Desperado Celebrates 25th Anniversary This Month

Desperado, 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...
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 179-acre 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.

**Continued on Page 38**

**County Seeks Input on New Business Financial Assistance Program**

On behalf of the Deschutes County Board of Commissioners, the Sunriver Community 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.

**Continued on Page 38**

**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 husband-wife partners, Jenny and Greg Lunker, 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, and they are eager to connect with our customers, industry professionals and Bend’s small business community. Having a say in future trails is enticing enough, but Visi Bend is sweetening the pot with a chance to choose who gets an additional $500. This is the Fund’s first granting cycle, which opens

**Continued on Page 38**

**Visit Bend Seeks Community Input on Bend Sustainability Fund Grants**

Having a say in future trails is enticing enough, but Visi 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 my 2022 first granting cycle, which opens for community input August 25. “This is my community’s opportunity to provide input on their recreation priorities and help determine how best to 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 5,000 SF industrial suite located at 380 SE Bridgford 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 1,125 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, Sawayer Park, LLC, in the lease of a 4,050 SF industrial suite located at 6025 O.B. Riley Road in Bend.

**Find your ideal business location**

Let our team of experts assist you with all your Commercial Real Estate needs. We will guide you through the entire process from consult to closing. Need a custom buildout or someone to manage your commercial property? We can help with that too!
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/ septicatawaste.

DESHUTES COUNTY

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 utility rates. 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 within budget.

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 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/ septicatawaste.

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 first-quarter 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 Carischia 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. 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

Callan 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

The 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.

2021 IMPACT CONFERENCE
Virtual, livestream experience on September 9 from 8am-12pm. $65 members, $90 non-members, live From the Riverhouse.

CONFERENCE KEYNOTE & SPECIAL GUEST

ECONOMIC SESSION

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.

bendchamber.org
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. 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
Explore Writing Resources in Central Oregon

by KRISTINE THOMAS — CBN Feature Writer

A
lyzing 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: enrol.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

Mike Cooper is the president of Central Oregon Writers Guild (COWG) and teaches writing at Central Oregon Community College (COC) 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 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

Tremendous thanks to all the sponsors and in-kind donors who made the 2021 Pacific Northwest Classic such a success. Hats off to the 750+ players for five days of great pickleball play, and congratulations to pros Lauren Stratman and Jay Devilliers, this year’s triple crown winners. We look forward to seeing all of you July 27-31 for Pacific Northwest Classic 2022!
Explore Writing (Continued from page 7)

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.”
ALWAYS HERE FOR YOU

No matter the challenges our community faces, we’re here for you

Our mission is the same as it has been for over 40 years – to provide the best healthcare possible to the women in our community. Since the beginning, compassionate support has been the spirit that has united our providers as they’ve built trusted relationships with patients. Today, this spirit unites us all.

EAST CASCADE WOMEN’S GROUP

Celebrating over 40 years of supporting Central Oregon families!
estcasewomensgroup.com | (541) 389-3300
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<th>Company / Address</th>
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<td>Almost Family, LLC</td>
<td>541-312-0051</td>
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<td><a href="mailto:k.clark@visitingangels.com">k.clark@visitingangels.com</a></td>
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<td>Visiting Angels is proud to be the nation's leading provider of in-home care services. Our Angels provide in-home care, medication management, elder care, respite care, senior personal care &amp; companionship care services. With our senior home care services, elderly adults can continue to live independently in their own homes.</td>
<td>Central Oregon.</td>
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<tr>
<td>Right at Home In-Home Care, Central Oregon</td>
<td>541-633-7438</td>
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<td><a href="http://www.rightathomemedia.com">www.rightathomemedia.com</a></td>
<td>Jonathan Mack</td>
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<td>Services include on-call nursing support, hospice CNAs, medical social work, bereavement support, Veterans' support &amp; trained volunteers. 24/7. Nonprofit.</td>
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One 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 Bend-based operation and its branch offices in La Pine and Redmond.

“We are committed to creating a future that serves our neighbors when they need us most, honoring the extraordinary support we have been given by our community in so many ways,” 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
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 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 co-workers 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 in primary care slowly leave the profession because patients and co-workers will not receive a life-saving vaccine.

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 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
# Annual Healthcare Supplement

## Physician Groups & Clinics (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Website/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Ext.</th>
<th>Other Area Locations</th>
<th>Patients Per Month</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. Charles Bend N/S</td>
<td>541-766-4809</td>
<td>N/A</td>
<td><a href="http://www.stcharlesbend.com">www.stcharlesbend.com</a></td>
<td>Kari Cates</td>
<td>55</td>
<td>2011</td>
<td>7</td>
<td>Bend South, Redmond</td>
<td>N/A</td>
<td>Family practice, pediatrics, wound health, travel medicine.</td>
</tr>
<tr>
<td>St. Charles Family Care</td>
<td>541-766-9001</td>
<td>N/A</td>
<td><a href="http://www.stcharlesfamilycare.org">www.stcharlesfamilycare.org</a></td>
<td>Darrin Miers</td>
<td>55</td>
<td>2011</td>
<td>7</td>
<td>Bend South, Redmond</td>
<td>N/A</td>
<td>Family practice, pediatrics, wound health, travel medicine.</td>
</tr>
<tr>
<td>La Pine Rural Fire</td>
<td>541-475-0805</td>
<td>N/A</td>
<td><a href="http://www.masantahills.com">www.masantahills.com</a></td>
<td>Tony Simmons</td>
<td>90</td>
<td>2011</td>
<td>9</td>
<td>Bend East, Redmond</td>
<td>N/A</td>
<td>Family practice, pediatrics, wound health, travel medicine.</td>
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<tr>
<td>Fire Protection District</td>
<td>541-766-9001</td>
<td>N/A</td>
<td><a href="http://www.lapinefire.org">www.lapinefire.org</a></td>
<td>Joe Gillespie</td>
<td>2</td>
<td>1987</td>
<td>4</td>
<td>Bend East, Redmond</td>
<td>N/A</td>
<td>Family practice, pediatrics, wound health, travel medicine.</td>
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<tr>
<td>District Administrative</td>
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<td>N/A</td>
<td><a href="http://www.lapinefire.org">www.lapinefire.org</a></td>
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<td>Office</td>
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<tr>
<td>St. Charles Medical</td>
<td>541-325-7366</td>
<td>N/A</td>
<td><a href="http://www.summithealthbend.com">www.summithealthbend.com</a></td>
<td>Darric</td>
<td>6</td>
<td>2013</td>
<td>7</td>
<td>Dr. Jack E.,</td>
<td>N/A</td>
<td>Family practice, pediatrics, wound health, travel medicine.</td>
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<td>Group - Bend Central</td>
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<td>Dr. Jack E.,</td>
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<td>Family practice, pediatrics, wound health, travel medicine.</td>
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<tr>
<td>Mt. Shasta Flex</td>
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<td>Dr. Jack E.,</td>
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## Hospitals (Listed Alphabetically)

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<thead>
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<th>Company / Address</th>
<th>Phone</th>
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<th>Website/Email</th>
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<th>Staff</th>
<th>CO Year Est.</th>
<th>Number of Beds</th>
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<td>1448</td>
<td>1954</td>
<td>226</td>
<td>175</td>
<td>979</td>
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<td>St. Charles Medius</td>
<td>541-475-2600</td>
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<td><a href="http://www.stcharleshealthcare.org">www.stcharleshealthcare.org</a></td>
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<td>198</td>
<td>1987</td>
<td>25</td>
<td>7</td>
<td>58</td>
<td>$33.5 Million</td>
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<tr>
<td>St. Charles Prineville</td>
<td>541-447-5500</td>
<td>N/A</td>
<td><a href="http://www.stcharleshealthcare.org">www.stcharleshealthcare.org</a></td>
<td>John Bishop</td>
<td>228</td>
<td>1990</td>
<td>16</td>
<td>18</td>
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<td>Susan Simmons</td>
<td>758</td>
<td>1954</td>
<td>48</td>
<td>19</td>
<td>175</td>
<td>$32.5 Million</td>
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## Emergency Transportation (Listed Alphabetically)

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<th>CO Year Est.</th>
<th>Area Served</th>
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<td>N/A</td>
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<td>Kristin Lingman</td>
<td>75</td>
<td>1985</td>
<td>Oregon, cabin</td>
<td>Emergency air medical transportation.</td>
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<td><a href="http://www.childrens.ho.org">www.childrens.ho.org</a></td>
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<td>48</td>
<td>1982</td>
<td>Crook County</td>
<td>Fire &amp; emergency services.</td>
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<td>Clarus Health Solutions</td>
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<tr>
<td>Redmond Fire Fighting</td>
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<td><a href="http://www.lifeflight.org">www.lifeflight.org</a></td>
<td>Cindy McGrath</td>
<td>13</td>
<td>1979</td>
<td>Pacific Northwest</td>
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<tr>
<td>MASA Medical Transport</td>
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<td><a href="http://www.masamedicaltransport.com">www.masamedicaltransport.com</a></td>
<td>Tony Uytten</td>
<td>17</td>
<td>1975</td>
<td>N/A</td>
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<td>Solution, Inc.</td>
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<td>Madras Fire Fighting</td>
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<td>Emergency Services</td>
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</tr>
</tbody>
</table>

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.
The Evolution of Diabetes Education

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

In 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 ADCE 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 person-centered, 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 continuous glucose monitor (CGM), eating a meal together and observing and discussing your blood sugar before during and after, learning how to cook or walking through the grocery store with your educator, we’re trying to make it all very interactive and engaging.

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).
- (New addition) A full meal will be served during class and incorporate carb counting, blood sugar education and trending blood glucose levels in real-time.
- Examine behavioral strategies that can help people stay on track with their treatment or get back on track, and even thrive with 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 are 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.

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

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.

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www.synergyhealthbend.com
541-323-3488
## Physical & Occupational Therapy (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
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<tbody>
<tr>
<td>Active Care Physical Therapy</td>
<td>541-380-7708</td>
<td>541-380-6272</td>
<td>focusptbend.com</td>
<td>Brent Bradley, MPT</td>
<td>2</td>
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</tr>
<tr>
<td>Alpine Physical Therapy &amp; Spine Care</td>
<td>541-362-2089</td>
<td>541-360-5643</td>
<td><a href="mailto:info@alpinephysicaltherapy.com">info@alpinephysicaltherapy.com</a></td>
<td>JRT Pournak</td>
<td>10</td>
<td>2006</td>
</tr>
<tr>
<td>Apex Physical Therapy, LLC</td>
<td>541-475-2138</td>
<td>541-475-7667</td>
<td><a href="mailto:info@apexeugen.com">info@apexeugen.com</a></td>
<td>Kurt Manger, DPT/CSCS</td>
<td>11</td>
<td>2007</td>
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<tr>
<td>Bend Physical Therapy &amp; Pain Management</td>
<td>541-383-4321</td>
<td>541-383-4620</td>
<td><a href="mailto:info@bendphysicaltherapy.com">info@bendphysicaltherapy.com</a></td>
<td>Amanda Gay</td>
<td>40</td>
<td>2007</td>
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<tr>
<td>Rebound Physical Therapy, Inc.</td>
<td>541-365-3544</td>
<td>541-312-5256</td>
<td><a href="mailto:info@reboundoregon.com">info@reboundoregon.com</a></td>
<td>Carolyn Boardwell, Rachel Voss</td>
<td>15</td>
<td>2005</td>
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<tr>
<td>Evergreen Physical Therapy, Inc.</td>
<td>541-365-3544</td>
<td>541-312-5256</td>
<td><a href="mailto:info@reboundoregon.com">info@reboundoregon.com</a></td>
<td>Amy Byrce</td>
<td>15</td>
<td>2005</td>
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<tr>
<td>Hands On Physical Therapy, PC</td>
<td>541-313-2525</td>
<td>541-312-8622</td>
<td><a href="mailto:info@handandarm.net">info@handandarm.net</a></td>
<td>Lisa Kennedy-Leary, PT, CHT</td>
<td>5</td>
<td>1995</td>
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<tr>
<td>Healing Ridge Physical Therapy</td>
<td>541-313-7405</td>
<td>541-380-3773</td>
<td><a href="mailto:info@reboundoregon.com">info@reboundoregon.com</a></td>
<td>Addison Sauer</td>
<td>1</td>
<td>1996</td>
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<tr>
<td>Living Well Therapy</td>
<td>541-312-2694</td>
<td>541-312-8196</td>
<td><a href="mailto:info@reboundoregon.com">info@reboundoregon.com</a></td>
<td>Kristin Gulick, OTR/L, CHT</td>
<td>4</td>
<td>2010</td>
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<tr>
<td>Madras Physical Therapy</td>
<td>541-475-2071</td>
<td>541-475-2590</td>
<td><a href="mailto:info@reboundoregon.com">info@reboundoregon.com</a></td>
<td>Trevor Groose, PT, Bob Nelson, PT</td>
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<tr>
<td>Malheur Physical Therapy</td>
<td>541-447-0466</td>
<td>541-447-1243</td>
<td><a href="mailto:info@reboundoregon.com">info@reboundoregon.com</a></td>
<td>Laura Mann, PT, CHT</td>
<td>18</td>
<td>1995</td>
</tr>
<tr>
<td>Sunriver Physical Therapy</td>
<td>541-382-7697</td>
<td>541-360-3116</td>
<td><a href="mailto:info@reboundoregon.com">info@reboundoregon.com</a></td>
<td>Michelle Hearn, PT, CHT</td>
<td>19</td>
<td>1995</td>
</tr>
</tbody>
</table>

---

**Therapy RCM Partners**

Therapy RCM Partners is a full-service revenue cycle management company that provides outsourced billing services to rehab therapists in private practice.

844-250-8863

info@therapycmpartners.com

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**Your Priority is Our Priority**

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I if 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 workplace 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.

Physical therapy plays a key role in helping people recover from occupational injuries, and treatment plans are often covered under workers' compensation insurance. PTs 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 PTs 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).
<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Website/Email</th>
<th>Contact</th>
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</thead>
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<tr>
<td>Step &amp; Spine Physical Therapy - Bend</td>
<td>541-388-2681</td>
<td>541-388-9236</td>
<td><a href="mailto:southsidept@bendbroadband.com">southsidept@bendbroadband.com</a></td>
<td>Seth Ramsey, PT</td>
<td>5</td>
<td>2016</td>
<td>Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics &amp; braces, with emphasis on return to work life &amp; sports.</td>
</tr>
<tr>
<td>Step &amp; Spine Physical Therapy - Coquille Valley</td>
<td>541-530-7813</td>
<td>541-536-7887</td>
<td><a href="mailto:info@stepandspine.com">info@stepandspine.com</a></td>
<td>Andy Emerson</td>
<td>8</td>
<td>1995</td>
<td>Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics &amp; braces, with emphasis on return to work life &amp; sports.</td>
</tr>
<tr>
<td>Step &amp; Spine Physical Therapy - Prineville</td>
<td>541-416-7475</td>
<td>541-416-7475</td>
<td><a href="mailto:info@stepandspine.com">info@stepandspine.com</a></td>
<td>Tony Tisdale, PT</td>
<td>9</td>
<td>1995</td>
<td>Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics &amp; braces, with emphasis on return to work life &amp; sports.</td>
</tr>
<tr>
<td>Step &amp; Spine Physical Therapy - Bend</td>
<td>541-385-5122</td>
<td>541-385-5122</td>
<td><a href="mailto:info@stepandspine.com">info@stepandspine.com</a></td>
<td>Tyler Fromm, PT, DPT</td>
<td>4</td>
<td>1995</td>
<td>Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics &amp; braces, with emphasis on return to work life &amp; sports.</td>
</tr>
<tr>
<td>Step &amp; Spine Physical Therapy - Redmond</td>
<td>541-568-2258</td>
<td>541-568-2253</td>
<td><a href="mailto:info@stepandspine.com">info@stepandspine.com</a></td>
<td>Laura Moore</td>
<td>17</td>
<td>1995</td>
<td>Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics &amp; braces, with emphasis on return to work life &amp; sports.</td>
</tr>
<tr>
<td>Therapeutic Associates Central Oregon - Sisters</td>
<td>541-548-2618</td>
<td>541-548-2612</td>
<td><a href="mailto:sisters@taiweb.com">sisters@taiweb.com</a></td>
<td>Laura Cooper, PT, DPT</td>
<td>15</td>
<td>1992</td>
<td>Orthopedic &amp; sports physical therapy with focus on manual therapy &amp; functional strengthening with specialties in aquatic therapy (McKenzie techniques, pool therapy), vestibular &amp; balance issues.</td>
</tr>
<tr>
<td>Work Capacities, LLC</td>
<td>541-382-7890</td>
<td>541-382-7498</td>
<td><a href="mailto:info@workcapacities.com">info@workcapacities.com</a></td>
<td>Dale North, PT</td>
<td>15</td>
<td>2016</td>
<td>Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics &amp; braces, with emphasis on return to work life &amp; sports.</td>
</tr>
</tbody>
</table>

### Company / Address
- **Cascade Business News**
  - September 1, 2021
  - Annual Healthcare Supplement

### Physical & Occupational Therapy (Listed Alphabetically)

**Company / Address**
- **Step & Spine Physical Therapy - Bend North Side**
  - 230 NE First St., Ste. 100
  - Bend, OR 97701
  - 541-388-2681
- **Step & Spine Physical Therapy - Coquille Valley**
  - 230 NE First St., Ste. 100
  - Bend, OR 97701
  - 541-530-7813
- **Step & Spine Physical Therapy - Prineville**
  - 300 NE Third St., Ste. D
  - Prineville, OR 97754
  - 541-416-7475
- **Step & Spine Physical Therapy - Bend**
  - 1155 NE Fourth St., Ste. B
  - Redmond, OR 97756
  - 541-568-2258
- **Therapeutic Associates Central Oregon - Sisters**
  - 3025 SW Reservoir Dr.
  - Redmond, OR 97756
  - 541-548-2618
- **Work Capacities, LLC**
  - 974 SW Veterans Way
  - Redmond, OR 97756
  - 541-382-7890

**Events**
- **Cascade Business News**
  - September 1, 2021
  - Annual Healthcare Supplement

**Contact**
- **Step & Spine Physical Therapy - Bend**
  - Seth Ramsey, PT
  - 541-388-2681
- **Step & Spine Physical Therapy - Coquille Valley**
  - Andy Emerson
  - 541-530-7813
- **Step & Spine Physical Therapy - Prineville**
  - Tony Tisdale, PT
  - 541-416-7475
- **Step & Spine Physical Therapy - Bend**
  - Tyler Fromm, PT, DPT
  - 541-385-5122
- **Step & Spine Physical Therapy - Redmond**
  - Laura Moore
  - 541-568-2258
- **Therapeutic Associates Central Oregon - Sisters**
  - Laura Cooper, PT, DPT
  - 541-548-2618
- **Work Capacities, LLC**
  - Dale North, PT
  - 541-382-7890

**Services**
- **Step & Spine Physical Therapy - Bend**
  - 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.
- **Step & Spine Physical Therapy - Coquille Valley**
  - 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.
- **Step & Spine Physical Therapy - Prineville**
  - 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.
- **Step & Spine Physical Therapy - Bend**
  - 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.
- **Therapeutic Associates Central Oregon - Sisters**
  - Orthopedic & sports physical therapy with focus on manual therapy & functional strengthening with specialties in aquatic therapy (McKenzie techniques, pool therapy), vestibular & balance issues. 
- **Work Capacities, LLC**
  - 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.
A
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, joint 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 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
C

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 comfortable traveling."

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.

"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 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

"I had employees who didn't have the vaccine, it would have to change how I schedule." She adds, "As a team, we 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 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."

Are you ready to lead, strengthen, and empower KPOV?

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The COVID-19 vaccines have allowed concerts to return to the Les Schwab Amphitheater | PHOTO BY NATE WYETH

Masks are back, but business is still booming at the Old Mill District | PHOTO BY NATE WYETH

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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
Change is in the air...

- Congratulations to Dr. Carmicena 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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To Receive, Send Your Email to:
CBN@CascadeBusNews.com
Developing 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 infocusyecare.com or schedule a consultation at 541-318-8388.

Cataract Surgery Has Improved Quality of Life for Centuries

by PATRICIA BUEHLER, MD, Partner — Infocus Eye Care

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Get your life back in focus.

SEE YOUNG AGAIN!

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-yecare.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)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifetime Vision Care LLC</td>
<td>541-582-5242</td>
<td>541-317-5579</td>
<td><a href="http://www.lifetimevisioncare.com">www.lifetimevisioncare.com</a></td>
<td>Dr. Brook Karben, Dr. Dori Sandberg, Dr. Matt Simmons</td>
<td>15</td>
<td>1995</td>
<td>General lifetime optometry care.</td>
</tr>
<tr>
<td>Marion Vision Source</td>
<td>541-473-3078</td>
<td>541-473-0110</td>
<td><a href="http://www.visionsource-medford.com">www.visionsource-medford.com</a></td>
<td>Dr. David H. Breitinger, OD, Dr. Jessica B. Tegmeyer</td>
<td>4</td>
<td>1979</td>
<td>Cataract surgery, including cataract extraction, lens implantation, and post-operative care.</td>
</tr>
<tr>
<td>Clínica Vision Source</td>
<td>541-411-2020</td>
<td>541-411-2046</td>
<td><a href="http://www.visionsource-beaverton.com">www.visionsource-beaverton.com</a></td>
<td>Dr. David H. Breitinger, OD, Greg Zuckerman, OD, Dr. Kiki S. Alkawwi, OD, Dr. Adam J. Hashemi, OD</td>
<td>7</td>
<td>1981</td>
<td>Cataract surgery, including cataract extraction, lens implantation, and post-operative care.</td>
</tr>
<tr>
<td>Oregon Vision Center - Medford</td>
<td>541-475-2530</td>
<td>N/A</td>
<td><a href="http://www.oregonvisioncenters.com">www.oregonvisioncenters.com</a></td>
<td>Dr. Tom Thomson, OD</td>
<td>5</td>
<td>2009</td>
<td>Thorough vision examinations for determining the need for any type of corrective lenses.</td>
</tr>
<tr>
<td>Oregon Vision Center - Prineville</td>
<td>541-467-3937</td>
<td>N/A</td>
<td><a href="http://www.oregonvisioncenters.com">www.oregonvisioncenters.com</a></td>
<td>Dr. Tom Thomson, OD</td>
<td>4</td>
<td>2001</td>
<td>Thorough vision examinations for determining the need for any type of corrective lenses.</td>
</tr>
<tr>
<td>Oregon Vision Center - Redmond</td>
<td>541-925-2020</td>
<td>541-925-2042</td>
<td><a href="http://www.oregonvisioncenters.com">www.oregonvisioncenters.com</a></td>
<td>Dr. Tom Thomson, OD</td>
<td>6</td>
<td>1980</td>
<td>Thorough vision examinations for determining the need for any type of corrective lenses.</td>
</tr>
<tr>
<td>Oregon Eye Care</td>
<td>541-548-3842</td>
<td><a href="http://www.oregoneye.com">www.oregoneye.com</a></td>
<td>Dr. Eric Hinds</td>
<td>7, 2006</td>
<td>Designer &amp; exclusive brand frames, lenses, contact lenses, accessories, sunglasses &amp; vision correction.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summit Medical Group - Eastside Clinic</td>
<td>541-548-3842</td>
<td><a href="http://www.oregonvisioncenters.com">www.oregonvisioncenters.com</a></td>
<td>Dr. Thomas Fitzsimmons, MD, MPH, Dr. Hayley McCoy, OD, MS</td>
<td>5</td>
<td>1999</td>
<td>Adult &amp; child vision care, therapy for eye muscle disorders &amp; visually-related reading disorders, nutritional therapy for eye diseases.</td>
<td></td>
</tr>
<tr>
<td>Oregon Vision Center - Bend</td>
<td>541-475-2020</td>
<td>541-475-6118</td>
<td><a href="http://www.visionsource-madras.com">www.visionsource-madras.com</a></td>
<td>Dr. Gretchen I. Chadwick, OD, FA, Dr. Tom Thomason, OD</td>
<td>7</td>
<td>1981</td>
<td>Cataract surgery, including cataract extraction, lens implantation, and post-operative care.</td>
</tr>
<tr>
<td>Oregon Vision Center - Redmond</td>
<td>541-382-0103</td>
<td>541-385-6851</td>
<td><a href="http://www.summitfamilyeyes.com">www.summitfamilyeyes.com</a></td>
<td>Dr. Dr. Ryan Constantine, OD, Dr. Laith Kadasi, Dr. Brian Dowsett</td>
<td>30</td>
<td>1995</td>
<td>Specialists in intraocular lenses, cataract surgery &amp; medical diseases of the eye. Our in-house ambulatory surgical facility offers a low-stress approach to surgery.</td>
</tr>
<tr>
<td>Oregon Vision Center - Prineville</td>
<td>541-382-0103</td>
<td>541-385-6851</td>
<td><a href="http://www.summitfamilyeyes.com">www.summitfamilyeyes.com</a></td>
<td>Dr. Dr. Ryan Constantine, OD, Dr. Laith Kadasi, Dr. Brian Dowsett</td>
<td>30</td>
<td>1995</td>
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</tr>
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<td>30</td>
<td>1995</td>
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<td>541-385-6851</td>
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</tr>
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<td>541-385-6851</td>
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<td>30</td>
<td>1995</td>
<td>Specialists in intraocular lenses, cataract surgery &amp; medical diseases of the eye. Our in-house ambulatory surgical facility offers a low-stress approach to surgery.</td>
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<tr>
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<td>541-385-6851</td>
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<td>Dr. Dr. Ryan Constantine, OD, Dr. Laith Kadasi, Dr. Brian Dowsett</td>
<td>30</td>
<td>1995</td>
<td>Specialists in intraocular lenses, cataract surgery &amp; medical diseases of the eye. Our in-house ambulatory surgical facility offers a low-stress approach to surgery.</td>
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<tr>
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<td>30</td>
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Oregon National Guard Steps in to Offer Lending Hand to Local Hospitals

by RONNI WILDE — CBN Reporter

Through 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 their 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 craves 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 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 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 strain 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
Cosmetic Surgery (Listed Alphabatically)  

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northwest Cosmetic Surgery</td>
<td>541-308-7002</td>
<td>541-308-7002</td>
<td><a href="http://www.northwestcosmeticsurgery.com">www.northwestcosmeticsurgery.com</a></td>
<td>Dr. Gary Gallagher, MD</td>
<td>6</td>
<td>2002</td>
<td>Cosmetic plastic surgery of the face &amp; body: Breast, Bunion, Dorsal, Photo-</td>
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Audiologists (Listed Alphabetically)  

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<th>Company / Address</th>
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<th>Staff</th>
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<tr>
<td>Cascade Business News • September 1, 2021</td>
<td>404 NE Norton • Bend, OR 97701 • 541-388-5665</td>
<td>email: <a href="mailto:cbn@cascadebusnews.com">cbn@cascadebusnews.com</a>  • <a href="http://www.cascadebusnews.com">www.cascadebusnews.com</a></td>
<td></td>
<td></td>
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</tbody>
</table>

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Street Dog Hero Invites Bend Community to Heroes on the Run

Street 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, GS, 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 PC, 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

Are You One of the Fastest Growing Companies in Central Oregon?

Become a part of this impressive group of companies by filling out the simple form at CascadeBusNews.com or call 541-388-5665.

- Established and operating on or before January 1, 2018.
- Gross revenues in 2020 greater than 2018 with consistent year-over-year growth.
- Gross annual revenues $100,000 or greater in fiscal year 2020.

Recognizing fastest growing independently operated privately owned for-profit entities located and based in Central Oregon

Reported revenues should be taken from externally prepared financial statements or tax returns filed with the IRS. Deadline September 29, 2021. Only percentage of growth will be published.
## Assisted Living Facilities
(Listed Alphabetically)

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<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Website/Email</th>
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<th>Staff</th>
<th>CO Year Est.</th>
<th>Units</th>
<th>Fees</th>
<th>Services</th>
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</thead>
<tbody>
<tr>
<td>retirement home 1</td>
<td>541-475-2275</td>
<td>541-475-4230</td>
<td><a href="http://www.maintaininghome.com/">www.maintaininghome.com/</a></td>
<td>Keely Wimbroad</td>
<td>50</td>
<td>2006</td>
<td>2</td>
<td>Senior based care services provided.</td>
<td>Skilled nursing care, independent living and assisted living.</td>
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</table>

## Retirement Communities
(Listed Alphabetically)

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<tr>
<th>Company / Address</th>
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<th>Fax</th>
<th>Website/Email</th>
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<th>Staff</th>
<th>CO Year Est.</th>
<th>Units</th>
<th>Fees</th>
<th>Services</th>
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<tbody>
<tr>
<td>Twin Lakes Retirement Center 125 NE 1st St., Bend, OR 97701</td>
<td>541-475-2275</td>
<td>541-475-4230</td>
<td><a href="http://www.maintaininghome.com/keely">www.maintaininghome.com/keely</a></td>
<td>Keely Wimbroad</td>
<td>50</td>
<td>2006</td>
<td>2</td>
<td>Senior Based care services provided.</td>
<td>Skilled nursing care, independent living and assisted living.</td>
</tr>
<tr>
<td>Twin Lakes Retirement Center 500 NE 5th St., Bend, OR 97701</td>
<td>541-317-5282</td>
<td><a href="http://www.maintaininghome.com/seo">www.maintaininghome.com/seo</a></td>
<td>541-317-5282</td>
<td>Scott Nell</td>
<td>195</td>
<td>2005</td>
<td>204</td>
<td>Assisted living, 24-bed facility.</td>
<td>Full service assisted living.</td>
</tr>
<tr>
<td>Twin Lakes Retirement Center 600 NE 5th St., Bend, OR 97701</td>
<td>541-467-6405</td>
<td><a href="http://www.maintaininghome.com/seo">www.maintaininghome.com/seo</a></td>
<td>541-317-5282</td>
<td>Angie Vandapel</td>
<td>50</td>
<td>2005</td>
<td>N/A</td>
<td>Assisted living.</td>
<td>Full service independent retirement community.</td>
</tr>
</tbody>
</table>

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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

Tonsil 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 Imdieke 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.

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, TonsilFIX, in July 2021. TonsilFIX is a premium tool kit engineered specifically for safe and easy tonsil stone removal at-home. The precise and careful design is intended to provide users with a gentle and comfortable experience compared to alternative options. TonsilFIX is sold direct to consumers on their website tonsiltech.com.

The TonsilFIX 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.

“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
<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
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<th>Contact</th>
<th>Staff</th>
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<th>Services</th>
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<tr>
<td>Balance Chiropractic</td>
<td>541-383-0226</td>
<td>N/A</td>
<td><a href="http://www.jeneloves.com">www.jeneloves.com</a></td>
<td>N/A</td>
<td>2</td>
<td>1993</td>
<td>Gentle treatment, spinal massage, applied kinesiology, balanced approach to better health.</td>
</tr>
<tr>
<td>Bend/WC Care Chiropractic Center</td>
<td>541-982-6127</td>
<td></td>
<td><a href="http://www.bendwcchiro.com">www.bendwcchiro.com</a></td>
<td>Christian E. Scherer-Dr.</td>
<td>1</td>
<td>1982</td>
<td>Specific spinal decompression, sports injury &amp; athletic performance enhancement.</td>
</tr>
<tr>
<td>Elk Ridge Chiropractic &amp; Wellness Center</td>
<td>541-386-3588</td>
<td>541-386-0827</td>
<td><a href="http://www.elkirridgechiropractic.com">www.elkirridgechiropractic.com</a></td>
<td>Dr. Natasha Ruegsegger, DC</td>
<td>9</td>
<td>1984</td>
<td>Personal injury, general chiropractic services, family nutrition, sports medicine &amp; maintenance therapy.</td>
</tr>
<tr>
<td>Chiropractic Associates</td>
<td>541-386-8934</td>
<td>541-386-8934</td>
<td>Chiropractic Associates</td>
<td>Dr. Michael Thills, DC</td>
<td>6</td>
<td>1984</td>
<td>Manual medicine including: varied adjusting techniques, physical therapy, modalities, exercise prescription, massage therapy.</td>
</tr>
<tr>
<td>Elk Ridge Chiropractic &amp; Wellness Center</td>
<td>541-386-3588</td>
<td>541-386-0827</td>
<td><a href="http://www.elkirridgechiropractic.com">www.elkirridgechiropractic.com</a></td>
<td>Dr. Natasha Ruegsegger, DC</td>
<td>9</td>
<td>1984</td>
<td>Personal injury, general chiropractic services, family nutrition, sports medicine &amp; maintenance therapy.</td>
</tr>
<tr>
<td>Steelers Wellness Center</td>
<td>541-389-0023</td>
<td>541-389-0023</td>
<td><a href="http://www.elkirridgechiropractic.com">www.elkirridgechiropractic.com</a></td>
<td>Dr. Pan Gobin, Dr. Jeff Gobin</td>
<td>7</td>
<td>2005</td>
<td>Chiropractic care, manual chiropractic, massage therapy, wellness visits &amp; wellness coaching.</td>
</tr>
<tr>
<td>High Desert Chiropractic Clinic</td>
<td>541-389-0775</td>
<td>541-389-0775</td>
<td><a href="http://www.hightechchiro.com">www.hightechchiro.com</a></td>
<td>Dr. Joshua Kuhn, Dr. Brand Kuhn</td>
<td>8</td>
<td>1994</td>
<td>Holistic healthcare for the whole family, certified chiropractic sports physician, nutritional, exercise &amp; massage therapy.</td>
</tr>
</tbody>
</table>
A re those 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 in for a wash or 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 and again, or as our teeth need a regular cleaning, so 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 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**
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<td>Dr. Jared Aders</td>
<td>DDS</td>
<td>7</td>
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<td>Bend Dental Group</td>
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<td>DDS</td>
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<td><a href="http://www.nearyourhealth.com">www.nearyourhealth.com</a></td>
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<tr>
<td>Central Oregon Perio, PC</td>
<td>541-382-1234</td>
<td>541-382-1234</td>
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<td>Dr. Nicholas W. Misiscia</td>
<td>DDS</td>
<td>5</td>
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<td>541-382-1234</td>
<td><a href="http://www.centraloregondentalcenter.net">www.centraloregondentalcenter.net</a></td>
<td>Dr. Pamela Everson</td>
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<td>Deschutes Pediatric Dentistry</td>
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<td>Dr. Phillippe Freeman</td>
<td>DDS</td>
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<td>Dr. Keith E. Kallus</td>
<td>DDS</td>
<td>3</td>
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<td>Northwest Dental Group</td>
<td>541-382-1234</td>
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<td>Dr. James V. Bachman</td>
<td>DDS</td>
<td>7</td>
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<td>Alpine Dental</td>
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<td>Dr. Lisa A. Adams</td>
<td>DDS</td>
<td>5</td>
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<td>Cascade Endodontic Group</td>
<td>541-382-1234</td>
<td>541-382-1234</td>
<td><a href="http://www.cascadedentists.com">www.cascadedentists.com</a></td>
<td>Dr. Greg M. Lee</td>
<td>DDS</td>
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<td>Magnolia Dental</td>
<td>541-382-1234</td>
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<td>Dr. Robert J. Martin</td>
<td>DDS</td>
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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 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.

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 at 541-383-5998.

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

Child Abuse Awareness Paramount as School Year Begins

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

"Every body is different," Dave remarks to 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?

"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 suffer from chronic 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 peppy 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
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<td>541-487-8480</td>
<td>541-447-8640</td>
<td><a href="http://www.bendteleldental.com">www.bendteleldental.com</a></td>
<td>Dr. Paul Fairbanks, DDS</td>
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<td>JustCare Dental 300 NE Hoyt St, Ste. 130 Portland, OR 97232</td>
<td>541-647-6280</td>
<td>541-647-6530</td>
<td><a href="mailto:info@justcaredental.com">info@justcaredental.com</a></td>
<td>Dr. Eric M. Gelbard, DDS, Dr. Tyler Fix, DDS</td>
<td>14</td>
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<td>Family dentistry — adults &amp; children, cosmetic dentistry, smile makeovers, porcelain veneers, implants, crown &amp; bridge restorations, oral health, &amp; teeth whitening.</td>
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<td>Redmond Dental Group 250 SW Park Dr. Redmond, OR 97756</td>
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<td>541-548-7625</td>
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<td>Dr. Dave Strick, DDS, Dr. Max Higbee, DDS</td>
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<td>Whitetail Dental 151 SW Waterston Dr. Bend, OR 97703</td>
<td>541-382-0192</td>
<td>541-382-7770</td>
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<td>Dr. Ben Grice, DDS</td>
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<td>Family &amp; cosmetic dentistry.</td>
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<tr>
<td>Roseburg Orthodontics - Bend 536 NE Fourth St., Ste. A-1 Bend, OR 97703</td>
<td>541-382-6777</td>
<td>541-923-6777</td>
<td><a href="mailto:info@rooseuguedental.com">info@rooseuguedental.com</a></td>
<td>Dr. Brian J. Rosenzweig, DDS</td>
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<tr>
<td>Skyline Dental Center 5050 SW Tein Post Ave. Bend, OR 97702</td>
<td>541-382-6975</td>
<td>541-382-8081</td>
<td><a href="http://www.skylinedentalbend.com">www.skylinedentalbend.com</a></td>
<td>Dr. Matt Eismont, DDS, Dr. David Criddle, DDS</td>
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<tr>
<td>Skyline Dental 2377 NE Fourth St. Bend, OR 97701</td>
<td>541-389-6887</td>
<td>541-389-6883</td>
<td><a href="mailto:info@skylinebenddentistry.com">info@skylinebenddentistry.com</a></td>
<td>Dr. Natalie Bickel, DDS, Dr. Zaki Pask, DDS, Dr. Mark A. Knell, DDS, Dr. Matthew D. Stone, DDS</td>
<td>21</td>
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<tr>
<td>Studio Nine 31 5555 SW 13th Dr. Bend, OR 97701</td>
<td>541-317-0408</td>
<td>541-317-5038</td>
<td><a href="mailto:smiles@studionine30.com">smiles@studionine30.com</a></td>
<td>Matthew B. Engels, DDS</td>
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<td>State of the art orthodontics, cosmetic &amp; pediatric dentistry.</td>
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<tr>
<td>West River Dental 350 NE Neff Rd. Bend, OR 97701</td>
<td>541-316-9585</td>
<td>541-325-9584</td>
<td><a href="http://www.westriverdentist.com">www.westriverdentist.com</a></td>
<td>Dr. Rex Gibson, DDS</td>
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<td>West River Dental 155 SW Shelvin Hixon Dr. Redmond, OR 97756</td>
<td>541-548-3822</td>
<td>541-213-1923</td>
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<td>Dr. Chad Stephenson, DDS</td>
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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.
The Tapas Life
A Rich & Rewarding Life After Your Long Career

by DAVID ROSELL — Rosell Wealth Management

In 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. 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 just — 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 Uniquability — 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 step, 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 of the golf or tennis 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 book 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 downward 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.”

Grieving 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 Millennium’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, 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 to contribute to 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 1990s and for over 18 years 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, Edgewood Elementary School, 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 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 want it to be a welcoming place.”

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.

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 in need. Congratulations to Elizabeth Clemens, Tara Feurtado and Kim Fischbach, who are celebrating their ten-year anniversaries at the Inn.

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.

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.

The Coldwell Banker Bain Commercial division welcomes Jed Bellefeuille, who brings with him years of experience in sales, commercial real estate and business start-ups. 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.

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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 $59 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 overseeing 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.

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.

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 are now 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, Abex; CBD; Chloe Crabtree, PrideStaff; Heathier Dion, CASA of Central Oregon; Breck Flanagan-Caldwell, Swalley Irrigation District; Jen Gordon, Bend Chamber; Matthew Guthrie, BB&T Architects; Jessica Higgins, Invera Wealth Advisors of Raymond Nicholls; Haley Jensen, Eulers Athletics; Matt Kelly, Ten Over Studio; Lisa Maree, St. Charles, Health Care; Sarah Monkton, Kanapog, Petersen LLP; Brittany Nichols, COCC Foundation; Juan Olmeda-Chavez, City of Bend; Mary Overman, Volunteers in Medicine Clinic; Ashley Pascale, U.S. Bank; Scott Wernicke, St. Charles Medical Center; and Mary Overman, U.S. Bank.

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.

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 includingdemographer Ken Gronbach, Freightliner Northwest, President & CEO Chris Spear and Oregon Department of Transportation Director Kris Strickler.

Businesses Serving Community

The OTA Allied Carrier of the Year for 2021 is Freightliner Northwest, an expanded fully-truck 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, Signatures Transport is a company of many talents, working hard to overcome 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 experience.

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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 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, the Department of Transportation, and Seminole Transport to have students submit their own armed forces recruiting truck. 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.

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 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

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 one question for answers and conversation. The remainder of the membership watched the video virtually and ‘voted with their wallet’ by contributing online or via a check to one or all of the selected nonprofits.

Brian Smith

Liam Windhamsmith, who will be in 11th grade this fall at the Redmond Proficiency Academy, is interning this summer at STEELE Associates Architects of Bend. He has been working with his team on a variety of projects including senior housing, commercial/retail, industrial, a new residence and an animal hospital.

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

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**Area 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 for on-point education in design with industry expertise to guide customers in selecting the perfect rug (or rugs!) for their home. We could not be more grateful for the chance to take the reins.

The selection and service that have made Area Rug Connection the premier place for sourcing rugs for years remains 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 media accounts. 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!

**Visit Bend**

Continued from page 3

steward, or create sustainable recreational resources for outdoor experiences in and around Bend. TRT dollars are the taxes taxpayers 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 bendstewardabilityfund.com. Community voting runs August 25 through September 8, and is open to anyone with an interest in the future of Bend’s recreation 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 bonus. 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. “Our goal is to use 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.

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.”

**Watch for Upcoming Editions of Cascade Business News**

2021 EDITORIAL CALENDAR

**ISSUE DATE**

September 15

Deadline Sept 8

October 6

Deadline: Sept 29

**SPECIAL SECTIONS**

Sisters Profile

Nonprofit Profiles

**INDUSTRY LISTS**

Financial Planners, Stock Brokers

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 Benefiting Heart of Oregon Corps.

WORKSHOPS & TRAINING

September 14

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.

September 30-October 3
9am-12pm Synergy Health & Wellness Thriving with Diabetes Classes.

COMMERICAL 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

$90,000.00  -  Commercial (New) 680 sf. 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 # 217-21-002982

$14,000.00  -  Commercial (Outdoor Classroom) 400 sf. at 70550 SE Paulina City Rd. Paulina 97751 OR Owner: Crook County School District Prineville, OR 97754
Builder: Bryce Corey Clark Permit # 217-21-002909

COMMERICAL PERMITS WEEK ENDING 8-20-2021

Deschutes County

$300,000.00  -  Commercial (Industrial) 1,710 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
Builder: Holder Construction, LLC 770-988-3000 Permit # 217-21-002982

$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

$42,550.00  -  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

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 15th** edition of **Cascade Business News**

For more information
541-388-5665 or cbn@cascadebusnews.com

**Special Issue Rates!**
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**DEADLINE IS SEPTEMBER 8**