After Your Long Career

by DAVID ROSELL — Rosell Wealth Management

n last week's episode of my podcast, Recession Proof Your Retirement, I had the opportunity to interview Andy Robin. He's a Retirement Revolutionist! He's also the author of: The Tapas Life. A Rich and Rewarding Life After Your Long Career. He believes the mass media image of retirement is broken and it doesn't have to be just sitting on the beach watching the waves or knitting wooly sweaters till you die. We all know some people are just fine living a life of leisure until they fade away, while others prefer to work until they're carried out of the office with their boots on.



Robin received his MBA from Harvard University and had a long fruitful business career from being the CEO of a successful tech start-up to the VP of marketing for a \$600 million company. However, when he retired, he was left with a gaping void. Biking around town and going to museums was fun for a few weeks, but then it lost its appeal. He was left thinking "what now?" Today he's a 'life after life' coach as well as an avid traveler, gourmet cook, wine collector and piano performer. He states: "You could be retired for decades so you might as well get good at it!"

His book is a step-by-step process to leading an interesting, rich and fulfilling life after a long career. He refers to it as a "Tapas Life." I love these small, delicious dishes of Spain, especially with a glass of Rioja! Robin uses tapas as an analogy to best share how appropriate and beneficial it is to dabble with many different hobbies and activities as you enter retirement to determine what tastes best to you. He also understands that this can be challenging for some, so he offers some prudent ideas, but let's look first at the origins of the word retirement.

> "The greatness of a man is not how much wealth he acquires, but in his integrity and his ability to affect those around him positively."

> > ~Bob Marley

The word Retirement is an interesting one. It comes from the Latin word Retir which means — to end or be put out of use. A generation ago, people would spend their entire career with one company, receive their gold watch and just three to four years later they were dead! Today, people are living 20 to 30 years longer in this chapter of life. I have found that many people emotionally end while others are just getting started when their work life ends. My thoughts on retirement have changed over the years. In the past my goal was to retire as early as possible, but my perspective flipped when my mentor Dan Sullivan shared this impactful story. It was his 70th birthday and at the time he was (and is still) running his international coaching company Strategic Coach. A colleague asked him when he planned on retiring. His answer was: "I retired years ago." What do you mean? She responded. You're still working. He replied "I retired years ago from the things at work I no longer wanted to be doing." Dan spends 80 percent of his waking hours in his Uniqueability — doing the things at work that he is passionate about. Today he's 75, continues to stay young, happy and passionate for life.

In Tapas Life, Robin writes about living a Risk-Free Adventure by 'Failing Freely'. He shares that from the time you're an infant, the focus is always on your next success, from eating solid foods and then holding your bottle, standing and walking, learning throughout school, attending college, getting a job, finding a life partner, raising a family and it goes on and on. Each step along the way has consequences if you fail at it. He stated that once you enter your post-work life and you're hopefully not financially challenged, you have the freedom to try almost anything, and if you fail at it — it just doesn't matter! Minimally, you get the benefit of learning. I like to refer to this as failing your way to success!

I have seen firsthand how depression can set in for many successful people once they leave their career behind. I guess if you are your job and then you no longer have that work — by definition — you aren't! "Go decompress in the beginning stages of retirement," he recommends. "Play all the golf or tennis to your heart's content, take that cycling trip that you have been dreaming of. Eventually there will be a need for the return to structure in your life." Robin feels retirees can best adapt to post-work life by avoiding what he refers to as the White Rabbit in a Snowstorm. That's what your calendar looks like when it's all white. There's nothing there. This can lead many to feeling adrift and untethered. He goes on to say: "Some structure can make all the difference. It does not have to be a lot, however it is important. It can be as simple as making breakfast, checking your email, completing a crossword puzzle. Other days can have watering the plants or doing the financials and socializing with others. Get something on your calendar! Don't wake up to look at a blank sheet."

He realizes that not everyone wants to play pickleball or hike the Pacific Crest Trail. For those who truly were their job, Robin suggests keeping your Business Brain alive by applying it to meaningful work. This can be as easy as making the effort to stay in touch with friends from work. Many people feel fulfilled giving back and becoming a mentor to younger people in your industry is a great way to do so. Get involved with nonprofit boards or in community organizations. This can give you purpose and share an important skill set you have.

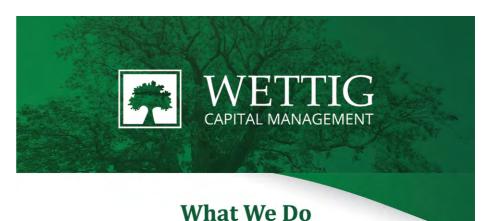
When we're working, we tend to have more social interactions and connections with others. I believe that a lack of human contact and isolation can lead to a slow death for many. In a recent episode I interviewed Lauren Ballentine, an expert on Long-Term Care, about the importance of planning for assisted living or home care. Robin similarly writes a chapter in his cook titled: Stay Healthy to Delay the Day When Your Loved Ones Become Your Caregivers. We can't stop time, however, I have always felt that we can control so much of the aging process with our attitude and outlook. I appreciate his visual of the continual down slope or the straight-line approach before a cliff at the end. Do a little exercise, eat healthy and keep your brain engaged. As a result, you have this great life that goes on until the machinery gives out — maybe your last year or two. The ill-fated alternative is not to engage in exercise, you eat poorly and are overweight. This gradually diminishes what you can do as well as impacts how you feel about yourself and your life. In this scenario one experiences a gradual decline and dies years earlier that you would have with a higher quality of life. The great Earl Nightingale created some of my favorite quotes that summarize Robin's thoughts: "We become what we think about."

Greying can mean playing, but it's truly up to us!

David Rosell is President of Rosell Wealth Management in Bend. RosellWealthManagement.com. He is the host of the 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 Amazon.com as well as the Redmond Airport.

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Stephanie Sultzer

Stephanie Sultzer, PT, DPT, has joined the staff of Rebound **Physical Therapy**'s East Bend Clinic.

Sultzer earned her bachelor of arts in psychology from The University of Virginia in Charlottesville. Following graduation, Sultzer obtained her doctorate of physical therapy degree from Boston University, and then worked at well-respected outpatient orthopedic clinics located in Boston and Richmond, Virginia. Sultzer has over ten years of outpatient orthopedic experience and a treatment philosophy rooted in manual therapy, individualized exercise prescription and patient education.

Sultzer places emphasis on being a lifelong learner in many areas of life, especially in physical therapy. She recently completed over a year-long advanced manual therapy training

curriculum with the Institute of Orthopedic Manual Therapy in Massachusetts. Outside of the clinic, Sultzer enjoys spending time with her husband and two young daughters, hiking, running and the occasional pickup soccer game.

The Latino Community Association (LCA) welcomed a new staff member and three new members to its board of directors in 2021.

Erika Ortiz, client services coordinator, was already a familiar face at LCA's Bend office, where she has volunteered off and on since 2008. She began assisting LCA part-time as an independent contractor early in the pandemic, navigating applications for the Oregon Worker Relief Fund. Ortiz grew up in Mexico, where she earned a degree as a systems analyst and computer programmer. She moved to Central Oregon in

the late 1990s and worked for over 18 vears in customer service at restaurants. hotels and retail sales.

Zavier Borja (Zavi) grew up in Central Oregon and brings his enthusiasm for youth and the outdoors to the LCA board. Borja has worked for the Boys and Girls Club of Bend, Bend Parks and

Recreation District, Education Outside in San Francisco and as a youth mentor at Summit High School in Bend. In 2019, he founded the Central Oregon chapter of Latino Outdoors and took local folks out on trails. Borja joined the Children's Forest of Central Oregon in 2020 in a new position to increase access to the

outdoors for Latinx populations called Vámonos Outside.

Kinsey Martin was born and raised in Bend and works for the Bend-LaPine school district that educated her as director of Diversity, Equity and Inclusion. She earned her master's degree in education with certification in bilingual education, English as a New Language and a reading specialization at Oregon State

Zavier

Borja

Jeff Baker

University. She moved back to Central Oregon and taught in dual language classrooms. Martin has two bilingual children and joined the LCA board because, "I love my community and want it to be a welcoming place that serves all community members."

Jeff Baker works as vice-president of Craft3 in Bend, an organization that makes loans to nonprofits, start-ups and homeowners. He grew up in Southern Oregon, and attended the University of Oregon and the University of Montana. He worked for a national bank in Seattle and then traveled the country as a corporate trainer. In 2007, he and his family moved to Central Oregon, where he serves on the board of Mosaic Medical. Baker wants his three children to, "see the work their parents do and the causes we stand for and not cower to inequality and racism."

Jenn Limoges, CCIM, partner at NAI Cascade, recently earned her Oregon Principal Broker Real Estate license. The Principal Broker license allows Limoges to have a supervisory role in brokerage or property management, which she intends to employ as NAI Cascade grows.

Limoges has held her Oregon Real Estate license since 2013 and came to commercial real estate with over 15 years in executive management of multiple retail and office facilities and operations. Limoges partnered with Walt Ramage in the beginning of 2021 to assume ownership of NAI Cascade Commercial Real Estate Services.



Erika

Ortiz

Kinsey

Martin

Jenn Limoges

The Rotary Club of Bend is honored to announce the winners of its annual Traxler and Del Morris scholarships for the 2021 year. The awards are named for Ernie Traxler and Del Morris, two past-members of the Rotary Club of Bend who shared a passion for music.

The Traxler Scholarship is awarded to local graduating high school seniors who excel in music and pursue music in some way at the university level. This year's recipients are:

- Sam Smith, tenor trombone, graduated from Summit High School and plans to attend University of Oregon
- Logan Lasala, euphonium, graduated from Summit High School and plans to attend Oregon State University
- Jordyn Graham, voice, graduated from Trinity Lutheran High School and plans to attend Concordia Irvine

The Del Morris Scholarship is awarded to a secondary education student and goes directly towards piano lessons. This year's Del Morris recipient is Matthias Santucci for his

excellence in piano. Matthias attends Summit High School and is in 11th grade. Scholarship applications will be accepted in the spring of 2022 for next year's program.

Rosell Wealth Management announces that Emma James has been promoted to wealth coordinator. James has excelled as the firm's client services manager since she began in 2018. She recently passed her Series 7 and 66 Licenses and is passionate about guiding people's financial future so that they may live the life they have always imagined for themselves. James holds a double bachelor of arts in International Studies and Spanish from University of Oregon.



Emma James



Jed Bellefeuille

The **Coldwell Banker Bain** Commercial division welcomes Jed Bellefeuille, who brings with him years of experience in sales, management and business start-up. On top of his work experience, Bellefeuille is well connected with Central Oregon, having lived here for nearly 30 years. Whether you're looking to buy, sell, lease or invest, Bellefeuille will work hard to make sure your plan succeeds.

The City of Bend announced the addition of Dana Wilson as Utility business manager. Wilson joined the Utility Department in March 2021 with more than nine years of service with the City of Bend. She started in the Finance Department, then moved to the Engineering and Infrastructure Planning Department, where she worked as a management analyst leading the strategic financial planning and analysis for the Capital Improvement Program. In her role as Utility business manager, Wilson will focus on fiscal management and strategic business alignment of the Water, Wastewater and Stormwater Utility programs. She replaces Mike Buettner, who was promoted to Utility director in January 2021.



Dana Wilson

Bethlehem Inn is honoring the decade-long service of three remarkable staff members. Each of these inspiring women has dedicated ten years of her life to helping people in crisis. Over the past decade, all three have played key roles in doubling the Inn's capacity to serve individuals and families experiencing homelessness. Congratulations to Elizabeth Clemens, Tara Feurtado and Kim Fischbach, who are celebrating their ten-year anniversaries at the Inn.



Elizabeth Clemens

Through dedication and a love for making a difference, Clemens started making an impact at Bethlehem Inn as an AmeriCorps volunteer before joining the staff in 2011. As the Families First program manager, Clemens collaborates with a wide variety of community agencies that provide housing, medical, educational and job-seeking support. While working full-time at the shelter, Clemens earned a master of social work degree from Portland State University; she will soon be a licensed social worker. Clemens has served on numerous committees, lending her expertise on equitable practices (CO-OATH, Central Oregon's chapter of Oregonians Against Trafficking Humans, 2014–2016) and serving as co-chair of the Family Access Network steering committee. She is a member of the National Association of Social Work, serves on

the board of the Central Oregon Homeless Leadership Coalition (HLC) and recently joined the Community Advisory Group of Fair Housing Central Oregon.

Feurtado, Next Steps program manager, joined Bethlehem Inn after working for five years with Head Start, where she established and maintained a safe and engaging classroom environment for children. Tara earned her master of art from Portland State University in 2006. Her collaborative spirit preserves working relationships with outside agencies and partner organizations. She served as the secretary for the Homeless Leadership Coalition from 2017 to 2018 and currently serves on the board of our neighboring Bend International School. She chairs HLC's Regional Shelter Committee and was recently selected to serve on the City of Bend's Emergency Homelessness Task Force. In 2020 she was nominated for the Bend Chamber's Community Hero award.



Tara **Feurtado**

Kim **Fischbach**

The Families First and Next Steps programs provide the direction of the Inn, through an inclusive and trauma-informed lens. Clemens and Feurtado have helped to create and evolve the range of services that the Inn provides. They work tirelessly to review challenges and opportunities and to provide staff support in this demanding field. Together, they work to guide communications with 70-plus allied community organizations, a multitude of agencies and the public to help Inn residents transition into more stable lives.

With a strong background in marketing and nonprofits, Fischbach serves as director of Philanthropy at the Inn. Before joining our staff, she volunteered with and worked for CASA. With a degree from

More Who's Who Next Page ▶ the University of

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Washington in education, she brings an enlightened gift in sharing the Bethlehem Inn story. Fischbach is instrumental in the organization's growth. She was a prime mover in the successful \$9 million capital campaign that funded the rebuilding of the Bend Campus. Fischbach designs and implements a robust strategic marketing and development plan, carefully coordinating the Inn's messaging and resource materials. Her responsibilities include directing the efforts of thousands of volunteers and business partners who support the Inn's mission. Fischbach provides that special glue, ensuring that all staff members feel special and cared for.



Brian Smith

animal hospital.

AP Equipment Financing has hired **Brian Smith** as senior vice president of Risk. With over 25 years of experience in various credit and syndication roles in the equipment finance industry, Smith will be responsible for growing AP's funding channels and further nurturing these important relationships. Furthermore, Smith will oversee AP's third-party origination channel to ensure great service and funding options for our indirect partners.



In addition to his interest in architecture, Windhamsmith enjoys mountain biking, snowboarding and playing in the Funk and Jazz Band.



Liam Windhamsmith

Selections have been made for the **Leadership Bend** Class of 2022, a nonprofit civic engagement and leadership development program of the Bend Chamber. Leadership Bend is designed to identify, educate, engage and connect willing and committed citizens to leadership roles in our community.

Participants are chosen from a broad and diverse cross-section of candidates from around the region who must go through a significant application process. These acknowledged and aspiring leaders share a commitment to active participation in shaping the future of Central Oregon.

There now are over 525 Leadership Bend alumni, many of whom serve as our community "trustees" through board service, elected office, volunteerism and more.

Leadership Bend Class of 2022 are Michelle Abbey, Central Oregon Veterans Ranch; Sean Bearden, Hayden Homes; Eric Berlin, First Interstate Bank; Rebeckah Berry, Central Oregon Health Council; Emily Boynton, Mosaic Medical; Cody Cloyd, Ablis CBD; Chloe Crabtree, PrideStaff; Heather Dion, CASA of Central Oregon; Breck Flanagan-Caldwell, Swalley Irrigation District; Jen Gordon, Bend Chamber; Matthew Guthrie, BBT Architects; Jessica Higgins, Invera Wealth Advisors of Raymond James; Haley Jensen, Eleusis Athletics; Matt Kelly, Ten Over Studio; Cynthia Maree, St. Charles Health Care; Sarah Monkton, Karnopp Petersen LLP; Brittany Nichols, COCC Foundation; Juan Olmeda-Chavez, City of Bend; Mary Overman, Volunteers in Medicine Clinic; Ashley Pascale, U.S. Bank; Scott Ross, Taylor Northwest, LLC; Jeff Sanders, Mid Oregon Credit Union; Ryan Schomburg, Rogue Real Estate; Eric Webber, Morrison Maierle; Meli Wellington, Arbor Mortgage Group; and Jo Wells, City of Bend.



Susie Nelson

Corban University has officially announced the hire of Dr. **Susie Nelson** to the position of director of Agriculture Science. As a new member of Corban's expanding ag. faculty, Nelson will oversee the launch and creation of the University's new agriculture science major.

Holding a Ph.D. from Oregon State in agriculture education, Nelson brings a wealth of diverse agricultural experience and expertise as an instructor at the high school and college level, a researcher and lecturer in Oregon State's College of Agriculture Science, and as a farmer, raising crops and cattle on her 40-acre family farm.

With Corban's agriculture science program set to officially launch in fall of 2022, Nelson will now begin the process of building the program's structure and recruiting students for

their inaugural class of agriculture science majors. Nelson sees the University's location in the Mid-Willamette Valley as a major draw for prospective students.

Oregon Trucking Associations (OTA) recently held their 70th Annual OTA Convention & Exhibition at the Riverhouse on the Deschutes in Bend. During the three-day event August 9-11, attendees heard from nationally renowned and locally sourced speakers including demographer **Ken Gronbach**, American Trucking Associations (ATA) President & CEO **Chris Spear** and Oregon Department of Transportation Director **Kris Strickler**. Discussions took place around the changes and challenges Oregon's trucking industry is facing, while also celebrating the accomplishments and dedication of drivers and other frontline workers throughout the COVID-19 pandemic. Trucking never stops delivering the goods.

Three companies were recognized for their outstanding contributions over the past year. OTA's Carrier of the Year Award went to Signature Transport, a family-owned company started in 1966 with locations in Kelso, Washington, Portland and Central Oregon. With 55 years of combined experience, knowledge and love for the transportation industry, Signature Transport is a company of many talents servicing wood residuals, live haul, flatbed, heavy haul, dry van and containers. Under the leadership of President **Dale Lemmons**, Signature Transport is moving forward with expansion plans to create several high-paying, safety-engaged positions that provide excellent customer service.

The OTA Allied Carrier of the Year for 2021 is Freightliner Northwest, an expanded network of dealerships with multiple locations throughout Washington, Oregon and Idaho. With locations off every major northwest highway, Freightliner Northwest has more than 30 years of helping customers satisfy their transportation needs. Freightliner Northwest has a strong commitment to their customers and their employees. They have been an active participant in OTA through support of events and other efforts. **Mark Christie** accepted the award on behalf of the dealership.

Since its inception in 2018, the OTA Image Award has highlighted those OTA members who consistently go the extra mile in serving their communities, promoting trucking and solidifying the industry's commitment to safety. This year's award winner is TP Trucking, a privately owned, progressive company specializing in handling flatbed freight. TP Trucking gained the attention of the OTA Image Committee by engaging with Rogue Community College's Art Department to have students submit their own armed forces trailer design. The winning design was placed on a new TP curtain van that is making its way up and down I-5. TP Trucking also has a Breast Cancer Awareness Truck and Trailer that travels to various events in Southern Oregon. TP has worked to keep their drivers safe throughout the pandemic, supplying them with PPE kits. This is just a small portion of everything that TP Trucking continues to do to support the industry and educate the public on the trucking industry. **Dave Hopkins** and the TP Trucking team accepted the award during the convention's closing-night banquet.

This is the 70th year that Oregon Trucking Associations has gathered members and others involved in the industry to talk about key issues and provide insight from expert speakers. With over 76 percent of Oregon communities depending solely on trucks to deliver goods and move commodities, trucking is more essential than ever to Oregon's economy. Oregon Trucking Associations, Inc. (OTA) is a not-for-profit Oregon corporation that advocates for Oregon's trucking industry by positively influencing laws and regulations, promoting public safety, enhancing the industry's image, fostering a healthy business climate and inspiring innovation to improve fuel efficiency and lessen greenhouse gas emissions.

Businesses Serving Community







(L-R) BETHLEHEM INN: GWENN WYSLING (FIRST ON LEFT) EXECUTIVE DIRECTOR AND BETHLEHEM INN TEAM; CASA: HEATHER DION, EXECUTIVE DIRECTOR AND MEGAN KANTRIM, DEVELOPMENT DIRECTOR; AND THE SHIELD: EMILY ANDERSON, BOARD MEMBER AND HER SON, SCOTT ANDERSON | PHOTO COURTESY OF 100+ WOMEN WHO CARE CENTRAL OREGON

100+ WOMEN WHO CARE CENTRAL OREGON

Through the collective efforts of members of 100+ Women Who Care Central Oregon, **\$22,235** was raised in June for three nominated area nonprofits that serve Crook, Deschutes and Jefferson County.

Thanks to members of this grassroots organization, funds were collected for Bethlehem Inn, \$9,400; Court Appointed Special Advocates (CASA) of Central Oregon, \$7,080; and The Shield, \$5,755.

Many thanks to Westside Church for opening its doors to our first in-person gathering since 2020. An intimate group of members met to watch a video of

the three nominated organizations, plus a time for questions and answers. The remainder of the membership watched the videos virtually and 'voted with their wallet' by contributing online or via a check to one or all of the selected nonprofits.

Kristin Betschart, who is co-leader along with Linda Orcelletto for 100+WWCCO, said, "My heart is overflowing. Like so many other organizations, we've had to adapt to COVID and the challenges it presents. Yet, the wonderful ladies continue to fully jump in and find a way to provide for our community and offer their support."

Bethlehem Inn has been a partner to transform the lives of those experiencing homelessness through shelter, help and hope in Central Oregon for 22 years. Funds will be used toward purchasing a commercial freezer for the new Redmond facility at the former Greenway Motel.

Court Appointed Special Advocates (CASA) is an organization that trains volunteers to advocate on behalf of the more than 500 children in the foster care system in the tri-county area. Funds will go toward the cost of training much-needed additional CASA volunteers.

The Shield of Central Oregon, formed in 2018, serves C.O. veterans and first responders by providing effective, free and anonymous mental health services and counseling. Funds will be used to pay counselors and mental health professionals for their services.

etrosa Commercial Continued from page 3

as Bend as a whole.

Petrosa will provide prime space for a full-service grocery store, retail users and a variety of other uses, including health and wellness, professional and medical. Located at the intersection of NE Butler Market Rd. and Deschutes Market Rd., Petrosa is not just a growing suburb of Bend, but also a way to attract consumers traveling to and from the surrounding tourism areas. These connectors allow for easy access to Pronghorn Resort, Brasada Ranch, Prineville and Redmond.

The property is also ideally situated to capture the traffic from 157-acre Pine Nursery Park. Placer.ai data shows that the park is currently attracting a half a

million visitor per year, providing a very unique opportunity for retail locations directly adjacent to the park.

"With Bend's population having increased more than 31 percent in the past ten years and expected to be triple the average of the U.S. over the next decade, Pahlisch is looking forward to leading enormous retail and rooftop growth with the development of the Petrosa project that will further contribute to the growth of this region," said Karen Busteed, senior vice president of JLL. "We're excited to be working with a developer that is taking a deliberate approach to the retail component of a master plan community such as Petrosa."

JLL's team members, including Karen BuSteed, Brittany Bersani and Jeff Badstubner, are serving as leasing representatives for the project.

petrosabend.com/commercial

ounty Seeks Input

Continued from page 3

that have been negatively impacted by the pandemic. We are reaching out to our membership to gather information that will help the Commissioners determine the level of pandemic-driven economic hardship experienced within our business community.

To assist with your responses, here is the general criteria for use of these federal funds:

- Eligibility is tied to the negative economic impacts resulting from or exacerbated by the public health emergency that has not been funded under another relief program.
- Back up documentation supporting the request will be required to be submitted vs prior grants where the information was required to be available on request.

If your business has been negatively impacted by the public health emergency, please send answers to the following questions by no later than September 10 to exec@sunriverchamber.com.

- 1. Has your business or organization experienced negative economic impacts from the COVID-19 pandemic? If so, how?
- 2. Provide an explanation of the financial impact net of any financial assistance previously received.
- 3. Would you apply for an economic assistant grant from the County, given the criteria listed above? sunriverchamber.com

rea Rug Connection Continued from page 3

and we are thankful to move forward with a great team already in place. Our store MVP is Victor, who has hosted customers at ARC for five years and blends formal education in design with industry-specific expertise to guide customers in selecting the perfect rug (or rugs!) for their home. We could not be more pleased that he has signed on for ARC's next iteration.

The selection and service that have made the

Area Rug Connection the premier place for sourcing rugs for years remains. Continue to sample rugs in your space with no commitment to buy, find first rate customer service and staff, and browse a broad range of styles and price points. As home to central Oregon's largest selection of rugs, we offer a collection that includes both handmade and machine made, all sourced through intimate connections with producers around the world. We will continue to develop the thoughtfully curated selection that built ARC's reputation. Additionally, customers can look forward to a host of new things to come. Expect to see increased hours, including on Saturdays, and a variety

of fresh offerings — our first selection of furniture and home goods will hit the floor this month.

Finally we want to give thanks to Woody Carrick for the opportunity to inherit this legacy and make it our own. He has built a thriving business, strong community and customer relationships, and a star staff. We are so grateful for the chance to take the reins.

We look forward to connecting with you all in the store and through our social. Find us in the brick and mortar or on Instagram and Facebook at Area Rug Connection. And look for some great changes in the near future, including a new website!

arearugconnection.com

isit Bend Continued from page 3

steward, or create sustainable recreational resources for outdoor experiences in and around Bend. TRT dollars are the taxes visitors pay when staying in hotels, resorts and other transient lodging properties.

Organizations across Central Oregon submitted proposals for the Bend Sustainability Fund's first grant cycle throughout July, and it's now time for the community to weigh in.

"We've received some excellent proposals," Gordon said. "The BSF Advisory Council has narrowed the field to eight projects that will receive at least some level of funding. We're counting on the community to tell us what is most important to them."

The ballot for eligible projects can be found at bendsustainabilityfund. com. Community voting runs August 25 through September 8, and is open to anyone with an interest in the future of Bend's recreational resources. Voters will rank BSF grant finalists according to their recreational priorities.

To encourage community involvement, five voters will be drawn at random to choose one of the organizations on the ballot to receive an additional \$500 grant. These five \$500 bonuses are in addition to the \$500,000 in grant money that will be divided among finalists.

Gathering community feedback on

how the funds are split is a key part of the process, Gordon explained. "Creating this fund to begin with involved input from multiple community organizations and individuals," she said. "The Central Oregon community is passionate about protecting and thoughtfully recreating in our wild places, and they should have input on how funds are distributed."

The community ballot is available in both English and Spanish. Once the ballot closes at the end of the business day September 8, the BSF Advisory Council will assess the results and the Visit Bend Board of Directors will confirm final funding decisions on September 21, 2021.

Visit Bend launched the Bend Sustainability Fund in 2021 with input and support from organizations including the Forest Service, the City of Bend, Bend Park and Recreation District, Oregon Restaurant and Lodging Association and the Bureau of Land Management. These groups also provided input to help narrow the field of finalists in the first round of funding.

"Giving community members a chance to see the proposals we received in our first year is a chance to get the wheels turning for future projects," Gordon added. "Those who missed the 2021 application period in July are encouraged to start planning now for the 2022 grant cycle.

visitbend.com bendsustainabilityfund.com hello@bendsustainabilityfund.com 800-949-6086

Watch for Upcoming Editions of CASCADE BUSINESS NEWS

2021 EDITORIAL CALENDAR

ISSUE DATE SPECIAL SECTIONS

INDUSTRY LISTS

September 15
Deadline Sept 8

Sisters Profile

Financial Planners, Stock Brokers

October 6
Deadline Sept 29

Nonprofit Profiles

Nonprofit Organizations, Accountants, Bookkeepers

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Central Oregon Business Calendar

Email Your Upcoming Business Events to CBN@CascadeBusNews.com Event Details at CascadeBusNews.com/Business-Events

BUSINESS EVENTS



September 3

8:30am Redmond Chamber Virtual Coffee Clatter.

September 8

4-6pm Land Trust Annual Open House at Pine Nursery Park, Bend.

September 9

9am La Pine Rural Fire Protection District Regular Board of Directors Meeting at 51550 Huntington Rd., La Pine.

September 10

8:30am Redmond Chamber Virtual Coffee Clatter.

September 17

8:30am Redmond Chamber Virtual Coffee Clatter.

September 21

9am Visit Bend Virtual Board of Directors Meeting.

September 23

5-7pm Land Trust Annual Open House at Crooked River Wetlands, Prineville.

September 24

8:30am Redmond Chamber Virtual Coffee Clatter.

September 29

4-6pm Land Trust Annual Open House at Sahalee Park, Madras.

September 30-October 3

The Wall That Heals * Traveling Vietnam Wall Memorial at Frontier Days Events Land, La Pine.

October 5

4pm Sunriver Owners Association Virtual Board of Directors Town Hall.

October 23

La Pine Chamber of Commerce and Visitors Center Annual Chamber Awards Banquet.

Wednesday-Sunday Only, November 19-30

4-9pm Deschutes County Fair & Expo Holiday Lights at Deschutes County Fair & Expo Center.

December 1-January 1, 2022

Noon-10pm Deschutes County Fair & Expo Holiday Lights at Deschutes County Fair & Expo Center.

June 3, 2022

Farm to Fork Benefitting Heart of Oregon Corps.

WORKSHOPS & TRAINING



September 14

4pm Sunriver YOU Class, Legacy and Retirement Planning Part One — Estate Planning; The Critical Step of Naming your Fiduciaries.

September 21

4pm Sunriver YOU Class, Legacy and Retirement Planning Part Two — How to Safely Grow Your Retirement Savings.

September 28

4pm Sunriver YOU Class, Legacy and Retirement Planning Part Three — Beyond Checkbook Philanthropy; Creative and Tax-wise Ways to Give.

Saturdays, October 2-23

 $9 am \hbox{-} 12 pm \ Synergy \ Health \& Wellness \ Thriving \ with \ Diabetes \ Classes.$

Building Permits

COMMERCIAL PERMITS WEEK ENDING 8-13-2021

Deschutes County

\$90,000.00 - Commercial (Alteration) 220 sf. at 57080 Abbot Dr. Sunriver 97707 OR

Owner: New Cingular Wireless PCS, LLC 754 Peachtree St. NE #16th Floor Atlanta, GA 30308 Builder: Ericsson, Inc. 972-583-0000 Permit # 247-21-002477

City of Redmond

\$1,041,920.00 - Commercial (Multi Family) 9,409 sf. at 1238 SW Obsidian Ave. Redmond 97756 OR Owner: Redmond Pacific Associates, LLC 430 E State St. #140 Eagle, ID 83616

Builder: R & H Residential Construction 503-228-7177 Permit # 711-19-002368

\$941,838.00 - Commercial (Food Truck) 3,590 sf. at 652 NW 7th St. Redmond 97756 OR Owner: Mid Oregon Ventures, LLC 1731 NW Canyon Dr. Redmond, OR 97756

Builder: C Potterf Construction, Inc. 541-410-0949 Permit # 711-21-001113

\$40,000.00 - Commercial (New) 480 sf. at 2895 SW Indian Cir. Redmond 97756 OR Owner: Sunset Ridge Village, LLC 5440 SW Westgate Dr. Portland, OR 97221

Builder: Nicholas Richard Walch 971-218-3635 Permit # 711-21-001587

City of Redmond

\$38,500.00 - Commercial (Job Trailer) at 1600 SW Baldwin Rd. Prineville 97754 OR Owner: Apple, Inc. 1 Infinite Lp. MS:36-2TX Cupertino, CA 95014

Builder: Holder Construction, LLC 770-988-3000 Permit # 217-21-002882

\$14,000.00 - Commercial (Outdoor Classroom) 400 sf. at 70050 SE Paulina City Rd. Paulina 97751 OR Owner: Crook County School District Prineville, OR 97754

Builder: Bryce Corey Clark Permit # 217-21-002909

COMMERCIAL PERMITS WEEK ENDING 8-20-2021

Deschutes County

\$300,000.00 - Commercial (Industrial) 1,170 sf. at 18150 Simmons Rd. Sisters 97759 OR

Owner: Three Sisters Irrigation District PO Box 2230 Sisters, OR 97759 Permit # 247-21-005084

City of Redmond

\$5,093,309.00 - Commercial (New) 2,422 sf. at 4399 SW Volcano Ave. Redmond 97756 OR Owner: City of Redmond 411 SW 9th St. Redmond, OR 97756 Permit # 711-20-002312

\$462,994.00 - Commercial (Multi Family) 3,988 sf. at 1670 SW Salmon Ave. Redmond 97756 OR Owner: Kibby Road, LLC 541 Main St. Merced, CA 95340

Builder: Arbor Builders, LLC 541-323-4850 Permit # 711-21-000263 Commercial (New) 600 sf. at 394 NE Hemlock Ave. Redmond 97756 OR

Owner: Central Oregon Truck Company, Inc. PO Box 889 Redmond, OR 97756 Permit # 711-21-001635

City of Bend

\$42,550.00

Due to system changes at the City of Bend we are temporarily unable to provide Bend permits at this time.



Sisters Community Profile

Don't miss your opportunity

to market directly to Central Oregon's business community in our **September 15**th edition of **Cascade Business News**



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