



## Bend Biomedical Working to Improve Medication Distribution for Poor & Diseased in India



JONATHAN PRATHER AT THE HURCO MILLING CENTER | PHOTO COURTESY OF BEND BIOMEDICAL

by **RONNI WILDE** — CBN Reporter

Jonathan Prather, Ph.D., a biomedical engineer, started his nonprofit company in November of 2019 because he says he wanted to make an impact in the world and to be able to see the fruits of his labor.

Formerly an assistant professor of medicine in immunogenetics and transplantation at Oregon Health & Science University, Prather moved to Bend in 2009 to be closer to his family, and started his own outcomes research and biostatistics company, Bend Biomedical, LLC in 2010.

"In November 2019, I realized I had been pushing paper for 30 years!" he says. "I envied engineers who could see a finished product. One civil engineering friend could appreciate their work by seeing a bridge they had built, and one of my best friends makes biomedical instrumentation." Desiring a change, Prather, who earned his doctorate in biomedical engineering from Duke University, decided he wanted to manufacture drugs for sick people in poor countries. "I converted Bend Biomedical LLC to just Bend Biomedical. On a single day, our outcomes research company was dissolved, and a not-for-profit pharmaceutical company was founded."

Prather recruited Amanda Swick, Bend Biomedical's outreach coordinator, and Linda Goodwin, Ph.D., now a Board of Directors member, and says the three of them hammered out a mission statement, carefully crafting it until it said exactly what they wanted it to say: "Our mission is to manufacture, package and distribute high-quality, low-cost medicines to treat and prevent serious diseases in neglected populations around the world."

Prather, who serves as executive director of Bend Biomedical, says the trio was naturally drawn to Neglected Tropical Diseases because they are primarily serious

PAGE 4

## New Hospice House Nears Completion

### Centerpiece of \$12 Million Bend Campus Expansion "Oasis of Tranquility"

by **SIMON MATHER** — CBN Feature Writer



PHOTO | BY CASCADE BUSINESS NEWS

The finishing touches are being applied to the new 14,600 square foot Hospice House — an "oasis of tranquility" for end-of-life care — on the Bend campus of Central Oregon's leading home health and hospice provider, Partners In Care.

The centerpiece of a \$12 million expansion plan which

also includes remodeling of the organization's existing adjacent building on Wyatt Court, the facility features 12 suites all with abundant natural light and homelike furnishings and amenities, with space for family members to stay overnight.

Each private room, with a lantern tucked into an alcove

PAGE 7

## Nonprofits in Central Oregon Serve as Lifeline for those in Need

by **RONNI WILDE** — CBN Reporter

It can be said that Central Oregon is a region full of people who care about each other. There are countless numbers of nonprofits here that tackle everything from essentials such as housing, food and clothing to addiction recovery and mental and physical health screenings for adults and children. For those in need, there are a multitude of resources available to lend a hand.

For this edition of *Cascade Business News*, we checked in with a number of local nonprofits to see how things are going in light of the struggles the past year has brought. The services that these stellar organizations provide are needed and appreciated more than ever before, and for that we say thank you! Here are what a few of them had to say.

### United Way of Central Oregon

"This is a very challenging time for our organization right now," says Ken Wilhelm, executive director of United Way of Central Oregon. "Our community fundraising season has started, and we're now in our second year of having to do most of it virtually. We haven't been able to hold an event for more than 18 months. All our board and committee meetings are conducted via Zoom. Many community members are



VOLUNTEERS ARE THE LIFEBLOOD OF NONPROFITS IN CENTRAL OREGON | PHOTO COURTESY OF BETHLEHEM INN

still really hurting. The urgent, growing houseless situation is distressing evidence of that."

Compared to last year at this time, Wilhelm says the immediate influx of federal and state emergency relief funding has shifted to longer-term recovery efforts and investment in economic development, job creation, affordable housing and

PAGE 12



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INSIDE  
THIS ISSUE

Business & Industry .....	2
Hot News .....	3
Building in Central Oregon New Hospice House .....	7
Nonprofit Charitable & Advocacy Groups .....	12
Nonprofit Organizations .....	14
Accounting & Bookkeeping Services.....	30
Accounting Firms.....	30
Money & Investment.....	35
Who's Who .....	36
Businesses Serving Community ...	37
Business Calendar .....	39
Permits .....	39



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404 NE Norton, Bend, Oregon 97701

541-388-5665

www.cascadebusnews.com

Send press releases/photos to cbn@cascadebusnews.com

CONTRIBUTORS

ANN GOLDEN EGLÉ.....	5
EVA GILL.....	13
KENNETH MARUNOWSKI.....	21
EMILY BOYNTON.....	23
BRUCE BARRETT.....	24
DANIEL C. OLSEN.....	26
LINDA ORCELLETTO.....	27
CHLOE HONAKER.....	28
JESSICA BIEL.....	29
LANCE BRANT.....	31
HALEY LYONS.....	33
JORDAN DAWLEY.....	34
DAVID ROSELL.....	35
ABIGAIL MORSE.....	37
SEAN NEALON.....	37

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Assistant Editor/Reporter.....	Ronni Wilde
Feature Writer.....	Kenneth Marunowski, Ph.D.
Feature Writer.....	Simon Mather
Feature Writer.....	Alec Martin
Feature Writer.....	Kari Mauser
Feature Writer.....	Kristine Thomas
Distribution .....	David Hill

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RECENT TRANSACTIONS

**Compass Commercial Real Estate Services** broker **Dan Kemp, CCIM** represented the landlord, **Chandler Center, LLC**, in the lease of a 26,188 SF office/industrial suite located at 1777 SW Chandler Avenue in Bend, Oregon.

Brokers **Graham Dent, Jay Lyons, SIOR, CCIM** and **Grant Schultz** with **Compass Commercial Real Estate Services** represented the seller, **JC 52, LLC**, in the sale of a 0.82-acre parcel located at 809 SW Columbia Street. **Compass Commercial Real Estate Services** broker **Dan Kemp, CCIM** with assistance from Joel Thomas represented the buyer, **Scott Holmer**. The commercial land sold for \$1,143,014.

**Compass Commercial Real Estate Services** brokers **Ron Ross, CCIM, Terry O’Neil, CCIM** and **Dan Kemp, CCIM** represented the seller, **B&S Assets, LLC**, in the sale of 404 SE Railroad Street in Bend. The multifamily property on 0.23 acres sold for \$536,000.

Brokers **Russell Huntamer, CCIM** and **Terry O’Neil, CCIM** with **Compass Commercial Real Estate Services** represented the seller, **Aeolian Properties, LLC**, in the sale of 380 N Main Street in Prineville. The 3,300 SF restaurant building sold for \$505,000.

**Compass Commercial Real Estate Services** principal broker **Bruce Churchill** represented the tenant, **Tumalo Industries**, in the lease of a 4,133 SF office suite located at 296 SW Columbia Street in Bend.

Brokers **Jay Lyons, SIOR, CCIM, Graham Dent** and **Grant Schultz** with **Compass Commercial Real Estate Services** represented the landlord, **Winter Peak Development**, in the lease of a 6,088 SF industrial suite located at 63031 Layton Avenue in Bend.

**Compass Commercial Real Estate Services** broker **Luke Ross** and **Compass Commercial Asset & Property Management** broker **Caroline McDonald, RPA®** represented the landlord, **Basaltic, LLC**, in the lease of a 1,329 SF retail suite located at 811 NW Wall Street.

Brokers **Graham Dent, Jay Lyons, SIOR, CCIM** and **Grant Schultz** with **Compass Commercial Real Estate Services** represented both the landlord and the tenant in the lease of a 2,615 SF office suite located at 233 SW Wilson Avenue in Bend.

**Compass Commercial Real Estate Services** brokers **Graham Dent** and **Luke Ross** represented the landlord, **Redmond Ventures, LLC**, in the lease of a 4,000 SF industrial suite located at 688 SW Veterans Way in Redmond.

Weston Technology Solutions to Undergo International MSP & Cloud Certification

Weston Technology Solutions to Begin the MSP Verify Certification Process; Vendor Agnostic Certification for Cloud & Managed Services Practitioners Worldwide Provides Quality Assurance & Stamp of Reliability for Current, Potential Customers

Weston Technology Solutions today announced that it will undergo the

MSPAlliance’s MSP Verify Program (MSPV), the oldest certification for cloud computing and managed IT services. The MSPV is based on the ten control objectives of the Unified Certification Standard (UCS) for Cloud & MSPs.

Continued on Page 38 ▶

Sisters Coffee Company Expands to Old Mill District

Sisters Coffee Company launched its third retail location by opening a cafe in the heart of Bend’s Old Mill District on October 2.

Established in 1989, the local coffee roaster will be taking over the location previously operated by Strictly Organic Coffee Co. Sisters Coffee will temporarily operate a mobile espresso cart while

the 1,200-square-foot space is being remodeled with a tentative completion date of mid-December.

Chief Development Officer and co-owner Jared Durham has collaborated with Stemach Architecture for the new

Continued on Page 38 ▶

Designing a Culture of Flexibility at LRS — Top Workplace 2021

LRS Architects is proud to announce we have been recognized for the sixth year in a row for the Oregonian’s Top Workplace Award. Our culture of flexibility and work-life balance is key to the success of our amazing team of architects, interior designers and support staff.

“This culture of flexibility, which

places a strong emphasis on employees’ work-life balance as well as fostering collaboration and allowing employees to focus on individual interests, has become a key component of what LRS employees feel makes their company an

Continued on Page 38 ▶

Redmond-based Encore Property Management Acquires Partners Property Management & Sales

Encore Property Management, a Redmond-based Veteran-owned property management company, has recently acquired Partners Property Management & Sales, a company that has served Central Oregon since 1985.

With this acquisition, Encore Property Management expands their services to owners and tenants previously served

by Partners Property Management and looks forward to continued growth throughout Central Oregon. Owners Brooks Boehlert and Stewart Winslow purchased Encore Property Management in 2019 and have since

Continued on Page 38 ▶

Celebrate BendTECH’s 11th Annual unConference with Cash Prizes, Free Drinks, Cowbells & More

The unConference began 11 years ago as a fun way to kick off Bend Venture Conference week. It’s a celebration of how entrepreneurship begins — with ideas — and a great chance for entrepreneurs to get feedback, make

connections and win some cash to further their ideas.

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Continued on Page 39 ▶

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# Bend Biomedical

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*Continued from page 1*

Continued from page 1

diseases in poor countries. "They are a group of tropical infections that are common in low-income populations in developing countries. They historically have not been prioritized by drug companies, hence the term 'neglected.'" There are 20 of these diseases identified by the World Health Organization, he says. "The more I read about them, the more I think these diseases aren't really neglected, because now we have very safe and effective medications for many of them. We should say people are neglected, not diseases."

Prather and his team found a resource, The Task Force for Global Health in Atlanta, Georgia, which is a group of experts on diseases of poverty around the world. "We wrote them about pharmaceuticals and Neglected Tropical Diseases, trying to figure out what was needed. We bothered them daily via email," says Prather, adding that they attempted a few different

projects involving blister packaging of medications at the start that weren't quite what The Task Force needed. "We liked the idea of blister packaging so much, and as a biomedical engineer, I was thrilled, so we asked them what we could blister package for Neglected Tropical Diseases that would actually be needed." He continues, "They told us about India and Tanzania, two places where the people don't trust drugs shared out of an open bottle and given to them by the government." The problem, he says, is that the tablets are distributed from shared bottles and sometimes given out in folded paper without labels or instructions. As a result, the patients don't trust the health officials or the drugs they are giving out. Because the drugs are being given out for free, the makers are unwilling to change the packaging or otherwise improve products, and they are reluctant to allow the product to leave their direct control to be blister packaged elsewhere. "The solution is to manufacture low-cost, single-drug blister packs... and fund them by government and foundation grants

and donations. We plan to improve the products at the same time; for example, updating dosage form, maximizing shelf life and adding labels and instructions on the blister packs about drug purposes and side effects."

Prather says he predicts that the making of blister packaging of solid dosage forms of medications for global health is what will define Bend Biomedical as a nonprofit. "Blister packs are compact and easy to handle, tamper-evident, climate tolerant

and trustworthy.” Although they cost a little more than bottled medications, he says they are already used for two huge problems in global public health in India: leprosy and tuberculosis. “I looked on Medline for articles about tropical diseases in India and found a great one written by doctors on the ground in Nagpur, India. They explained why the drugs should be blister-packed for better adherence. I contacted two of the authors, and they are now on our Board of Directors.”

Prior to founding Bend Biomedical, Prather garnered an impressive resume: He has completed projects for Duke University (Affiliated Physicians, Biomedical Engineering, Community and Family Medicine, Hospital Administration, Infectious Diseases, Perinatal Medicine, School of Medicine and Student Health); Oregon Health & Science University (Cardiology, Gastroenterology and Hepatology, Immunogenetics and Transplant Medicine, Nephrology and Hypertension and Urology); the Agency for Health Care Policy and Research; the National Cancer Institute; the National Library of Medicine; Pacific Northwest National Laboratory (Epidemiology and Biometry, Hanford Dosimetry); the U.S. Agency for International Development; the U.S. Air Force; the U.S. Department of Energy and others. His past research involvements include radiobiology research sponsored by the Department of Energy, the Missouri Women's Health Study (a project for the National Cancer Institute investigating the risk of lung cancer from exposure to residential radon) and he has been involved with the U.S. Agency for International Development Malaria Network Database, among others. His work in over a dozen medical specialties has contributed to more than 80 research publications or other manuscripts, 14 invited talks and many reports provided to physicians and surgeons.

Prather says his Bend Biomedical team chose lymphatic filariasis as the first disease to create blister packs for because of the magnitude of the problem, and because the U.S. Agency for International Development (USAID) has funded this need in the past. Lymphatic filariasis is a poverty-related disease that impairs or permanently disables millions of people every year, he says, often resulting in life-long physical pain and social stigmatization. Helminths (parasitic worms), he explains, carried by mosquitoes, cause the disease by primarily attacking the lymphatic system. The infection



usually begins in childhood, with approximately one-third of children in endemic areas infected before age five. "We have a long list of projects we'd like to do," says Prather. "There is no shortage of neglected populations in the world. But we were tipped off by the Task Force about India. These people are very poor. Most live in rural areas or urban slums."

To date, Prather says the team has identified four potential funding sources to pay for the projects: A grant from USAID, which they are currently working on; private foundations; government donations, such as from India; and public donations. “We are not reinventing the wheel. The World Health Organization handles most of the drugs for Neglected Tropical Diseases, like lymphatic filariasis. There is a supply chain already established.” But the number of drugs requested from the local healthcare workers and sent by suppliers of the free drugs — most of the time big pharma, he says — is not enough. “I know this is a good idea and much needed because of all the people volunteering to help on it. Also, the doctors in country are excited. We are now 17 people, all volunteers, because we are not funded yet.”

Prather says Bend is a good location for his nonprofit because it has a substantial presence in pharmaceutical and biotech. "Being able to meet a colleague over coffee is a huge benefit to us, especially when our colleagues are the best in the world at what they do," he says. "Serà Bioscience is allowing one of its scientists to sit on our Board of Directors, and Lonza is the primary service provider in our current USAID grant application.

Currently, the team is working toward getting the first blister packs printed in English, because in India, there are 40 million English-speaking residents currently infected, and 28 million infected in Nigeria who speak English. Moving forward, Prather says they hope to print packets in Swahili for the 6 million infected in Tanzania.

The Bend Biomedical Board of Directors will have its first official meeting in November, Prather says. “We will be half in-person, and half via Zoom, assuming it meets the requirements for COVID. Otherwise, we’ll all be online via Zoom for the two-hour meeting.” He says that for those considering starting a nonprofit, his advice is this: “Don’t be proud. Ask people for help. They will help you!” In his case, he reached out to SCORE, a large network of free volunteer small-business mentors, which he says was a wise move. “Thanks to David Gast (of Central Oregon SCORE) for teaching us the fundamentals of running a small nonprofit and giving us insights on everything from how to keep emails concise to easing board politics.”

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# Leaders & the Great Resignation

by ANN GOLDEN EGLÉ, MCC

Why is it that no one seems to want to work anymore? Leaders across the board are puzzled by this phenomenon. They are offering higher wages, benefits and signing bonuses than what we could have imagined a year ago. Yet businesses are still adjusting their hours and offerings according to their staff shortages.



Questions such as “Am I happy?” “Am I growing?” “Is this how I want to spend the remainder of my career?” “What are my options?” “What’s most important to me?” “Is it time to follow my passions?”

Working women considering a job change are more likely than men to cite feeling burned out, with 42 percent of women contemplating quitting because of burnout versus 27 percent of men. The main source of burnout was the lack of work-life balance experienced during the work-at-home phase of the pandemic. Those who thrived on chaos before the pandemic found a new satisfaction in having more home, family, exercise and quiet ‘me’ time. Time to breathe and reflect on their life.

As leaders struggle to hire qualified staff, it’s also imperative for them to focus on their current workers who show up to faithfully do their jobs each day. Are they fulfilled? Or are they approaching burnout? Are they in it for the long haul with you or are they considering a change? What do leaders need to know about each member of their teams now before it’s too late?

Leaders, you must pay attention to your people now. While each member of your team has differing needs, each of them craves to be seen, heard, valued and appreciated. They need to grow and feel validated that their efforts count. Their needs have changed over the past 19 months and will continue to change. It’s vital that you stay on top of these shifts.

A recent study by Bankrate published by CNBC on August 28, 2021, showed that 55 percent of American workers, those currently working, are actively looking for employment elsewhere.

Another survey by Ally Bank in August had similar results in that nearly 40 percent of those surveyed said they are considering changing jobs in the next six months. Why is this culture of ‘Great Resignation’ happening?

The answer is that changing work environments these past 19 months have provided time to all workers, including leaders, to ask important questions. Questions they were too busy in their previous 24x7 ‘hustle culture’ workdays to consider.

So, I ask you as a leader, to look at the individuals who show up each day. Who are the 40-55 percent who may be looking for a change? What change might they be looking for? What changes in their work atmosphere might you be considering?

In this new business environment, I ask my clients to look into ways to switch things up. Some switches are simple, while some are more complicated. Some are doable, and some are not. The important thing is to be creative. Look at new approaches rather than beating your head against the wall hoping that things will turn around on their own.

It will be the brilliance of you as their leader and of your team collectively to create a future that is more profitable, enjoyable and rewarding for all. An environment where people want to come to work and be a part of your growing success. They choose and take pride in being a part of your dynamic team.

How do you do this? Begin by strengthening communication. Ask your team what they want. What work hours, setting and atmosphere are best for each of them? Some thrive in the peaceful setting of

their home; others work best in a professional office setting. Some are more diligent in the morning, others evening. Ask and experiment with changes until you get it right.

Next, focus on your business as a whole. How can we as a business stop doing what no longer works for us in this constantly changing business environment? We won’t completely go back to the way things were. What worked before simply may no longer be relevant.

What can we change? What can we enhance? What can we eliminate? What business practices proved successful in the past that we can let go by the wayside as we grew? Go back to your business roots. What initially made you successful? Many times, we let go of those practices that worked best as we grow. What, if anything, do you want to bring back?

What new products, services, marketing or outreach can we bring into play? Listen to your team who may be more in touch with your customers than you are. Make the necessary changes.

Leaders, you have a powerful role not only in the success of your business but in the success of each individual on your team. How they are treated and feel about their work affects their whole life. It affects their self-esteem, confidence, relationships and health.

So much has been placed upon you leaders over the past 19 months, and you’ve thrived. Now it’s time to thrive again with your current as well as future workforce. There has never been a time where your focus and attention on your people has been more important. They need you more than they even know. And I know you’re up to the challenge.

*Executive & Leadership Coach Ann Golden Eglé, MCC, has steered highly successful individuals to greater levels of success since 1998. Ann is President of Golden Visions & Associates, LLC, can be reached at 541-385-8887, ann@gvasuccess.com or GVAsuccess.com.*



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# Bend-based Taylor Northwest Named One of Nation’s Safest Construction Companies in 2020 by National Contractors Group

Taylor Northwest Wins Willis Towers Watson Construction Safety Excellence Awards Second Place  
as 43 Other Companies Win Awards for Quality Construction Safety Programs

Bend-based Taylor Northwest was honored for having one of the nation’s best construction safety and wellness plan in 2020 by the Associated General Contractors of America. The association, which oversees the Willis Towers Watson Construction Safety Excellence Awards, an annual ranking of construction safety programs, noted that 43 other companies were also selected as winners for the quality of their safety programs.

“Having a successful construction project starts with having a safe workplace for your employees. It is crucial, now more than ever, for a firm to build its safety culture,” said Bob Lanham, the association’s president and president of Williams Brothers Construction Co., Inc. in Houston, Texas. “These award recipients are leading the industry by showcasing the safest worksites in the country.”

Lanham said Taylor Northwest was selected as second-place winner because of its exceptional leadership in safety. He noted that the firm developed and implemented an exceptional safety and risk control program through continuous improvement and maintenance of their safety and health management systems. Lanham noted that the company’s commitment to protecting its most valuable asset, the workforce, makes them a leader in the industry.

Lanham noted that there are multiple winners because the awards are distributed for a number of categories, based on the amount and type of work performed. He added that the AGC-Willis Towers Watson Construction Safety Excellence Award winners are selected by a panel of five independent safety professionals within the government, corporate and insurance industries. Final judging for the awards program took place during the contractors’ association’s annual convention in Orlando.

“Willis Towers Watson is proud to be an AGC partner in safety and to sponsor long term the AGC’s Construction Safety Excellence Awards, a partnership that began over thirty years ago,” said Mike Fredebeil, CSP, North American Director Construction Safety, Willis Towers Watson. “The last 19 months have been tough for our country and the construction industry, but we will get through this together stronger than before, thanks in large part to the work firms like these are doing to protect workers, their families and the public.”

View the entire list of winners at [agc.org/sites/default/files/Files/Safety%20%26%20Health/22nd\\_Annual\\_CSEA\\_Award\\_Winners.pdf](https://agc.org/sites/default/files/Files/Safety%20%26%20Health/22nd_Annual_CSEA_Award_Winners.pdf).

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Partners In Care New Hospice House

Continued from page 1

niche at the entrance welcoming visitors, features tall windows that open to the fresh air and focus on the contained landscape area outside.

Patients and visitors will enjoy the view of natural rock formations, native plants and birds visiting a feeder or bird bath, and patient rooms are a continuation of the full integration of building interiors with the variety of landscape and garden spaces surrounding the building.

Building materials were chosen utilizing a palette of color and texture offered by the Central Oregon region, while sand, sage, volcanic basalt and natural grasses influence the feel of the architecture.

Inspired by Bend’s sun-filled days, the House invites daylight deep within the building creating a smooth interaction with the warmth of wood, and to pay homage to Bend’s timber harvesting roots.

With completion expected in November, the new Hospice House will double the current six-bed capacity and offer inpatient hospice care for patients whose symptoms cannot be adequately managed in the patient’s home, as well as respite care for up to five days while family caregivers take a break.

It was designed by Spokane, Washington-based ALSC Architects in conjunction with the Bend office of Cole Architects (formerly DKA Architecture



ERIC ALEXANDER, CEO, PARTNERS IN CARE | PHOTO BY CASCADE BUSINESS NEWS

& Design) with construction overseen by local general contractor SunWest Builders. The overarching guiding principle used in a comprehensive planning process that involved both staff and volunteers was to reinforce and preserve the dignity of people using hospice as they complete their life journey.

Families will be able to comfortably spend the night, gather in beautiful common areas, take meals and rest, or escape to more private nooks to read or visit, amid décor reflecting the natural environment of Oregon, including artwork depicting rivers, mountains and other scenic landscapes.

According to Hospice House Manager Jenni Carver Ross, “Hospice House is a place where family members can just be family and release the caregiving role to our expert and experienced staff who practice patient and family-centered care. Being present with their loved one during this time is all important.

“Every detail is attended to by a staff of physicians and registered nurses, many of whom are certified in palliative and hospice care. They are joined by certified nursing assistants, social workers, chaplains, dietitians, volunteers, massage therapists, musicians and others to embrace the patient and their family members with compassionate care and comfort. Our ultimate goal is to meet their needs and make the final period of life comfortable, dignified and peaceful.”



GREAT ROOM | RENDERING COURTESY OF PARTNERS IN CARE

Continued on Page 8 ►

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Partners In Care New Hospice House

Continued from page 7

Additionally, they may reflect in the architecturally-significant chapel complete with floor-to-ceiling windows looking out on a serene water feature with an infinity edge and a custom-built “candle wall” where they may hold vigil for their loved one. They can also enjoy the outdoor garden and play spaces, and even spend time in the Pet Park where the family dog can relax off-leash.

Bend’s Hospice House is Oregon’s only in-patient hospice facility east of the Cascades and one of only three in the state; it promises to provide the region’s community a place for solace, comfort and support around the clock.

Each private patient suite prioritizes elements of comfort including private bathrooms, roll-in showers and hidden oxygen delivery and suction systems. Other features include handmade quilts on each extra-large bed, a mini-refrigerator, TVs with full multi-media capability, comfortable recliners and a pull-out sofa bed.

Food is prepared in a commercial kitchen with a pass-through feature for easy serving, while a welcoming great room features comfortable seating around a cozy central double-sided fireplace.



PHOTO | BY CASCADE BUSINESS NEWS

Partners In Care cited increasing demand for the general inpatient, respite and routine levels of care as a primary impetus for the project.

“Nearly 20 years ago, a six-bed inpatient unit was constructed within the clinical administrative building on our four-plus acre campus,” said Partners In Care CEO Eric Alexander.

“While it has served Partners In Care well, it is inadequate to meet the needs of our growing region and limited our ability to provide all three levels of care. The new Hospice House addresses these limitations and allows for a complete continuum of care while setting us on a course of financial sustainability and flexibility to meet the needs of patients.”

In 2017-18, Partners In Care conducted a study to determine the number of inpatient beds it should add which showed that based on population growth and position in the market, it would require 10-12 beds to meet the needs of the region and maintain financial sustainability.

The population of Central Oregon is rapidly increasing with Bend ranking among the top three fastest growing cities in the United States. According to the most recent census data, approximately 17 percent of Deschutes County residents are in the 65 and over age category.



WATER FEATURE OUTSIDE THE CHAPEL | RENDERING COURTESY OF PARTNERS IN CARE

Continued on Next Page ▶

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Partners In Care New Hospice House

Continued from previous page



PATIENT ROOM

While Partners In Care serves all of Central Oregon with branch offices in Redmond and La Pine, hospice care locally is primarily delivered in Deschutes County, which is also the central medical hub for the region. Statistically, most patients are referred to Partners In Care hospice by physicians in the greater Bend area, solidifying the need for a central inpatient facility to be located within the city.

Commenting on the expansion project, which took input from a dedicated work group including multiple stakeholders, Alexander said, “The connection of the two buildings to the natural elements of the campus evokes a sense of tranquility and respite from the urban environment of Bend.

“Our vision was to create an urban oasis that reinforces the dignity of the patients and their families using the facility.”

The masterplan, initiated with the help of local architect Neal Huston, includes a new surface parking lot to accommodate over 70 vehicles, and the future remodeling of the clinical administration building to provide more space for staff, volunteers and community groups to gather. Architect Jim Barrett has served as project manager for execution of the full master plan.

The combined project budget totaled some \$12 million, with half of the funding coming from Partners In Care’s financial reserves, sanctioned by its Board, and the balance through ‘A New Home for Hospice’ capital campaign which has thus far raised over \$5 million and is anticipated to reach its full target by the end of the year.



NURSE'S STATION | RENDERINGS COURTESY OF PARTNERS IN CARE

Fundraising efforts were aided by a \$1 million matching grant from the Tykeson Family Foundation, a \$750,000 grant from The Roundhouse Foundation and other major gifts from individuals. A 20-member Campaign Council meets monthly to oversee the activities and serve as community advocates for the project.

A spokesman for ALSC said, “The new Hospice House is a place celebrating the unique landscape of Central Oregon, passively inviting landscape to engage the building’s interiors.

“By blurring lines between inside and outside, the House offers a comforting familiarity for guests to experience as they process a range of emotions during this tender time.

“Partners In Care is a client you often hope for but rarely receive. They are open, caring and extremely knowledgeable.”

Cole Principal Architect John Kvapil, who worked alongside colleague Project Architect Kimberly Stroup, added, “The new Hospice House is an iconic

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is proud to help make the new Hospice House a reality!

It has been a privilege working with Partners In Care and our design and construction partners on this unique facility for Bend.



Earlier this year, **DKA Architecture & Design** became **COLE Architects** continuing a legacy of dedicated architecture professionals and great building design in Central Oregon.



Partners In Care New Hospice House

Continued from page 9

building that will become a symbol for what Partners In Care stands for in the region.

“The building is surrounded by landscape areas that reflect the diverse aspects of Central Oregon’s natural and urban environment, and interior spaces connect with the surrounding landscape via a series of outdoor decks, courtyards and enclosed outdoor spaces, providing a variety of ‘outdoor rooms’ that invite peace, tranquility, quiet and reflection.

“The interior provides numerous and diverse areas where visitors can gather informally or just be in a peaceful place. These areas range from ‘bay window’ seating outside patient rooms, to gathering spaces at ends of hallways or around the family dining table, to an activity room or to a chapel with its own designated outdoor garden space.

“The new Hospice House embraces the universally comforting elements of earth, air, fire and water. EARTH through the connection of the surrounding natural landscape; AIR represented by the openness of rooms to the outside



PHOTO | BY CASCADE BUSINESS NEWS

and views to the sky; FIRE in the warmth of the fireplace and the pinpoints of light on the candle wall of the chapel; and WATER represented in the view of the water feature outside the chapel. These elements help generate feelings of familiarity, serenity and peacefulness.”



CORRIDOR WINDOW SEATS | RENDERING COURTESY OF PARTNERS IN CARE

Jay Battleson of JBattleson Design who oversaw the landscape architecture, took cues from the local environment including bunch grass-covered volcanic rock outcroppings, areas of low-water use native plant materials, urban lawns and formal garden areas that have a familiar residential ambience. He said, “This is a special place and we did everything possible to create the best environment for end users, including making sure views were maximized.

“It has been described as essentially a building within a garden, and the spaces within the gardens are designed to best serve patients and visitors, offering peaceful, self-reflective opportunities through a mixture of elements and individual spaces adjacent to buildings.

“When you come into a project, it is important to have a collaborative and capable team. In this case,

Continued on Next Page ▶

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Partners In Care New Hospice House

Continued from previous page

it was complemented by a phenomenal, fully involved client dedicated to seeing the entire project carried out in the highest way possible."

About Partners In Care:

Partners In Care is a private, independent, nonprofit organization serving the residents of Central Oregon since 1979. Its mission is to provide patient-centered care that honors the dignity and needs of those it serves, and to enrich the lives of its patients, families, team and community. Partners In Care provides a number of services including Hospice care delivered in patients' homes and at Hospice House in Bend, as well as home health care, transitions, palliative care and grief support for chronically and terminally ill patients and their families. A largely mobile workforce includes nearly 200 registered nurses, physicians, social workers, nursing assistants, therapists, chaplains, administrative staff and over 100 active volunteers.

partnersbend.org



PHOTO | BY CASCADE BUSINESS NEWS

PARTNERS IN CARE  
HOSPICE HOUSE

2075 NE Wyatt Ct.

Property Owner/Developer:

Partners In Care

Contractor:

SunWest Builders

Project Cost: \$12,000,000

Sitework Start: Excavation/paving/  
parking lot work begun in Feb 2020,  
broke ground June 2020

Completion: October 2021

Square Footage: 14,715 Sq. Ft.

Amenities:

12 private patient suites, garden  
and play areas, chapel, meeting  
room, commercial kitchen,  
family kitchenette, double-sided  
fireplace in great room (called The  
Roundhouse), spa, accommodation  
for bariatric and pediatric patients  
as well as one double room for  
couples, designated smoking  
"pavilion," sitting room, off-leash  
pet park and more.

Financing: None

Project Manager: Jim Barrett,  
Partners In Care Representative

Project Supervisor: Jon Paige,  
SunWest Builders

Architect:

Cole Architects

Principal Architect:

John Kvapil

Project Architect:

Kimberly Stroup

Interior Design Architect:

ALSC Architects

Structural Engineer:

Coffman Engineers

Civil Engineer: PARAMETRIX, INC.

Geotech Engineer:

Wallace Group, Inc.

Mechanical & Electrical Engineer:

Coffman Engineers

Landscape Architect:

JBattleson Design

Subcontractors and Suppliers:

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Continued from page 1

childcare. “These are all good things to invest in, but, at the same time, rent relief programs and unemployment support are mostly gone, and those public support dollars are not available to help nonprofit agencies,” he says. “It seems like everyone has been worn down and worn out trying to cope with the pandemic, which drags on and on.”

Wilhelm says that United Way of Central Oregon now has in place the adaptations needed to do business virtually that had to be created last year, but that the organization has suffered a lot of turnover at both the staff and board volunteer level. “Emotions are running high in our community. There’s frustration and antagonism over COVID vaccination, masks, mandates, etc., and, more recently, the tragic shooting of a young man of color on our downtown streets.” He adds, “As a community, we could surely benefit



FAMILY ACCESS NETWORK (FAN) ADVOCATES ARE POSITIONED IN SCHOOLS TO ASSIST STUDENTS IN NEED AND THEIR FAMILIES | PHOTO COURTESY OF FAMILY ACCESS NETWORK

from more understanding, tolerance and compassion. That’s incumbent on each of us. We’re devoting a lot of time and energy into our ongoing efforts to be a more equitable and inclusive organization. That’s difficult work.”

The news is not all bad, however, Wilhelm says. “Here’s a piece of good news: Contributions are up so far this year over last year, and in fact, ahead of the last three years. It’s been driven in large part by some of our loyal individual donors giving more and earlier this year. We’ve invested more grant funding in Crook and Jefferson counties and Warm Springs.”

**Family Access Network (FAN)**  
Children have certainly felt the effects of the pandemic, and although there was much uncertainty over the return to full-time live instruction this year, most parents and kids were relieved about the return to a sense of normalcy. Family Access Network (FAN) helps families in need through the positioning of advocates in each of the schools.

“FAN advocates are busy helping students as they start the new school year, with items like school supplies, clothing, hygiene and more. It’s a very busy time of year, and we are so happy to be able to have the students back in the schools,” says Julie N. Lyche, executive director of FAN. “Last year, the FAN advocates spent much of the start of the year ensuring students had access to distance learning, with a heavy focus on hotspots on low-cost access to internet. This year, we are able to place school supplies directly into the hands of students to provide them with a good start to the year.”

Since the onset of the pandemic, Lyche says FAN advocates have worked more intensely with families as they have navigated the loss of jobs, childcare, illness and more. “As we are back serving families within the schools, we are better able to help those students who were off the radar during distance learning.”

She continues, “The local community has stepped up and been wonderful in supporting the work of the FAN advocates, by helping with school supplies, hygiene items, eviction prevention supports and so much more. We couldn’t do this work without our strong partners and donors.”

**Bethlehem Inn**  
At Bethlehem Inn, Executive Director Gwenn Wysling says that although COVID-19 “turned normal life upside down with amazing swiftness last year,” she is happy to report that the individuals staying at the Inn are healthy and staying safe. “I’m proud to say that the Bethlehem Inn staff acted just as swiftly, knowing that the pandemic and emergency public measures would negatively impact the vulnerable population served by the Inn if we didn’t react fast enough.” She adds, “Thanks to the support of our community and our quick-acting staff, we managed a fast-paced pivot to keep our residents and staff safe. We continued our operation, while safely implementing guidelines established by the CDC and state of Oregon.”

Wysling says that the past year has been eventful for Bethlehem Inn. “A lot has happened in the past year! With the necessary protocols established last year, I’m proud to share that this year, we continue to implement those procedures. We’re honored that our donors continue to demonstrate their compassion and support through both financial and in-kind donations at unprecedented levels.”

It is that level of community support, she says, that will play a large role in the organization’s ability to successfully expand services into the city of Redmond



HEALTHY BEGINNINGS VOLUNTEERS CONDUCT FREE PRESCHOOL SCREENINGS FOR LOCAL CHILDREN PREPARING TO START SCHOOL | PHOTO COURTESY OF HEALTHY BEGINNINGS

this fall. “The 2021 HLC PIT (Homeless Leadership Coalition Point in Time) count demonstrated the increasing number of people experiencing homelessness in Central Oregon, many of which are living in Redmond. So we knew it was time to increase the number of high-barrier shelter beds in Redmond, and that now was the time to act.”

With the approval of Project Turnkey grant funding earlier this year, Wysling reports that the Inn was able to purchase a motel in Redmond, and renovations are currently winding down. “We plan to open at the end October with the ultimate goal of providing up to 88 people with safe shelter on a nightly basis. We are honored to have Deschutes County’s support and investment of \$900,000 to help close the gap and enable us to complete and furnish the new shelter.” She adds, “Our donors, both large and small, continue to support us in spite of the challenging times.”

**Healthy Beginnings**  
At Healthy Beginnings, a nonprofit dedicated to readying children for school by providing free assessments for children ages 0 to 5, the pace has picked up this fall. “We have returned to the new normal in terms of our work. We are very excited about that,” says Kathleen Cody, executive director of Healthy Beginnings. “There is momentum. Parents seem to once again be back in their normal school-planning mode; we got lots of calls in August regarding screenings. We got really busy



(L-R) CROOK COUNTY FAN ADVOCATES VANESSA NOLEN AND TRACI PETERSON | PHOTO COURTESY OF FAMILY ACCESS NETWORK

and have stayed busy. But we have seen a little drop in the past couple of weeks with concern over the Delta variant.”

Healthy Beginnings accomplishes its mission of “ensuring that all our children enter their school lives ready to learn, contribute and thrive” by conducting free comprehensive health and developmental assessments. Cody, who joined the organization in November of 2020, says that when she first came on, Healthy Beginnings was almost at a dead stop. “Comparing September of 2020 to September 2021, we had no screenings in preschools in 2020. For open public community screenings, last year, we had none, no screening events of any kind.” This year, however, there were 17 pre-school screenings scheduled in September, and there is a public community screening scheduled every month for the next several months, she says, adding that they have been able to conduct two events that allowed for vision screenings for 124 kids.


As scheduling increases, Cody says they are now playing catch-up. “We have a backlog; typically we will screen 500-700 kids in a year; but we have hundreds of children we would have screened but didn’t due to the lockdown, so we have catch-up work to do. Our kids age out quickly; we serve birth to 5; so if you don’t catch a four-year-old at just right time, they age out.”

Although Healthy Beginnings was stifled in terms of conducting screenings last year, the organization stayed afloat by obtaining Paycheck Protection Program (PPP) assistance, Cody says. “We were able to sustain our work, plus, many if not all, the grant foundations were very lenient and opened their doors and their coffers and provided a tremendous amount of emergency relief just so we could make payroll.”

This year, Cody says Healthy Beginnings is having to get back onto the fundraising wagon. “It’s a little more difficult now to tap into grant funding, because they are back to normal protocols. I’m noticing it’s not flowing as easily as it did last year.” She adds, “The gist is that we realize that individuals are our biggest support. They are the ones you count on, individual donors and businesses. Our main fundraising event was cancelled in 2020 and postponed in 2021 due to Delta. We have moved it twice in a row; so when the fundraising events are cancelled and grant funding has slowed down, individual donors are that much more important.”

The bright spot, she says, is that COVID has taught the team at Healthy Beginnings how to work remotely and still maintain productivity and teamwork. “And it made us re-think how we do our work,” she says. “We’ve been around 25 years, and COVID forced us to look at our model and how we needed to change it.”

[unitedwaycentraloregon.org](http://unitedwaycentraloregon.org)  
[familyaccessnetwork.org](http://familyaccessnetwork.org)  
[bethleheminn.org](http://bethleheminn.org)  
[myhb.org](http://myhb.org)



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# Building a New Future

by EVA GILL, Marketing Creative — J Bar J Youth Services

Luis is a tall kid with an easy smile and kind, brown eyes. By the time he was 17, he'd been getting into trouble for a while. Luis had been in and out of juvenile detention, and spent the better part of three years in an outpatient program. He pushed the hair back from his face and talked about his life. "I kept messing up, I didn't really care anymore. I just felt like giving up."

He arrived at J Bar J Boys Ranch, and although it was hard to be away from family, he tells us, "Once I got to J Bar J everything changed. I've tried to keep my head up and be positive." In the more structured program he found one-on-one help, and also learned to reach out for help, rather than trying to keep things to himself. "I've opened up a lot, with my emotions, feelings. I know I had trouble with that."

The Vocational Program at J Bar J was new when he arrived. He and the other boys built benches and lawn chairs and went on to work off site, helping with construction of the cabins at Veteran's Village, and other community service projects.

About the Vocational Program, Luis says, "A lot of the guys like being at the Voc... Everybody gets excited to go there, honestly."

Luis graduated the Cognitive Behavioral Program and is currently in the



PHOTOS | COURTESY OF J BAR J SERVICES

Independent Living Program on the Boys Ranch campus. Youth there have the opportunity to practice life skills with staff close by should they need help or advice. Luis found a job he enjoys and rides his bike to work from the ranch each day. He works for Heart of Oregon Corps, an organization providing jobs to youth experiencing significant barriers to success. Youth like Luis who have been in the juvenile justice system often face difficulty finding jobs. His work experience will further develop his skills and demonstrate his dedication and work ethic to future employers.

He plans to save some money and start college, perhaps with the help of a J Bar J scholarship. He knows there will be challenges: "To keep out of trouble, I'll get back into sports. Boxing is one of my biggest." He will take many new skills with him; "Like cognitive behavior management, using thought processes before I act out."

Luis is now far from that 17-year-old boy who wanted to give up. His smile beamed as he said, "I'm pursuing my dreams, pursuing my lifestyle. I want to live BIG."

Luis now has hope for his future!

J Bar J Boys Ranch is a program of J Bar J Youth Services. Their other programs include: Big Brothers Big Sisters of Central Oregon, Cascade Youth & Family Center, Grandma's House, at: project, J5, The Academy at Sisters and Kindred Connections.

[jbarj.org](http://jbarj.org)



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Nonprofit Organizations (Listed Alphabetically)

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

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Budget	Purpose
A Smile for Kids 446 SW Seventh St., Redmond, OR 97756	541-233-7607	541-923-6442	<a href="http://www.asmileforkids.org">www.asmileforkids.org</a> <a href="mailto:ask@asmileforkids.org">ask@asmileforkids.org</a>	Diane Lee, Christian Moller-Andersen	3	2003	N/A	Providing equitable access to orthodontic care to improve the self-confidence, health & resilience of underserved youth throughout Oregon.
Abilitree 2680 NE Twin Knolls Dr., Ste. 150 Bend, OR 97708	541-388-8103	541-617-5845	<a href="http://www.abilitree.org">www.abilitree.org</a> <a href="mailto:gregs@abilitree.org">gregs@abilitree.org</a>	April O'Meara	50	1982	\$2,046,000	Empower people to grow their independence, expectations & inclusion in community life.
Academy at Sisters 62235 Silvis Rd. Bend, OR 97701	541-389-2748	541-389-2897	<a href="http://www.academyatsisters.org">www.academyatsisters.org</a>	Sandy Vaughn	27	1994	\$1,700,000	Therapeutic boarding school for girls, empowering young women to find wholeness & achieve academic excellence & more. Proficiency-based academics allow students to take ownership of their education, connect with the learning process & more. We are J Bar J Youth Services.
Action Through Advocacy 1012 SE Cleveland Square Lp., Ste. 5 Bend, OR 97702	541-385-4741	N/A	<a href="http://www.actionthroughadvocacy.org">www.actionthroughadvocacy.org</a> <a href="mailto:actionthroughadvocacy@gmail.com">actionthroughadvocacy@gmail.com</a>	Heidi Myers	0	2012	N/A	Action Through Advocacy (ATA) provides services & support to foster & adoptive families of Deschutes, Jefferson & Crook Counties. Our purpose is to improve the retention & success of foster homes, inform & strengthen the families who adopt foster children & more.
After School Buddies, Inc. 62595 Hamby Rd. Bend, OR 97701	541-390-3046	N/A	<a href="http://www.afterschoolbuddies.org">www.afterschoolbuddies.org</a> <a href="mailto:afterschoolbuddies@gmail.com">afterschoolbuddies@gmail.com</a>	Charlene Schulz	35	2003	\$20,000/year	To prepare young girls for the social & academic challenges of middle school & to provide leadership development opportunities for teens, college students & adults with weekly after school mentoring programs.
American Red Cross - Central & Eastern Oregon Chapter 815 SW Bond St., Ste. 110, Bend, OR 97702	541-382-2142	541-330-1080	<a href="http://www.redcross.org/local/oregon.html">www.redcross.org/local/oregon.html</a> <a href="mailto:volunteer.cascades@redcross.org">volunteer.cascades@redcross.org</a>	Nadine McCrindle	8	1881	N/A	The American Red Cross prevents & alleviates human suffering in the face of emergencies by mobilizing the power of volunteers & the generosity of donors.
Assistance League of Bend 210 SE Urania Lane, Bend, OR 97702	541-389-2075	N/A	<a href="http://www.assistanceleague.org/bend">www.assistanceleague.org/bend</a> <a href="mailto:info@AssistancelLeagueBend.com">info@AssistancelLeagueBend.com</a>	Deanna Craig	0	1989	N/A	Assistance League of Bend is dedicated to helping vulnerable children & adults within the community.
at: project 62895 Hamby Rd. Bend, OR 97701	541-647-0658	N/A	<a href="http://www.at-project.org">www.at-project.org</a>	Breanne Barrett	3	2019	N/A	Helping victims of human trafficking become survivors, providing comprehensive case management & crisis intervention, assist in creating safety plans, coordinates the Deschutes County Commercially Sexually Exploited Children (CSEC) Response Team & more. We are J Bar J Youth Services.
Awbrey Place 2825 Neff Rd. Bend, OR 97701	541-317-8464	541-317-4147	<a href="http://www.enlivant.com">www.enlivant.com</a> <a href="mailto:cbull@enlivant.com">cbull@enlivant.com</a>	Cindy Bull	25	2005	N/A	Promotes independence & individuality while providing seniors with extra assistance in daily routines such as medication management, respiratory disorders requiring oxygen, transfer & mobility, bathing, dressing & more.
Awesome Bend 501 NW Riverfront St., Bend, OR 97703	541-389-5599	N/A	<a href="http://www.awesomebend.org">www.awesomebend.org</a> <a href="mailto:contact@awesomefoundation.org">contact@awesomefoundation.org</a>	Pam Stevenson	0	2015	\$0	Inspiring & supporting ideas that make Bend a more awesome place to live, work & play, \$1,000 at a time.
BEAT 1080 SE Ninth St., Ste. 120, Bend, OR 97702	541-419-4388	N/A	<a href="http://beatchildrenstheatre.org">beatchildrenstheatre.org</a> <a href="mailto:bree.beal@beatonline.org">bree.beal@beatonline.org</a>	Bree Beal	3	2006	N/A	BEAT's mission is to empower youth by fostering creativity, collaboration & self-confidence, & to enrich the quality of life & culture of our community, through Theatre Arts.
Becca's Closet 1036 NE Fifth St., Bend, OR 97701	541-699-8200	N/A	<a href="http://beccascloset.org">beccascloset.org</a> <a href="mailto:beccasclosetofbend@gmail.com">beccasclosetofbend@gmail.com</a>	Lindsay Greco	1	2003	N/A	Ran by volunteers. Free dresses & tuxes for student formals. To, by & for teenagers.
Bella Acappella Harmony Chorus PO Box 2215, Bend, OR 97709	541-728-9392	N/A	<a href="http://www.bellaacappella.com">www.bellaacappella.com</a> <a href="mailto:bellaacappellasai@gmail.com">bellaacappellasai@gmail.com</a>	Pam White	0	2012	N/A	N/A
Bend Park & Recreation Foundation PO Box 1212 Bend, OR 97709	541-706-6127	N/A	<a href="http://www.bendparksandrec.org">www.bendparksandrec.org</a> <a href="mailto:kim@bendparksandrec.org">kim@bendparksandrec.org</a>	Kim Johnson,	1	1977	N/A	To preserve Bend's livability by enhancing our community's parks, trails & recreation programs, providing access & opportunity for all. Raises funds to support recreation scholarships for lower income children, families & people with disabilities District programs & more..
Bend-Redmond Habitat For Humanity 224 NE Thurston Ave. Bend, OR 97701	541-385-5387	N/A	<a href="http://www.bendredmondhabitat.org">www.bendredmondhabitat.org</a> <a href="mailto:rcooper@brhabitat.org">rcooper@brhabitat.org</a>	Robin Cooper Engle	28	1989	N/A	Builds strength, stability & self-reliance through affordable homeownership for families & individuals in Bend & Redmond. Dedicated to changing lives by bringing people together to help make a difference in our communities through affordable housing & more.
Bethlehem Inn 3705 N Hwy. 97, Bend, OR 97703 517 Birch Ave, Redmond, OR 97756	541-322-8768	541-318-7336	<a href="http://www.bethleheminn.org">www.bethleheminn.org</a> <a href="mailto:kim@bethleheminn.org">kim@bethleheminn.org</a>	Kim Fischbach	30	1999	\$2,800,000	N/A
Better Together 2804 SW Sixth St. Redmond, OR 97756	541-693-5678	N/A	<a href="http://bettertogethercentraloregon.org">bettertogethercentraloregon.org</a> <a href="mailto:bettertogether@hdesd.org">bettertogether@hdesd.org</a>	Rutila Galvan-Rodriguez	2	2012	\$500,000	Building partnership in Central Oregon to increase the number of students graduating from high school, entering post-secondary education & training & ultimately entering into a meaningful career.
Beulah's Place 1853 SW 23rd St. Redmond, OR 97756	541-526-0445	N/A	<a href="http://www.beulahsplace.org">www.beulahsplace.org</a> <a href="mailto:info@beulahsplace.org">info@beulahsplace.org</a>	Andi Buerger	0	2008	N/A	Our mission is to lead homeless teens away from sexual exploitation by criminals & predators. In a non-judgmental environment provide victims & at-risk kids help, healing & most of all, hope.
Big Brothers Big Sisters of Central Oregon 6125 NE Daggett Lane Bend, OR 97701	541-312-6047	541-312-6052	<a href="http://www.bbbsco.org">www.bbbsco.org</a>	Sandy Cassio	6	1994	\$400,000	Redefining what is possible for children in Central Oregon: Matching professionally screened adult mentors (Bigs) & kids (Littles) to defend, ignite & empower their potential. Serving Deschutes, Crook & Jefferson Counties. A Program of J Bar J Youth Services.
Boy Scouts of America, Crater Lake Council 61383 S Hwy. 97, Ste. F, Bend, OR 97702	541-382-4647	N/A	<a href="http://www.craterlakecouncil.org">www.craterlakecouncil.org</a> <a href="mailto:laura.goetz@scouting.org">laura.goetz@scouting.org</a>	Laura Goetz	1	0	N/A	Existing to prepare young people to make ethical & moral choices over their lifetimes by instilling in them the values of the Scout Oath & Law.
Boys & Girls Clubs of Bend - East Bend Club 1707 SE Tempest Dr., Bend, OR 97702	541-385-3009	N/A	<a href="http://bgcbend.org">bgcbend.org</a> <a href="mailto:jwilliams@bgcbend.org">jwilliams@bgcbend.org</a>	Juliana Williams	25	1994	\$1,100,000	Provide supportive relationships & opportunities for growth that inspire & empower youth to reach their full potential in the classroom, at home, & in our community.
Boys & Girls Clubs of Bend- Downtown Bend Club 500 NW Wall St., Bend, OR 97703	541-617-2877	541-617-2880	<a href="http://www.bgcbend.org">www.bgcbend.org</a> <a href="mailto:jwilliams@bgcbend.org">jwilliams@bgcbend.org</a>	Juliana Williams	25	1994	\$1,100,000	Provide supportive relationships & opportunities for growth that inspire & empower youth to reach their full potential in the classroom, at home, & in our community.
BrightSide Animal Center 1355 NE Hemlock Ave., Redmond, OR 97756	541-923-0882	N/A	<a href="http://www.brightsideanimals.org">www.brightsideanimals.org</a> <a href="mailto:accounting@brightsideanimals.org">accounting@brightsideanimals.org</a>	Beth Palmer, Pat Bowling	28	N/A	N/A	Enriching the lives of displaced animals through quality care & adoption to a responsible & loving home.
Camp Fire Central Oregon 1001 SW Emkay Dr., Ste. 100, Bend, OR 97702	541-382-4682	N/A	<a href="http://campfireco.org">campfireco.org</a> <a href="mailto:info@campfireco.org">info@campfireco.org</a>	N/A	9	1910	N/A	Camp Fire Central Oregon helps young people discover their spark through enrichment activities that help them explore their environment, give back to their community & grow their potential.
CASA of Central Oregon 1029 NW 14th St., Ste. 100 Bend, OR 97703	541-389-1618	N/A	<a href="http://casaoofcentraloregon.org">casaoofcentraloregon.org</a> <a href="mailto:info@casaoofcentraloregon.org">info@casaoofcentraloregon.org</a>	Heather Dion	12	1991	\$800,000	Recruits, trains & supports volunteers who advocate for the best interests of abused & neglected children in the court system. Volunteers work within the courts in collaboration with key agencies, legal counsel & more.
Cascade School Of Music 510 NE Third St., Bend, OR 97701	541-382-6866	N/A	<a href="http://www.cascadeschoolofmusic.org">www.cascadeschoolofmusic.org</a> <a href="mailto:info@cascadeschoolofmusic.org">info@cascadeschoolofmusic.org</a>	Robert Lambeth	30	2002	\$800,000	Our mission is to enrich our community by providing exceptional music education that is fun, engaging & social for students of all ages.
Cascade Youth & Family Center 2125 NE Daggett Lane, Bend, OR 97701	541-382-0934	541-383-3024	<a href="http://www.cascadeyouthandfamilycenter.org">www.cascadeyouthandfamilycenter.org</a> <a href="mailto:cyfc@jbarj.org">cyfc@jbarj.org</a>	Liz Langmas	23	1989	\$1,600,000	A safe haven for young people in jeopardy: Providing runaway & homeless teens, & those at risk of running away, with crisis intervention, street outreach, family mediation & more.
Cascade Youth & Family Services Bend & Redmond 62895 Hamby Rd., Bend, OR 97701	541-382-0934	541-383-3024	<a href="http://www.cascadeyouthandfamilycenter.org">www.cascadeyouthandfamilycenter.org</a> <a href="mailto:cyfc@jbarj.org">cyfc@jbarj.org</a>	Liz Langmas	0	1968	N/A	A safe haven for young people in jeopardy: Providing runaway & homeless teens with safe, stable living conditions, mediation with family & innovative options for developing self-sufficiency & more. We are J Bar J Youth Services.
Center for Compassionate Living Bend, OR 97702	541-350-6517	N/A	<a href="http://www.compassionatecenter.org">www.compassionatecenter.org</a> <a href="mailto:bryn@compassionatecenter.org">bryn@compassionatecenter.org</a>	Denise Torres, Bryn Hazell	0	2006	\$25,000	Provide classes & organizational training in compassionate (nonviolent) communication because of its effectiveness in overcoming judgment & blame when conflict arises & more.
Commute Options 50 SW Bond St., Ste. 4, Bend, OR 97702	541-668-6138	N/A	<a href="http://www.commuteoptions.org">www.commuteoptions.org</a> <a href="mailto:brian@commuteoptions.org">brian@commuteoptions.org</a>	Brian Potwin	4	1991	N/A	Increases access to transportation options across Oregon. We envision communities using safe, convenient & reliable transportation options that result in healthier individuals & more.

Continued on Page 16

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



Learn how to protect children in our community from the comfort of your own home. Sign up today at [KIDSCENTER.ORG](http://KIDSCENTER.ORG)





Everyone deserves a safe night's sleep!

For just **\$33 a day** you can help provide a warm bed, three meals, a hot shower and support for an adult or child in need.

**We can transform lives together with Shelter, Help and Hope!**

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\$33	ONE NIGHT FOR	1 adult
\$120		1 family
\$990		30 adults
\$1,200		10 families
\$3,696		112 residents

Make your gift today!  
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REDMOND | 517 Birch Avenue  
[bethleheminn.org](http://bethleheminn.org) | 541.322.8768 ext.16  
[info@bethleheminn.org](mailto:info@bethleheminn.org)





# Building community one block at a time.

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

**\$1,662,450 donated to charitable causes and organizations in 2020**



**Education**



**Community Development**



**Youth Support**



**Financial Education**



**DEI Causes**



**Emergency Relief**



▶ CONTINUED FROM PAGE 14

Nonprofit Organizations (Listed Alphabetically)

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

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Budget	Purpose
Council On Aging of Central Oregon 373 NE Greenwood Ave., Bend, OR 97701	541-678-5483	541-647-2689	www.councilonaging.org admin@councilonaging.org	Denise LaBuda	23	1975	N/A	Help connect older adults & their loved ones to information and services that support their changing needs as they age — so that they can age well in a place of their choosing.
Deschutes Children's Foundation 1010 NW 14th St. Bend, OR 97703	541-388-3101	541-383-2540	www.deschuteschildrensfoundation.org info@deschuteschildrensfoundation.org	Amy Ward	6	1990	\$550,000	Providing the space & support where nonprofits succeed at helping children & families, with four community campuses located in Bend, Redmond & La Pine. Nonprofit partners receive drastically reduced office & classroom space & no-cost facility management & more.
Family Resource Center of Central Oregon 1130 NW Harriman St., Ste. B, Bend, OR 97703	541-389-5468	541-389-8327	www.frconline.org frc@frconline.org	Dee Ann Lewis	9	1993	\$650,000	To strengthen & support family relationships by serving as Central Oregonâ€™s source for parenting education, information & resources.
Friends Of Oregon Badlands Wilderness 50 SW Bond St., Ste. 4, Bend, OR 97702	541-410-0259	N/A	www.fobbits.org caledonian1745@gmail.com	David Eddleston	1	2007	\$15,000	To protect, preserve & restore the Oregon Badlands Wilderness.
Friends of the Central Cascades Wilderness 926 NE Decatur Ct., Bend, OR 97701	248-330-5654	N/A	www.centralcascades.org info@centralcascades.org	Richard Nix	0	2014	N/A	To partner with Deschutes & Willamette National Forests in caring for Central Oregon wilderness areas in the Cascade Mountains.
Grandma's House of Central Oregon PO Box 6372, Bend, OR 97708	541-383-3515	N/A	www.GrandmasHouseOfCO.org grandmashouse@grandmashouseofCO.org	Eliza Wilson	8	1992	\$380,000	Shelter & care for homeless or abused pregnant girls age 12-19 & more. A Program of J Bar J Youth Services.
Guardian Group 1900 NE Third St., Ste. 106 #40, Bend, OR 97701	800-380-8913	N/A	www.guardiangroup.org contact@guardiangroup.org	Nate Prussian, COO	5	2010	N/A	Mission is to prevent & disrupt the sex trafficking of women & children while enabling partners to identify victims & predators in the United States.
Head Start: NeighborImpact 2303 SW First St. Redmond, OR 97756	541-548-2380 ext.128	541-504-5725	www.neighborimpact.org/ headstart.html kimb@neighborimpact.org	Kim Brown	115	1985	N/A	Federal program for preschool children from low-income families.
Healing Reins Therapeutic Riding Center 60575 Billadeau Rd., Bend, OR 9770	541-382-9410	541-382-2781	www.healingreins.org pollyc@healingreins.org	Polly Cohen	11	1999	N/A	Nationally accredited therapeutic riding center providing horse-centered therapies & activities for children, teens & adults, ages 4-94, who experience physical, cognitive, emotional & behavioral special needs.
Healthy Beginnings 1029 NW 14th St., Ste. 102, Bend, OR 97703	541-383-6357	N/A	www.myhb.org admin@myhb.org	Kathleen Cody	3	1994	N/A	Providing access to health & education & behavior services for young children & their families.
Healthy Families Of The High Desert 2125 NE Daggett Ln. Bend, OR 97701	541-749-2133	541-585-3607	www.hdesd.org/services/healthy-families-of-the-high-desert lori.colvin@hdesd.org	Lori Colvin	13	1994	\$1.3M FY-2015/2016/2017 (21 months)	Providing home visitation, child development, parent education & parent group services to new parents in Central Oregon - Crook, Deschutes & Jefferson Counties. Helping families give their newborn children a strong start in life & reduce parental stress.
Heart Of Oregon Corps 1291 NE Fifth St., Bldgs. A & B, Bend, OR 97701	541-633-7834	541-306-3703	www.heartoforegon.org info@heartoforegon.org	Laura Handy	41	2000	\$3.0M	To inspire & empower positive change in the lives of young people through jobs, education & stewardship.
High Desert Museum 59800 S Hwy. 97, Bend, OR 97702	541-382-4754	541-382-5256	www.highdesertmuseum.org info@highdesertmuseum.org	Dr. Dana Whitelaw	40	1982	N/A	Wildlife, living history, art, cultures. Indoor & outdoor exhibits. Programs & activities for all ages.
House of Hope Ministries 724 SW 14th St., Redmond, OR 97756	541-390-1594	N/A	www.houseofhope-bend.org houseofhopeministries@gmail.com	Darlene Woods	0	2003	N/A	Supportive, safe, alcohol & drug-free shared housing for single women, women with children & single men. Life-skills classes focus on parenting & healthy living. 3-4 Volunteers.
Human Dignity Coalition 155 NW Irving Ave., Bend, OR 97701	541-385-3320	N/A	www.humandignitycoalition.org humandignitycoalition@gmail.com	Jamie Bowman	0	1992	N/A	Works to promote & safeguard human rights. Main focus is on equality for the lesbian, gay, bisexual & transgender community.
Humane Society Of Central Oregon 61170 SE 27th St., Bend, OR 97702	541-382-3537	541-312-8916	www.hsco.org info@hsco.org	Lynne Ouchida	42	1961	\$2.3 Million	Mission Statement is Strengthening the human-animal bond by advocating & compassionately caring for animals.
J Bar J Boys Ranch & J5 62895 Hamby Rd. Bend, OR 97701	541-389-1409	N/A	www.jbarj.org/j-bar-j-boys-ranch	Peggy Carey, Eva Gill	174	1968	\$4,100,000	Residential treatment program for adjudicated teen boys, providing an opportunity for boys to restructure thinking, succeed academically & grow in responsibility & more. A Program of J Bar J Youth Services.
J Bar J Youth Services 62895 Hamby Rd. Bend, OR 97701	541-389-1409	N/A	www.jbarj.org	Eva Gill	174	1968	\$9,700,000	Facilitating positive change for youth. Parent company to: Big Brothers Big Sisters of Central Oregon, Cascade Youth & Family Center, Grandma's House, at project, Kindred Connections, J Bar J Boy Ranch & J5, The Academy at Sisters & The Learning Center & Vocational School at J Bar J.
KIDS Center (Kids Intervention & Diagnostic Services Center) 1375 NW Kingston Ave. Bend, OR 97703	541-383-5958	541-647-1143	www.kidscenter.org info@kidscenter.org	Robin Antonson	27	1994	\$3.3 Million	Dedicated to prevention, evaluation & treatment of child abuse.
Kindred Connections 62895 Hamby Rd., Bend, OR 97701	541-306-9311	541-312-6052	www.kindred-connections.org kindredconnections.co@gmail.com	Jana Hill	3	2015	N/A	Kindred Connections help provides mentoring relationships for parents & temporary housing for children to families in crisis who lack a safety net & more. We are J Bar J Youth Services.
KPOV, High Desert Community Radio, 88.9 FM 501 NW Bond St. Bend, OR 97703	541-322-0863	N/A	www.kpov.org sam@kpov.org	Sam Corti	4	2005	\$150,000	Strengthening community, arts, culture & democracy through participation in independent non-commercial radio.
MountainStar Family Relief Nursery 2125 NE Daggett Lane Bend, OR 97701	541-322-6820	541-322-1884	www.mtstar.org info@mtstar.org	Staley Micken	30	2001	\$2.1M	Prevent child abuse & neglect through community support & therapeutic services that help vulnerable children & families succeed.
Opportunity Foundation 835 E Hwy. 126, Redmond, OR 97756	541-548-2611	N/A	www.opportunityfound.org info@opportunityfound.org	Seth Johnson, Ellyn Waler	335	1965	N/A	Our mission is empowering people of diverse abilities.
Opportunity Knocks 302 SW Century Dr., #405374, Bend, OR 97702	541-678-3706	N/A	www.opp-knocks.org info@opp-knocks.org	Michele O'Hara	2	1996	N/A	Peer mentorship for business owners, entrepreneurs & leaders.
Partners In Care 2075 NE Wyatt Ct. Bend, OR 97701	541-382-5882	N/A	www.partnersbend.org marlenc@partnersbend.org	Marlene Carlson	200	1979	N/A	Medicare-certified home health, hospice & palliative care. Non-medical transitions & bereavement for adults & children. Skilled nursing; physical, occupational, speech therapy; medical social work; certified nursing assistants & spiritual care. Hospice House provides general in-patient & respite care in a 12-bed facility licensed as a specialty hospital.
Scalehouse Gallery 550 NW Franklin Ave., Ste. 138 Bend, OR 97703	541-390-4025	N/A	www.scalehouse.org info@scalehouse.org	Rene Mitchell	2	2019	N/A	Convenes diverse thinkers & promote collaborations through a multidisciplinary & contemporary, encompassing visual & performing arts, architecture & design, film & storytelling, conceptual art & activism. From exhibitions to talks to the annual Bend Design conference, our programs catalyze a creative synthesis that's impossible in isolation.
Seven Peaks School 19660 Mountaineer Way Bend, OR 97702	541-382-7755	N/A	www.sevenpeaksschool.org info@sevenpeaksschool.org	N/A	30	1996	N/A	Seven Peaks School delivers educational excellence by preparing every student, every day, to reach his or her highest potential.
Shepherd's House Ministries 1854 NE Division St., Bend, OR 97701	541-388-2096	541-617-5703	shministries.org davidn@shministries.org	Ryan Olufson, David Notari	40	2006	\$3.0 Million	Hope & healing for the hurting & broken.
SMART Reading 354 NE Greenwood Ave., Ste. 103 Bend, OR 97701	541-797-7726	N/A	www.smartreading.org jardinejad@smartreading.org	Jennifer Zardinejad	2	1992	N/A	Spark joy & opportunity through the magic of a shared book.
Soroptimist International of Bend PO Box 1843, Bend, OR 97709	541-678-5203	N/A	www.sibend.org tjmcleary1@hotmail.com	Shari Anderson, Judy McLeary	0	1943	N/A	SI Bend is the longest continuously running women's service organization in Bend. Our mission is to improve the lives of women & girls.
Sunriver Nature Center & Observatory 57245 River Rd., Sunriver, OR 97707	541-593-4442	541-593-5207	www.snc.org info@snc.org	Carolyn Maxwell	15	0	N/A	Inspiring present & future generations to appreciate the natural world, an educational scientific organization.
The Environmental Center 16 NW Kansas Ave., Bend, OR 97703	541-385-6908 x 10	N/A	www.envirocenter.org marianne@envirocenter.org	Marianne Pyott	15	1989	N/A	Educate & empower Central Oregonians to advance a sustainable future, for people & the planet.
The Oregon Community Foundation 15 SW Colorado Ave., Ste. 375 Bend, OR 97702	541-382-1170, ext 1602	541-382-1215	www.oregoncf.org info@oregoncf.org	Cheryl Puddy	3	1974	N/A	Committed to improving life & uniting Oregonians through philanthropy.
Together For Children 160 S Oak St., Ste. 139, Sisters, OR 97759	541-420-2611	N/A	www.together-for-children.org laura@together-for-children.org	Laurie Farley	1	1987	N/A	Working to see that all children will be able to reach their potential & all parents will be competent parents, resulting in healthy families & communities.
Tower Theatre Foundation 835 NW Wall St., Bend, OR 97703	541-317-0700	541-749-2731	www.towertheatre.org info@towertheatre.org	Ray Solley	17	1997	1,600,000	Central Oregon's leading performing arts organization, providing cultural & educational programs that make essential contributions to the region's lifestyle.
United Way of Central Oregon 1130 NW Harriman, Ste. A Mailing: PO Box 5969 Bend, OR 97703	541-389-6507	541-385-1742	www.unitedwaycentraloregon.org info@unitedwaycentraloregon.org	Ken Wilhelm, Diana Fischetti, Jane Wendell, Kati Hannigan	5	1953	\$1,250,000	We're more than just fundraisers, we're changemakers. We fight for the health, education, resilience, & financial stability of every person in our Central Oregon Community. We are leading a community-wide social movement to build resilience in individuals, families, & our community, & to increase awareness & understanding of the effects of childhood trauma & decrease its prevalence & impact.
Upper Deschutes Watershed Council 700 NW Hill St., Ste. 1, Bend, OR 97703	541-382-6103	541--382-4078	www.restorethedeschutes.org kknigh@restorethedeschutes.org	Ryan Houston	0	1996	N/A	Protecting & preserving watersheds, wetlands & fisheries in the region through concerted efforts with other environmental agencies.
Volunteers In Medicine Clinic of the Cascades 2300 NE Neff Rd., Bend, OR 97701	541-330-9001	541-585-9002	www.vim-cascades.org info@vim-cascades.org	Kat Mastrangelo	11	2001	\$850,000	Mission: To improve the health & wellness of the medically uninsured or critically underserved through the engagement of professionals, community partners & dedicated volunteers.
Western Environmental Law Center Bend, OR 97702	541-914-9698	N/A	westernlaw.org hardy@westernlaw.org	Pam Hardy	1	2017	\$80,000 locally	A nonprofit law firm, we use the power of the law to safeguard the public lands, wildlife & communities of the American West in the face of a changing climate. We envision a thriving, resilient West, abundant with protected public lands & wildlife & more.
Younity 404 NE Norton Ave. Bend, OR 97701	541-382-1093	N/A	www.Younityus.org coxenrider@younityus.org	Carol Oxenrider	0	2007	N/A	Youth empowerment programs teach young people how to be agents of kindness. Fund, administer, support & conduct workshops that teach youth how to respond effectively to bullying & more.

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.





Because Every Child Matters

*We Are*

**J BAR J YOUTH SERVICES**



*Change a Life ~ Donate Now*  
*[www.jbarj.org](http://www.jbarj.org)*



# Partnering with Parents for those Important First Five Years

### WHAT IS HEALTHY BEGINNINGS?

Healthy Beginnings is a 501(c)3 nonprofit organization that provides free wellness and developmental screenings for children, ages 0-5. It was created in 1994 by early childhood experts who saw the need to establish a way for families to identify concerns before their children entered school. Over the past 27 years the organization has served over 11,000 children throughout Central Oregon and is recognized statewide and nationally for the innovative service provided to young children and their parents.

### WHO DO WE SERVE?

Healthy Beginnings provides its screening, referral and follow-up services to every child between the ages of 0-5 years, residing in Deschutes, Crook and Jefferson counties. Our services are always FREE to ALL CHILDREN. There are no income requirements, and no need for insurance or a referral. We are free for everyone — every time.

### WHAT SERVICE DO WE PROVIDE?

Healthy Beginnings provides the most comprehensive

screening assessment program and referral service for the health and development of every child under six years old in Deschutes County. Covering 12 key areas of health and development, the free screenings determine whether a child is developing appropriately for their age, identifying problems that can easily be overlooked at regular check-ups.

### WHY ARE THESE SCREENINGS IMPORTANT?

The early years are the best opportunity for a child's brain to develop the connections they need to become healthy, capable, successful adults. In fact, 90 percent of brain growth happens before kindergarten. A child's development should be assessed regularly and completely — several times before entering kindergarten.

The Healthy Beginnings screening program helps detect potential issues early, when intervention and treatment are most likely to be successful. Parents are provided with assessment results, appropriate professional referrals and follow-up consultation and guidance.

### HOW CAN I GET MY CHILD SCREENED?

Screenings are available in Bend, Redmond, Sisters, Madras,



PHOTO | COURTESY OF HEALTHY BEGINNINGS

Prineville LaPine and Sunriver. Call the Healthy Beginnings office at 541-383-6357 today to schedule a time for your child's screening.  
[myhb.org](http://myhb.org)

# It's Not Just Kids That Are Growing & Learning, Parents Are Too!

Family Resource Center knows parenting isn't always easy. After all, we aren't born knowing how to handle a toddler tantrum, or how to manage raising children in the era of social media. That's why Family Resource Center provides parenting education to *all* parents, caregivers, foster parents and grandparents in Central Oregon.

**What is parenting education?** It can be as quick as reading an article, or as involved as joining a group series. Parenting education is short term strategies for managing behaviors AND long term approaches to cultivating compassionate, happy children.

**We believe parents are in charge of their parenting decisions.** To make those decisions, parents want trustworthy information from people who see their family's strengths and honor their values.

**Find evidence-based programming, information and resources** for raising children in our classes, workshops, play groups and support groups. Right now, most offerings are virtual, making it easy to join other parents in learning and sharing some of the tried and true methods for calming down upset children, finding time for yourself, recognizing your child's feelings and showing them how to listen and love.

**But, parents need more than just information to raise a family** — they also need support and community. Our programs offer weekly opportunities to connect with fellow parents and lean into the understanding, encouragement and grace we can offer each other.

**For nearly 30 years**, Family Resource Center has supported Central Oregon families and caregivers



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## BECAUSE OUR COMMUNITY NEEDS US NOW MORE THAN EVER



**We're nurturing wellbeing & creating ripple effects that help our community members live better lives.**

38% of Central Oregon households were living on the edge, or were already living below, the federal poverty level *before* COVID-19.

That's why we've been focusing our grantmaking on helping the nonprofits that serve our community's most marginalized to adapt, recover, and stabilize.

We've awarded over \$1 million to 58 local nonprofits since the pandemic began.

26% of Central Oregonians are served by a United Way funded program or service.



WE FIGHT FOR THE HEALTH, EDUCATION, FINANCIAL STABILITY, AND RESILIENCE OF EVERY PERSON IN OUR COMMUNITY.  
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Dec. 18 Redmond

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Jan. 29 Madras  
Feb. 16 Bend  
Feb. 26 Sisters  
Mar. 4 LaPine  
Mar. 12 Prineville  
Mar. 30 Redmond  
Apr. 16 Bend  
Apr. 26 Redmond  
May 5 Madras  
May 14 Prineville  
May 24 Bend





Live United



PHOTO | COURTESY OF UNITED WAY OF CENTRAL OREGON

United Way of Central Oregon fights for the health, education, financial stability and resilience of every person in our community. Together with our partners, we're nurturing wellbeing, transforming access and creating ripple effects that are helping our community members live better lives.

Thirty-eight percent of Central Oregon households were living on the edge, or were already living below, the federal poverty level before COVID-19.

Now more than ever before, Central Oregonians are facing housing instability, food insecurity, childcare crises, mental health struggles, intimate partner violence, child abuse and other challenges. That's why we're working to feed people, keep them housed and protect our most vulnerable — helping individuals and families stay afloat.

We're funding local and regional nonprofits to help them adapt to the new challenges they face in serving our community through the pandemic. With our grantmaking, we're directing our efforts and resources to where they will

have the greatest impact, especially for those who are the most vulnerable and marginalized.

Twenty-six percent of Central Oregonians are served by a United Way funded program or service.

We're striving for equitable access to resources for all Central Oregonians, especially those who are most vulnerable and marginalized, such as those living in or near poverty, those experiencing racial injustice, those facing other inequities and forms of discrimination and those children in need. We're focused on childhood trauma as a root cause of many of our region's most complex mental health, behavioral health, physical health and social issues. And, we're cultivating resilience so that each and every one of us can thrive.

For 69 years, we've been connecting caring people to improve lives and shape a better community. We're driving the change that's building a resilient Central Oregon. We belong to you — our Central Oregon community.

[unitedwaycentraloregon.org](http://unitedwaycentraloregon.org)

Shepherd's House Provides Shelter Services for Central Oregon's Homeless

Many in our Central Oregon Community are struggling in a daily battle for survival. Homelessness is a growing epidemic in our community, and many go without basics necessities like food, clothing and shelter. Shepherd's House is focusing on these individuals and bringing help in tangible ways. They offer a year-round low barrier shelter in Bend and a low barrier winter shelter in Redmond, which will soon become a year-round shelter. These locations provide food, clothing, counsel, direction and a safe harbor away from the dangers of the streets to women, children, families and individuals in need.

Everyone who comes to Shepherd's House for help is treated with dignity and respect. As they become more connected with caring people, services and tangible help, the opportunity to choose a different path begins to emerge. Simple

things like a meal, clothing, a warm bed or a caring voice are often an important first step in helping individuals experiencing homelessness chart a better path for their lives.

Join Shepherd's House and many others in our community to help address the homeless epidemic and give people a chance at a more healthy path forward. You can give food, clothing or your time as a volunteer to become part of the solution. You can also offer much-needed financial support. As the need continues to grow, Shepherd's House continues to grow. Now more than ever, we need the support of the community to keep pace with this growing need in Central Oregon.

Contact David Notari at [davidn@shministries.org](mailto:davidn@shministries.org) for more information or visit [shministries.org](http://shministries.org) to find out about volunteering or to make a financial contribution.

[shministries.org](http://shministries.org)



PHOTO | COURTESY OF SHEPHERD'S HOUSE



Join Shepherd's' House today in Project S.H.A.R.E. YOU CAN PROVIDE HELP

to the many who are out of work, unable to provide for their families, some even shut-in, and isolated from help.

And, to the many others experiencing homelessness for the first time ever, living in cars, on the streets, and in nearby camps.

Support Project S.H.A.R.E. today and bring practical help and lasting hope.

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CALL us to connect: (541) 316-0662



# Cascade School of Music Announces New Music Therapy Program

by KENNETH MARUNOWSKI, PhD — CBN Feature Writer

Beginning this fall, the Cascade School of Music (CSM) will enrich its already robust curriculum of youth classes, adult classes and private lessons by introducing a music therapy program under the guidance of Emily Ross, MA, MT-BC (Master of Arts, Music Therapy — Board Certified). Expanding its programming to include music therapy furthers the nonprofit music school’s mission of serving the community “by providing exceptional music education and experiences for all Central Oregonians, making music Fun, Engaging, Safe and Social” (cascadeschoolofmusic.org). In the case of music therapy, however, learning an instrument isn’t the primary objective. As music therapist Kalani Das explains, “Music Therapy is the delivery of music based services, music based experiences, by a board certified music therapist within a client / therapist relationship to a person who has therapeutic goals and objectives.” Such goals may include increasing expressive communication, increasing coping skills, decreasing stress and increasing skills in social interaction.

Approximately 80 music therapists practice in the state of Oregon, and Oregon itself is one of only nine states that require a license to practice music therapy, which increases access to safe, high-quality services. Among these therapists, Ross stands out as exceptional, an incredible addition to CSM’s talented faculty and a true gift to the Central Oregon community. The basic requirements for a practicing music therapist are a bachelor’s degree in Music Therapy along with Board Certification, and Ross exceeds these requirements by also holding a masters in Counseling Psychology / Music Therapy from Naropa University in Boulder, Colorado. Following this advanced degree, she taught music therapy courses from 2003 to 2015, and served as Clinical Coordinator and Assistant Professor of music therapy at Marylhurst University from 2015 to 2018, while also maintaining a private practice for thirteen years. These many years of experience make Ross a seasoned veteran in this up and coming profession.

“I am very excited to join the Central Oregon community” says Ross. “I am passionate about working with participants struggling with anxiety, depression, learning differences such as Autism, or growing pains such as how to set boundaries or improve communication.”



EMILY ROSS | PHOTO COURTESY OF CASCADE SCHOOL OF MUSIC

She continues, “I also really hope to serve folks who aren’t ready for lessons, those who love music but can’t yet ‘play in the band,’ so to speak, whether for emotional reasons or due to learning challenges.” Emily’s passion for the profession is rooted in her early experiences as a general music, choir and band teacher to K-12 students where, with 30 kids in the classroom, she felt she couldn’t meet their individual needs.

Support for the program has come from a variety of sources, such as the Starview Foundation, who sponsored the music therapy room, and Brooks Resources, who sponsored the special instruments need in a music therapy setting.

[cascadeschoolofmusic.org](http://cascadeschoolofmusic.org)





# MUSIC THERAPY

Cascade School of Music is now offering Music Therapy!

Support Learning & Wellness Through Music  
Ages 2 and Up

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# Welcoming MountainStar’s New Executive Director

Kara Tachikawa is the new executive director of MountainStar Family Relief Nursery. A Central Oregon native, she has been advocating for our community’s children for over seven years. Tachikawa shares, “I believe all babies, toddlers and preschoolers deserve a strong start and that we have a collective obligation to step forward and help when families face big challenges such as unstable housing, poverty, intimate partner violence and substance abuse issues. I am thrilled to lead MountainStar’s highly qualified and caring staff in providing trauma-informed, therapeutic services that show documented success at keeping children safe and increasing family resiliency.”

Tachikawa takes over leadership from MountainStar’s founding executive director, Tim Rusk. Rusk led MountainStar’s child abuse program for over 19 years. Under his leadership, MountainStar started by serving 34 babies and toddlers in its first year and expanded services across Central Oregon to four sites with eight classrooms. This year, MountainStar celebrates a 20-

year anniversary having served over 5,000 children and 20,000 of their family members. Services include early childhood classes, home visiting and parent support including help with diapers and food boxes.

Looking forward, MountainStar remains committed to Central Oregon’s most vulnerable families. “We will continue to meet the needs of our community with a particular focus on rural areas to ensure families have equitable access to resources and community support,” says Tachikawa. “We are committed to meeting families where they are and providing strengths-based, trauma informed services to keep our community’s babies and toddlers safe.”

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

mtstar.org



KARA TACHIKAWA AND TIM RUSK | PHOTO COURTESY OF MOUNTAINSTAR

# Volunteers in Medicine is Here to Help

Volunteers in Medicine Clinic (VIM) is the only nonprofit clinic in Bend that cares exclusively for the uninsured without charge, providing free medical care to low-income, uninsured adults from working families in Central Oregon. The organization believes everyone has the right to basic healthcare services and it is the responsibility of a caring community to reach out to those in need. VIM patients are not eligible for ACA programs, and do not have the funds to pay for medical services out-of-pocket. VIM is here to help cover that gap, serving over 1,100 patients annually.

The clinic manages over 200 volunteers annually, and all care is provided through medical, support and admin volunteers. Last year alone, VIM leveraged 300 local specialists representing 46 specialties to provide pro-bono visits to 321 VIM patients outside the clinic. VIM helps patients like Gloria: she has lived in Bend for over 18 years, works as a baker and can’t afford to pay for medical care on her own. She was recently diagnosed as pre-diabetic. “I had no idea of the negative effects of a high carbohydrate diet,” Gloria says. “I was referred to the diabetes class at VIM — I was very concerned that I and my daughter would

become diabetic. Attending VIM’s diabetes education classes had a huge impact on my life. I learned how to eat a balanced and healthy diet with special attention to my intake of carbohydrates. Now I am conscious of what and how much I eat. “I also decided to do a challenge with friends. We researched better meal and exercise plans, and in the end I lost weight and I am no longer pre-diabetic! Since becoming a patient at VIM, my health has changed for the better. I am living a healthier lifestyle. I am very appreciative of VIM!”  
vim-cascades.org



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## Donate Volunteer



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# Aging Better, Together

In 45 years of serving Deschutes, Jefferson and Crook counties, the Council on Aging of Central Oregon (CoA) has never witnessed a greater need for caregiving, nutrition and social connection as we have during the last 18 months of the pandemic. Keeping Central Oregon seniors healthy, safe and connected is more difficult than ever. Access to healthy food, medical resources, cost of living increases and other factors has

significantly impacted their ability to live on fixed and limited incomes. Feelings of isolation and loneliness have escalated the problem; caregivers need a break and, hundreds of seniors need more nutritious meals. It's been a struggle, but fortunately, CoA has been able to respond. Thanks to our committed staff and 450 volunteers, we're working diligently to reduce isolation and loneliness, nutrition risk and food insecurity. We're making

home a safe place, providing access to healthy food, medical resources and opportunities for older adults to feel valued and able to participate in the neighborhoods in which they live. How can you help the seniors we serve? Every dollar you donate will add to the services we can deliver. There are still more older adults in Central Oregon who need our help. Your contributions to the CoA help make it possible to provide more nutritious Meals-on-Wheels and

our free Grab-N-Go lunches to those older adults who need our help most. Whether you are an individual or a business, you can be a hero to an aging adult. Together we can do more. Visit [councilonaging.org](http://councilonaging.org) or call us at 541-678-5483. Council on Aging of Central Oregon is a 501(c)(3) organization. Tax ID: 93-0661229. Donations are tax-deductible to the extent allowable by law. [councilonaging.org](http://councilonaging.org)

# Mosaic Medical —Working for a Healthy Future for ALL

**by EMILY BOYNTON, Senior Development Officer — Mosaic Medical**  
Mosaic Medical, a private, nonprofit health center, has served the Central Oregon community since 2002. For nearly 20 years we have helped to make basic healthcare services more accessible to anyone in our community needing care. As the region has grown, the need for our services has grown as well. We've provided — and continue to provide — expanded essential services for all, including medical, dental, behavioral, pharmacy, nutrition and more. Mosaic Medical meets patients where they are — physically, culturally and financially. With expanded services in mind, we did not hesitate when Jefferson County approached us to share in the construction of a new, larger building with Jefferson County Public Health in Madras. While Jefferson County residents are strong and resilient, the county has ranked as one of the lowest in Oregon's annual County Health Ranking for health outcomes. We are working to improve these health outcomes with this new health home in Madras, which will *double* our medical exam rooms, add three dental chairs, include a pharmacy open to the community and provide easy access to specialized medical services such as labs and x-rays. Check out our digital brochure for an interactive look at the new Madras Health Center at [spark.adobe.com/page/MVypkvp2P3RH5](http://spark.adobe.com/page/MVypkvp2P3RH5). **HOW YOU CAN HELP** We could not be more grateful for the financial support we have received from the State of Oregon and the in-kind donation of land from St. Charles Health System, but we cannot make this project happen without the help of our community as well. To ensure that the new Mosaic Madras Health Center comes to fruition, we must raise \$11 million — and we only have \$1.4 million to go! We are currently meeting



AN ARCHITECTURAL RENDERING OF THE NEW MADRAS HEALTH CENTER, OPENING SPRING 2022 | RENDERING BY BBT ARCHITECTS

with community members throughout Central Oregon to garner their support, and we are grateful to all those who have contributed to date. Should you, your company or your organization like to know more about getting involved in this life-changing health center, please contact Emily Boynton at [donate@mosaicmedical.org](mailto:donate@mosaicmedical.org). [mosaicmedical.org](http://mosaicmedical.org)

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# Central Oregon Veterans Village Nears Completion

First Five Residents Scheduled to Move in on Veterans Day

by **RONNI WILDE — CBN Reporter**

Central Oregon Veterans Village, a community of transitional shelters for homeless veterans, is turning the corner toward completion, with the first five residents scheduled to move in this coming Veterans Day, Thursday, November 11.

“We are shooting for a go-live date on Veterans Day. We still have some final grading, paving and landscaping to do, but we have five cabins signed off by the city so far. They will definitely be ready to live in by then,” says Erik Tobiason, president of Bend Heroes Foundation, which has overseen the construction phase of the project. “We are modeling this after the successful Clackamas Veterans Village, which started with 15 units just like we have. It initially launched with five residents, then slowly added the rest. We are starting with five on Veterans Day and will progress from there.” He says utilities are getting hooked up, and remaining work to be done in the Village is minor. “We might end up with a gravel path initially, but I think the paving should be fine. Every day is a sprint now, but we can see the finish line, and I feel good about it.”

The project is a joint venture between the Bend Heroes Foundation and Central Oregon Veterans Outreach (COVO) and

has involved a plethora of organizations and individuals. It is being managed as a public-private partnership with the City of Bend, Deschutes County and the State of Oregon. The Village comprises the 15 shelters, and offers behavioral and physical health services, social-service programs geared toward self-sufficiency, employment training and skill-building and housing placement. A central community building will have offices with case managers on site full time, a kitchen where meals will be served, a dining area, laundry, restrooms and showers. “All buildings are on site now,” says Tobiason. “The community building is a triple-wide manufactured unit that came over the hill from Albany. It arrived after a six-month delay due to COVID.”

The Central Oregon Veterans Village program started when Bend Heroes Foundation — an organization that honors Central Oregon veterans and other heroes in a variety of ways — had completed its Honor Flights program. “We had a big project taking WWII vets to Washington, D.C., and we finished that and needed something else to do,” explains Tobiason. “We heard about the Clackamas village, went there and met with them, decided it was a great idea and got rolling on it.”

As construction on the Village nears completion, Tobiason says COVO will take over operations. “COVO selected the residents who will move in. Bend Heroes did all the politicking and documentation to build the village, but COVO will operate it for the next decade. We are building it and handing it over to them. They deal with homeless vets every day.” He adds, “They have selection criteria, and they know who needs to come first, and what kind of criteria will allow success and what to avoid. COVO has always been a good partner.”

As with many nonprofit projects

in Central Oregon, Veterans Village was a beautiful collaboration between many organizations and individuals. Stephanie Alvstad, CEO and president of J Bar J Youth Services and Peggy Carey, director of Strategic Initiatives for J Bar J, are members of the Greater Bend Rotary along with Tobiason. Through that connection, youth living at J Bar J’s Boys Ranch have helped with construction at the Village as part of J Bar J’s vocational program. “Erik asked me to help with grants. It was a natural fit for the boys to be there,” says Carey. “Erik is a super networker.”

Through this partnership, Boys Ranch youth have received practical experience in trade work. “Our intent is to provide these boys, before they leave, with exposure to the trades as we develop the program,” says Carey. “Working with Veterans Village was a perfect opportunity to give them hands-on training in trades, such as framing, putting walls up and putting up Tyvek, and to observe and help where they can. Not only have they had wonderful hands-on experience, but they have also had the chance to work alongside Hayden Homes, Midstate Construction, Greater Bend Rotary, Heart of Oregon, former Representative Cheri Helt and Representative Jack Zika.” She adds, “Good people are working hard to make this happen. The boys have been able to both learn the trades and do some good things for the community.”

Carey says that as a result of the collaboration with Veterans Village, one of the boys has been offered an internship with Hayden Homes. “This was just a great opportunity for them. Everyone, especially City Council, has been super supportive. There are lots of donors.” She continues, “There have been so many people who have been instrumental: the City of Bend, Deschutes County, Bruce Abernethy (formerly on City Council), City staff members who have directed us and coached us on how to apply for funding... everybody has been awesome.” Greater



(L-R) BEND HEROES PRESIDENT AND VETERANS VILLAGE FOUNDER ERIK TOBIASON, J BAR J CEO STEPHANIE ALVSTAD, STATE REPRESENTATIVE JACK ZIKA AND GREATER BEND ROTARY’S BRUCE ABERNETHY AT THE CONSTRUCTION SITE IN SEPTEMBER | PHOTO COURTESY OF J BAR J YOUTH SERVICES

Bend Rotary was the biggest donor to the vocational program at \$75,000, Carey says, and members have been working diligently on Veterans Village, working alongside and teaching the boys onsite. “The Rotary Club nominated Erik for an award for Veterans Village, which was presented on 9/11. Brooks Foundation was also a big donor at \$50k. And Furnish Hope is supplying all the furnishings, for this and our other programs too.”

“For me, I really like working at the Village,” says one of the youths who is helping with the construction. “It is a good experience for me, and I get to help make houses for the veterans. I’m excited to add this experience to my resume. I really enjoy working with everyone, and the teamwork that we have here.” He adds, “The communication in our team is really awesome and supportive. Everyone here knows that they are working on a project that is bigger than them.”

Those wishing to donate or otherwise help with Central Oregon Veterans Village can contact Central Oregon Veterans Outreach at 541-383-2793 or email to [covo@covo-us.org](mailto:covo@covo-us.org), or can donate online at [centraloregonveteransvillage.org](http://centraloregonveteransvillage.org).

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THE FIRST FIVE RESIDENTS OF THE CENTRAL OREGON VETERANS VILLAGE ARE SCHEDULED TO MOVE INTO THE CABINS ON VETERANS DAY, NOVEMBER 11 | PHOTO COURTESY OF BEND HEROES FOUNDATION

# A Contingency Fund Will Help Sustain a Nonprofit During Difficult Business Cycles

by **BRUCE BARRETT — SCORE Central Oregon**

Operational challenges in the current environment are coming from a Pandemic but more frequently, such challenges come from natural disasters, employment shortages or economic downturns.

The Federal Reserve Bank of San Francisco (FRB) conducted a recent national survey to collect information on the scope and scale of challenges to nonprofit organizations related to COVID-19. The report confirms that current conditions are placing significant strain on the ability of nonprofits to serve communities.

**Key Findings from Nonprofit Respondents in the Western U.S. includes:**

- Almost three quarters of respondents (74 percent) indicate that COVID-19 is causing significant disruption to the entity they represent, with only 42 percent expecting to bounce back quickly after recovery begins.
- More than three out of four respondents (76 percent) indicated demand for their services has increased or is anticipated to increase, and more than half of the respondents (55 percent) noted a corresponding decrease or anticipated decrease in their ability to provide services.
- More than a quarter of respondents (26 percent) indicated that their entity could operate for less than three months in the current environment before exhibiting financial distress.

One strategy to immediately implement for avoiding financial distress should be establishing or enhancing a Contingency Fund.

**What is Contingency Planning and a Contingency Fund?**

Contingency planning is emergency planning. It specifies what the organization will do if something totally unexpected happens? The contingency plan will include a fund that operates as an insurance policy. It is available if the contingency meets the guidelines established by the organization’s Board of Directors. The accessible funds will minimize damage and loss, allowing the organization to continue working on its mission, even during catastrophe.

**How much should we save?**

Obviously, every organization is different, and a nonprofit’s bookkeeper can



help with a historic cash flow report and risk analysis to determine the level of a three to six month contingency fund. As a general rule, work toward a fund that stabilizes the operation’s finances, taking into account things like lost donations, repairs, need for remote locations, specialized equipment, systems improvement and varying staffing needs.

For most small operations, a fund should ideally have between three and six months’ worth of operating expenses in a contingency fund.

**How to establish a contingency fund**

While it can be difficult for organizations operating on a shoestring budget, a contingency fund is certainly not out of the question. Grant writing, resource conservation and careful planning will allow you to put aside some money for emergencies. One idea to pursue for additional funds that could be part of a contingency fund is Government Grants. The FRB report finds that the organizations surveyed expect a 33 percent increase in Government funding for nonprofits in the next year. Check with your bank, Business Oregon, SCORE or SBDC for additional information about Government assistance.

A little planning goes a long way if done before emergencies, so make a thorough budget with even a tiny bit of room for savings built in at the beginning of the year and prepare to stick with it.

**The bottom line**

Remember that a contingency fund isn’t to be used for anything except emergencies--no extravagant holiday parties, new desk chairs, or impulse buying. Instead, save this money for the inevitable emergency that befalls every organization. A quick reminder to take decisive action during a downturn so that reserves are not drained beyond the point of no recovery. On the other hand, be cautious about cutting staffing that might be the very resource needed by the organization to sustain itself and recover. And, if the contingency fund gets “tapped,” don’t forget to rebuild it.

Bruce Barrett is a Certified SCORE Mentor and a commercial real estate broker with Windermere Commercial. He can be contacted at [barrett@windermere.com](mailto:barrett@windermere.com)

[centraloregon.score.org](http://centraloregon.score.org)



# Transform Lives Together Through Shelter, Help & Hope

Bethlehem Inn’s mission is to transform lives together through shelter, help and hope for adults and children struggling with homelessness and poverty. The Inn provides shelter services in Bend and Redmond that benefit over 1,300 adults and children each year.

After an average five-week stay, residents are stronger based on key gains in stable housing, school placement for children, access to health care and customized supports focused on transition to stability. In a region marked by fast growth and increasing housing prices, Bethlehem Inn is the only emergency refuge for men, women and families in Central Oregon’s Tri-County area.

Here is one dad’s perspective on his stay and how our community of supporters enable Bethlehem Inn to help our community’s most vulnerable population:

Steve’s Gratitude:

“We were safe and surrounded by caring, compassionate people.”

Not everyone who comes to Bethlehem Inn

is unemployed. Steve is a long-time Bend resident who works as a wildland firefighter and a roofer. Even with hard work and a steady paycheck, Steve couldn’t find affordable housing and spent months in a motel, which quickly consumed his modest savings. With a young son and an infant daughter whose mother died during childbirth, he was a single father seeking security for his family.

Steve and his children settled into one of the Inn’s family units; the staff worked with him to secure a housing grant through NeighborImpact. While he struggled with past addiction, he has been clean and sober for over a year. Fighting woodland fires allows him to earn a solid income, but it also means he is away from his kids. With his son now enrolled in Head Start and his daughter in safe, reliable daycare, Steve can work without worry and this small family can enjoy the light and warmth of being together.

[bethleheminn.org](http://bethleheminn.org)



PHOTO | COURTESY OF BETHLEHEM INN

## Prevention on a Business Level

In 2020, Bend Fire & Rescue became Central Oregon’s first Darkness to Light Partner in Prevention. Bend Fire & Rescue trained over 90 percent of their staff in the child sexual abuse prevention curriculum as a way to further support and protect the children and families they come in contact with on a regular basis. The Partner in Prevention distinction is an annual distinction for an organization or business that has committed the time and effort to educate themselves on how to prevent, recognize and react responsibly to child sexual abuse.

Imagine a community where hundreds of businesses and organizations work to gain this distinction. Where a child can walk into any business be it a bank, a retail store, a nonprofit, or a restaurant and know that they can seek help from any adult. A community where businesses strategically and intentionally work to find ways to support children and families.

The process is simple. Train 90 percent or more of your staff and/or volunteers in Darkness to Light, complete background checks for those that engage in direct services with youth and uphold policies in your organization or business that limits opportunities for one adult to be alone with one child.

In addition to being placed on a national registry you will receive:


- A dated window cling and poster to display the Partner in Prevention emblem at their organizations or place of business
- An electronic version of the emblem provided for use on websites
- A high resolution version of the emblem for print


Be recognized as a company that not only cares for kids but is an active participant in speaking up and saving a child!

To learn more or to sign up for a prevention training, contact [prevention@kidscenter.org](mailto:prevention@kidscenter.org)

[kidscenter.org](http://kidscenter.org)







together we are stronger

**Providing Bully-Prevention & Teen Empowerment Programs Throughout Central Oregon**

Since January 2009, we have reached 9,900 elementary, middle and high school students and 2,700 adult volunteers across Central Oregon.

- Bully-prevention programs for elementary, middle & high school youth
- Younity Inspiration Day for Elementary Schools
- Staff/Parent Trainings
- Student Assembly
- Community Diversity Workshops
- Teen Empowerment Programs
- A quarterly newsletter with recent statistics, positive community activities in our community & ideas/activities for keeping the bully-prevention program momentum going throughout the school year

**We would love to hear from you!**

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DESCHUTES CHILDREN'S FOUNDATION  
CHARITY GOLF TOURNAMENT

FRIDAY, OCTOBER 29, 2021

**CHIP IN FORE! KIDS**

Presented by Kirby Nagelhout Construction  
at Bend Golf Club

10:30am Registration Opens  
11:30am Shotgun Start



**2021 SPONSORSHIP OPPORTUNITIES**

Hole Sponsor - \$1,500

- Recognition in all marketing materials and website
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- Company signage at featured hole
- Opportuntiy to interact with 100+ golfers

Your role as a Hole Sponsor

- Have a fun game or activity at your hole
- Costumes encouraged
- Engage with golfers



Corporate Foursomes \$850

- Tournament privileges for four golfers
- Company signage on course

Foursomes \$800

- Tournament privileges for four golfers

Register at [deschuteschildrensfoundation.org/events/golf](http://deschuteschildrensfoundation.org/events/golf)



# 100+ Women Who Care

The all-volunteer organization of 100+ Women Who Care Central Oregon (100+WWCCO), has raised nearly \$600,000 for area charities since 2014. An astounding accomplishment. Especially due to the pandemic. The need for services has increased, while donations and volunteerism has decreased.

The concept behind the group is straightforward: four times a year, women gather for one hour to collectively write a check for \$100 on the spot to a member-elected nonprofit. Prior to that, the group randomly selects three charities from nominations generated by members. Each representative has five minutes to tell their story to the group of women and why her nonprofit should receive the funds. The presenter also receives five minutes to answer any questions

from the audience.

That was pre-pandemic, and now with COVID restrictions, the meetings are virtual with the pitches presented via video. At their leisure, members watch the videos submitted by the three nonprofits which were randomly drawn by the guiding committee from nominations generated by members. Women make their decision with their wallet, donating \$100 to one or more of the organizations.

“We’ve had to adapt to COVID and the hurdles it presents,” says Kristin Betschart, co-leader of the group. “Who knew the pandemic would have such a lasting impact? Yet, the generous ladies in our membership have stepped up in a big by continuing to care and support the organizations who need it most.”

Nonprofits with various missions that have benefitted from 100+WWCCO

include Family Kitchen, C.O. Veterans Ranch, DAWN’S House, Community Shower Truck, Heart of Oregon Corps, Boys and Girls Club of Bend, Volunteers in Medicine, Cascade Theatrical Company, The Shield, Camp Tamarack, Beulah’s Place, Healing Reins, the Family Access Network and more.

“We are bringing the Central Oregon community together,” said Linda Orcelletto, co-leader for the organization. “It’s a fantastic way for women new to Central Oregon to learn more about the needs of their communities.”

Funds have been used to purchase vehicles and equipment, increase volunteer training, provide mental health counseling for clients, provide shelter for women who have been trafficked for sex, increase existing services and more.

“We are very grateful for the generous

gift from 100+ Women Who Care to help purchase a commercial walk-in freezer for our new homeless shelter in Redmond,” said Gwenn Wysling, executive director for Bethlehem Inn and funding recipient in the second quarter of 2021. “Their support demonstrates the importance and value of the Inn’s services to our entire community.”

The first 100WWC chapter was started in November of 2006 by Karen Dunigan, from Jackson, Michigan. In only 15 years, 100WWC has grown to include more than 500 chapters in the U.S. and around the globe. The Central Oregon group was one of the first chapters in Pacific Northwest and was formed by Lisa Shropshire and Lisa Connors. Today’s guiding committee includes Christi Haynes, Cindy Merrill, Alice Sole, Lisa Shropshire, Linda Orcelletto and Kristin Betschart.

100wwcco.com • 100wwc@gmail.com



ASSISTANCE LEAGUE OF BEND, Q1 2019 | PHOTO BY KIMBERLY TEICHROW



TREEHOUSE THERAPIES Q4 2018 | PHOTO BY KIMBERLY TEICHROW



GRANDMA'S HOUSE, Q2 2020 | PHOTO BY KRISTIN BETSCHART

## Recruiting Volunteers

### The Power of Brand, Alignment & Mutual Benefit

by DANIEL C. OLSEN

When people think of volunteerism, it is an image of people freely giving of their time to help others. When I have asked public officials about their volunteers, comments such as “wonderful,” “great” and “very helpful” are usually heard. Also, the comment “...and they’re free!”

The Independent Sector, a national membership organization, estimated the value of volunteer time contributed annually, through nonprofit organizations (for the year 2018) in the United States, at \$203.4 billion dollars annually. Volunteerism has a significant economic impact and great value.

Recruiting volunteers continues to be an ongoing challenge for organizations. I have talked with organizations about the issues of recruiting and retaining volunteers, going back to the 1970’s. More than 50 years later, these issues continue as major challenges and topics of discussion.

There are many strategies which people, and organizations, have developed to meet these challenges. Often times, when organizations consider recruiting volunteers, their thoughts may focus on the “how” to bring in new members. In recent years, this includes such things as using social media to attract interested parties and developing strategies to entice individuals to become volunteers.

However, there are three very powerful, but often overlooked, elements that impact your recruitment of new volunteer members. These elements are your brand, alignment within your organization and mutual benefit.

#### Your Brand

Your Brand, or trademark, is a very valuable asset for your organization. Businesses have long recognized the power and importance of branding. Symbols, fonts, colors and other items contribute to give an organization their identity and make it easily recognizable.

Your brand makes you unique and sets you apart from other organizations.

The brand can also contribute to an organization’s stability simply by being familiar. Think of product and services of which are you use or purchase. However, this is sometimes forgotten with nonprofit organizations. With changes in leadership, a “new



look” may be pursued. With this new look, elements of the brand are altered or discarded. The change in branding will alter your perception of the organization or services provided.

How identifiable is your brand in the community you serve? How well do you protect this valuable asset? When potential volunteers see your brand, do they readily know who you are? Are they attracted to

it? Your brand can greatly influence and assist in your recruiting efforts. It is a valuable recruiting tool.

#### Alignment

Alignment contributes to your reputation in the community. Alignment is consistency in what your organization says and does. How closely does what you say lines up with what you actually do. Alignment involves accuracy and consistency. It involves how well your claims and promises are carried out by members of your volunteer organization.

Today, we hear a great deal about “customer service”. Many businesses, and agencies may claim great customer service but lack hitting the mark they claim. Think of a business or agency you frequent. How good, or great, is their customer service?

In your volunteer organization, how is the level of customer service? And more important, how is the level of customer service to your individual volunteers?

Follow-through is important with alignment. Think of alignment as a golf swing. You take your position, address the issues, take your swing and follow-through. How is your “follow-through” with your clients and volunteers? How does the alignment within your organization resonate with others when you are attempting to recruit new volunteer members?

#### Mutual benefit

Many times, I have seen recruiting efforts that emphasize “Volunteers Needed.” The statement is accurate. The need may be urgent. But it sounds desperate. I understand that sometimes there is an urgency because of an unexpected need that has arisen. But most often, the organization knows when and how many volunteers they need. So why the message of desperation and urgency?

Recruitment is often times approached as selling people on your organization. The “sales pitch” is made

to convince individuals they should volunteer for your group. Once the sales pitch is made, efforts are made to overcome objections the potential volunteer has.

The volunteer organization should assess their recruitment on what they need and what they are offering to potential members. Yes, you will most likely spend more time up front in this process as you will be talking with the potential member about their interests, needs and wants. You will be discussing what your organization can offer and if it can satisfy those interest, needs and wants. It will be time well spent.

I ask you to consider the approach of “interested in volunteering...let’s talk.” Your approach is to present the benefits of your organization. However, you are not “pitching them,” or trying to sell them something that would not be a good fit or match for them or your organization. How comfortable are you when someone is trying to sell you something you do not want? They work hard to convince you and overcome your objections to make the sale. Will you be a satisfied customer?

Talk with each volunteer to determine their interests, needs and wants. It does take time. But it is more beneficial to do this early in the recruiting rather than after you have invested time, training and money into the new volunteer and finding out your organization is not for them, and they leave.

You seek volunteers who can perform the services you provide. And you are offering the opportunities and benefits they are seeking. If these match, then the potential volunteer could be a good fit for your organization.

Your Brand, Alignment and Mutual Benefit are three powerful tools for recruiting new volunteers into your organization or agency. Each of these elements are a long-term investment in recruiting quality volunteers to you organization. Each element also has the added advantage of helping with volunteer retention.

Daniel C. Olsen retired from a successful 33-year career in the fire-rescue service and public administration working with career and volunteer personnel. His experience includes working in the private sector and with nonprofit organizations. He has served as a staff member, volunteer and board member with several nonprofit organizations.



# City Club Creates Conversation Everyone Wants to be Heard

by LINDA ORCELLETTO — City Club of Central Oregon

When it comes to creating conversation in Central Oregon, City Club of Central Oregon plays an essential role in helping our communities have dialogues about critical issues. City Club is a safe place to discuss a diversity of viewpoints without fear of judgment or retribution.

Founded by Jim Lussier, Stephen Hacker and Jim Schell nearly 15 years ago, City Club creates community conversations through its monthly forums that promote dialogue, education and responsible civic engagement. City Club's monthly presentations have included topics such as: dredging Mirror Pond, tourism, population growth, transportation, gender equity, PERS and affordable housing. The annual City Manager's forum brings the communities together to hear officials from Bend, La Pine, Madras, Prineville, Redmond and Sisters. Each forum is unique because attendees vary, but every presentation creates ongoing, civil dialogue that advances a possible resolution.



Joey Drucker



Kim Gammond

Leading City Club into the future is Kim Gammond. As a fifth-generation Central Oregonian, Gammond has helped lead organizations such as Central Oregon Association of Realtors and the High Desert Museum in membership and community involvement.

"City Club is one of the few organizations that looks at the region as a whole. It is more important than ever to have safe, neutral space for conversation," said Gammond. "We don't have to agree with one another, but we do have to be willing to listen."

"Kim has deep roots in Central Oregon,

is well respected by so many people — and, importantly — values the role of representing different viewpoints and voices," said City Club Board President Blair Garland. "Due to Joey Drucker's dedication, City Club has grown to become a cornerstone of the community. Kim has the vision and organizational leadership skills to take us to the next level."

Drucker has been City Club's executive director since 2012, and is retiring at the end of October.

Over the years, City Club has collaborated with many other like-minded organizations such as the League of Women Voters (offering free candidate forums during election times), Bend Chamber's Young Professionals Network and Better Together, to name just a few.

"In general, people all want the same things. Nobody wants poverty, hunger, global conflict. It's the way we arrive at solutions that is different," said Drucker. "I appreciate our courageous speakers who share their life and challenges to our forums' audiences. City Club offers ways to

have a respectful conversation and talk to each other rather than past one another."

Like many nonprofits, City Club's largest hurdle was navigating COVID-19. Drucker immediately pivoted to maintaining the forums via livestream on the City Club website with a partnership with Connect Central Oregon and OSU-Cascades. Each forum is recorded and available on the website. Even through the pandemic, City Club has remained viable due to a robust membership and ongoing community support, allowing the livestreams to remain free.

Eli Ashley, president of City Club in 2011 who hired Drucker, said, "Joey is unflappable and nimble when dealing with challenges. She's always aware of the health and welfare for City Club. The transition to the new leadership will be flawless."

Community volunteers keep City Club moving forward with membership, programs, marketing and board governance committees.  
[cityclubco.org](http://cityclubco.org)

## Helping Nonprofits Serve Children & Families

When asked what makes Deschutes Children's Foundation unique, Executive Director Amy Ward replied, "We're the only nonprofit service center in Oregon. And we aren't aware of any other organizations — anywhere — that provide facility management free of charge to their partners."

"Our business model dramatically reduces expenses for our nonprofit partners who work at our community campuses in Bend, Redmond and La Pine. That means that more of our partners' fundraising revenue goes directly toward achieving their individual missions. Imagine what it would be like to run your business without paying rent. Partnering with Deschutes Children's Foundation means that local nonprofits spend an average of 56 percent less

than market rate on their classrooms and office space. That's a huge savings for our partners."

Deschutes Children's Foundation exists to help nonprofits serving children and families fulfill their missions. Founded in 1990 by community members who identified a need for families to access services in a centralized location, Deschutes Children's Foundation has grown from their original community campus on NW 14th Street in Bend to encompass four locations in Deschutes County.

Children and families access a wide range of services at Deschutes Children's Foundation's locations, including child abuse intervention and prevention, mentoring, preschool, pediatric dentistry and health screenings,

mediation and physical and occupational therapy. Clients can access the services of multiple partners in one convenient location. Having multiple nonprofits in one spot also improves communication and collaboration among organizations. The community campuses are warm, welcoming and safe environments staffed by knowledgeable facility managers.

Deschutes Children's Foundation's enables nonprofit partners to focus their hard-earned funds directly on their individual missions because their burden of fundraising for overhead expenses has been lessened. As a result, more children and families in our community receive crucial services.

[deschuteschildrensfoundation.org/support](http://deschuteschildrensfoundation.org/support)

## Unique Opportunity for Homeownership

Now Accepting Applications

The nonprofit, First Story, is once again providing a hand-up to homeownership to Sisters residents through a unique partnership with Hayden Homes and NeighborImpact. The homes will be constructed by Hayden Homes in their McKenzie Meadows community and sold through First Story's 30-year non-interest loan program.

To become eligible to apply for a home, applicants must first complete the Homebuyer Education Class and a home buying counseling session through NeighborImpact. Virtual classes are available monthly starting in October. Completion of the Homebuyer Education Class is not a guarantee of an interview or selection for housing.

"We are proud to support NeighborImpact, with a \$5,000 donation, to help ensure their services continue to be accessible to those in the community," said Deborah Flagan, vice president of Community Engagement at Hayden Homes. "We recognize there are barriers that can prevent families from achieving homeownership and believe this Homebuyer Education class provides a welcoming environment for all families to learn about the home buying journey, including valuable tools to cultivate and maintain financial wellness."

First Story, Hayden Homes, NeighborImpact and the City of Sisters began this special project in 2019 to provide affordable homeownership opportunities in Sisters. Six families, graduates of NeighborImpact's HomeSource Program,



KATIE MCGOWAN, HAYDEN HOMES MARKETING SPECIALIST, PRESENTS CHECK TO SONIA CAPECE, NEIGHBORIMPACT'S DIRECTOR OF HOMESOURCE | PHOTO COURTESY OF HAYDEN HOMES

have been welcomed home with special key ceremonies.

In 2022, homes will be available with three bedrooms, two baths and a two-car garage. Homes will be sold move-in ready with appliances, washer and dryer, window blinds and a landscaped yard and prices will be based on HUD standards for affordability at 80 percent of area median income and sold through First Story's zero-interest, 30-year no down-payment home loan program.

"The zero down payment requirement as well as the fact that credit scores are not required as a determining factor, encourages many to apply that would normally be restricted due to these mortgage thresholds," said Claire Duncan, executive director of First Story. "First Story is a testament to the giving spirit of our community and the positive results that come when we work together on creative solutions."

[hayden-homes.com](http://hayden-homes.com) • [FirstStory.org](http://FirstStory.org)  
[FirstStory.org/own-a-home](http://FirstStory.org/own-a-home)

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# Furnish Hope: Turning Houses into Homes

by **RONNI WILDE — CBN Reporter**

For many founders of nonprofits, the decision to start a company with little to no money for the purpose of helping others is often the result of a profound moment in their lives; a feeling that the work is something they simply must do, and the passion and drive to move forward with it is something they just can't shake.

Such was the case for Megan Martin, founding director and CEO of Furnish Hope in Bend, who says she had a calling following a traumatic time in her own life, and she was so certain it was what she was meant to do that she and her husband funded the program by maxing out their own personal credit cards to get it started.

"Furnish Hope started in 2018, and came to me through a vision I received," says Martin. She had been working in education for 20 years, and says she felt like she was living out her life's calling. "I was doing my dream job and I loved it. But in 2017, I found myself unexpectedly reassigned. It was devastating to me. It was heartbreaking and threw my heart into a million pieces." In the year that followed, she says she was certain she'd wind up getting another job in education, but that didn't happen. "I started praying and crying out, asking God what to do and seeking next steps." She says she was expecting an opportunity to lead another school to come along, but the answer she got was radically different. "I got a text message from Westside Church's outreach department about a mom leaving Bethlehem Inn with her three kids, starting life over, and she needed an apartment full of furnishings. When I got that text, I received a vision so profound that it left me wrecked on the floor weeping. God showed me the answer to my prayers, and it was to create a nonprofit to furnish homes for people who were going through something traumatic and working hard to help themselves but couldn't do it all alone. We were to come alongside and just give them hope. Furnish Hope was born from that."

Martin says that at first, she didn't tell anyone about her experience, and she tried to ignore it, still wanting to go back into education. But when a second text came in a week later, she received a more detailed vision, complete with instructions on how to execute the nonprofit, and where to begin. "I was so terrified. I thought my husband would think I was crazy. I told him about it, and said I'd understand if he wanted to leave me," she says with a laugh. "He was so

understanding. We bought the furniture on our credit cards, believing that people would one day donate. We started with Habitat for Humanity, and God told me we'd furnish all their homes." At that point, Martin met with Robin Cooper (Engle) at Bend-Redmond Habitat for Humanity, who suggested she start with just one house. "But I told her God had told me to do them all. There were 22!" The women formed a partnership, she says, and when Martin learned that often the Habitat recipient families were scraping together every penny just to get into the new homes, she says she realized the dire need for this program. "They often didn't even have a mattress; sometimes they were sleeping in a friend's room on the floor or on a mattress that needed to go to the dump. All of a sudden, my eyes were wide open, and I was seeing and understanding the need in our community in such a deeper way."

It was October 2018 when Martin first got the vision for Furnish Hope, and in January 2019, she created the business plan. "I also began meeting with realtors. Part of the vision I believed was that we were to be self-sustaining to a degree by fundraising through a social-service activity." This led to staging homes for people who were selling their houses to create revenue to purchase the furniture to give away. "I started meeting with realtors and asked them to hire me to stage the houses to support the mission. That grew quickly; within six months, we had staged over 20 homes and furnished eight Habitat houses. And we were in debt. Our credit cards were maxed out because we were buying all this furniture to stage homes and to give away."

Then in October 2019, Martin says something "miraculous and radical" happened. "We were asked to furnish a house for seven guys transitioning into a halfway house from Shepherd's House. I said 'yes,' but we had nothing." She continues, "I felt led to call the owner of College Hunks (hauling and moving company in Bend). I didn't know him, but I knew his name and had his number. He had just gotten a call from Eagle Crest Resort minutes earlier. Eagle Crest was renovating 80 cabins and wanted to clear out everything. They brought three massive moving trucks full of furniture to us. Mattresses were popping out of the warehouse; we had so much stuff."

As if that weren't enough, Martin said she and her friend Deborah Asato, who now serves as COO of Furnish Hope, felt that there

was supposed to be even more to the program. "We sat down to have lunch one day, and there on the counter was the *Source Weekly* guide to all the nonprofits. We thought we could reach out to all the other nonprofits too." She continues, "So in a year, we went from furnishing 22 Habitat homes to partnering with 52 agencies, and we now furnish over 30 homes per month. As of June, July and August of this year, we are receiving more than 40 referrals a month. It's increased due to COVID, but also, awareness has increased the referrals." She says Furnish Hope serves families on a weekly basis in Madras, Warm Springs, Prineville and La Pine, but that 50 percent of the families they serve are from Bend. "The need is all around us. When you walk into homes and see the bags of clothes, the blankets on the floor, you realize that there are a lot of people who have houses, but not homes."

Right now, Furnish Hope is very busy, Martin says. "We went from just me and my family helping to hiring two other full-time partners, Deborah and Mary Barlow, who is CFO, by October 2019." In that first summer, they had one to two volunteers, she says. Now, they have 71 volunteers each week who help support the organization in various ways. "We furnish homes in all three counties (in Central Oregon), furnishing entire homes, with five to ten home deliveries per week. Last summer, we were furnishing about ten homes per month, so the number has tripled."

As for fundraising, Martin says their very first event was going to be right before COVID hit, so they had to shut it down. "But we have moved forward with grant writing. We were able to raise our goal for 2020 of \$100,000, and our goal for 2021 is to raise another \$100,000. Our big push will be in November and December. We will try to raise the final \$60,000 in the last two months." She says her team is grateful for all the help and feels that they have been "incredibly" supported. "We have over 20 business partners who support us with storage space, gas, bags and laundry; staging companies and home décor stores that donate inventory; and Sunriver Resort has donated furniture. Westside Church purchased and donated a 26-foot box truck to help us, and High Desert Insurance runs TV commercials for us. That's been a huge blessing for us; we



receive lots of donations from that." She adds, "CoEnergy Propane has also just recently donated. We've been overwhelmed."

Martin says Furnish Hope just received a \$25,000 grant from Les Schwab to purchase another truck to help with furniture moving. "We are searching for a good truck that is not outrageously priced right now. As referrals increase, we need more towing capacity. We don't want people waiting for furniture."

For those who wish to donate, the Furnish Hope warehouse, located in donated space at 1006 SE 9th Street, is open Tuesdays and Thursdays from 9-11am for donation drop-offs. They accept gently used furniture, housewares, kitchen items, linens and other items that help turn empty houses into homes.

"The three of us who run Furnish Hope have been astounded by the generosity and desire of people in this community to make a difference in the lives of individuals. The circle of giving has grown and grown. People feel inspired to call to come be a part of what we are doing; they are stirred to help people who have a face and a name in their community." She adds, "I've been collaborating with other nonprofit leaders over the past year and a half, and we all work very closely together. Through our collective work and sharing of resources, we are standing in the gap with one another for these families. That's how the work gets done. We have a very special nonprofit community here in Central Oregon, and we all want to join hands and work together. It's been incredible to see businesses, individuals and agencies be a part of creating hope in our region. At a time like this, we all need hope."

[furnishhope.org](http://furnishhope.org)

# From Bend to Ethiopia, ReachAnother is Changing Lives Across the Globe

by **CHLOE HONAKER, Executive Administrator — ReachAnother Foundation**

Most of us envision retirement as a time to slow down, relax, take up new hobbies, work on our golf game—not so for Dr. Marinus Koning, who has changed the lives of thousands of families in Ethiopia through his organization, ReachAnother Foundation. The story of ReachAnother starts in 2009 when Marinus embarked on a medical mission to Ethiopia just after finishing a long and fulfilling 35-year career as a surgeon in Central Oregon. Quickly after arriving there, Marinus noticed an alarming rate of preventable birth defects (spina bifida and hydrocephalus), a severe lack of medical capacity and little access to necessary surgical equipment to provide adequate care.

With only one neurosurgeon to serve the entire 90+ million population of Ethiopia at the time, many children were put on long waiting lists for a surgery that would not arrive in time. Marinus invited his identical twin brother, Jan, who is also a retired surgeon, to join him in Ethiopia and ReachAnother Foundation (also affectionately known as the "NGO of the Twins") was founded by Marinus in the United States and Jan in the Netherlands to train neurosurgeons and build medical

capacity to address the neural tube defect crisis in Ethiopia.

In the last 12 years, ReachAnother has provided funding for over 7,500 brain and spinal surgeries for children born with life threatening birth defects, helped train 49 neurosurgeons and donated over \$1 million of medical equipment and supplies.

Today, ReachAnother is fighting to prevent these birth defects before they happen using a very valuable public health tool: food fortification with folic acid. Many higher income countries like the United States fortify flour with folic acid to decrease the prevalence of spina bifida and hydrocephalus, however flour is not widely consumed in Ethiopia so ReachAnother had to find a more creative approach. The project is moving quickly, with the first stages of the study of salt fortification already underway. This study will confirm the viability and effectiveness of salt fortification in Ethiopia, with an eye for expansion into other countries facing the challenges of folic acid preventable birth defects in the near future. Once successfully completed and implemented, this project will provide a national solution for 84 percent of Ethiopian women of reproductive

age that are at risk of having a child with these serious birth defects. The findings produced will present the necessary evidence-based metrics to ignite a movement for change making Ethiopia a trailblazer in the global movement to prevent thousands of cases of spina bifida and hydrocephalus worldwide.

ReachAnother Foundation is also working with hospitals in the US and in the Netherlands to give thousands of medical instruments a fresh lease on life through the Circular Instrument Project. The instruments are carefully selected and where necessary refurbished and sent to the Ethiopian Ministry of Health for the "Saving Lives Through Safe Surgery" initiative. Dr. Koning said, "Good tools are half the work and we were told stories by newly graduated neurosurgeons in Ethiopia that they could not perform surgery because of a lack of medical instruments. They were moved to tears when we gave them what they needed to start applying their skills with patients immediately."



DR. MARINUS KONING | PHOTO COURTESY OF REACHANOTHER FOUNDATION

If you would like to get involved and support ReachAnother, consider attending their annual "*Evening for Ethiopia*" Gala on Saturday, October 23 at Aspen Hall for an Ethiopian inspired dinner, live auction, marketplace, dessert dash and more. Seats are limited this year so buy your tickets early at [reachanother.org](http://reachanother.org). The ReachAnother Gala is presented by The Ladd Group and Cascade Sotheby's. Their generous support contributes to creating a better world for all children. Special thanks to Cascade Publications for highlighting ReachAnother's important work.

[reachanother.org](http://reachanother.org)



# How Nonprofit Buildings Get Funding

by JESSICA BIEL — Pinnacle Architecture

There is a critical need in the community, and you have an idea but are not sure how funds are raised to make it a reality. The following four case studies from around Oregon showcase the different fundraising approaches for capital construction projects.



### Canyon Edge Affordable Housing in Redmond

With so many rent-burdened residents in the region, the addition of Canyon Edge is critical to helping solve Central Oregon's housing crisis. It is a unique project, spread across two sites just 300 feet apart amongst other multi-family and single-family homes. The project added 67 affordable homes to the community.

So how did it get funded? The project owner, Housing Works, applied for a funding opportunity through the Oregon Housing and Community Services (OHCS) state department. Millions of federal dollars are distributed to each state every year, and housing developers respond to a Notice of Funding Available (NOFA) to compete for the money. Learn more about this funding opportunity at [oregon.gov/ohcs](http://oregon.gov/ohcs).

### Meredith House Domestic Violence Shelter in John Day, Oregon

Heart of Grant County represents The Oregon Coalition Against Domestic & Sexual Violence in Grant County. They are creating a safe place for victims of domestic and sexual violence to find support. The new building provides space for organization operations and counseling services and has a small living space used as a temporary shelter

for those in need.

So how did it get funded? The owner, Heart of Grant County, applied for a Community Development Block Grant. These federal funds are dispersed to each state to develop livable urban communities for persons of low and moderate incomes. Learn more about this funding opportunity at [orinfrastructure.org](http://orinfrastructure.org).

### Community Hall Renovation and Expansion in Dayville, Oregon

Dayville is a small Eastern Oregon town rooted in history. The original Hall was built by community shareholders in 1920 and is referred to as the city's heart. The aging building needed many upgrades to continue to be safe and a community resource. The project is currently under construction and includes a complete interior and exterior renovation preserving the historical aspects of the Hall.

So how did it get funded? Dayville is a small community and didn't have the in-house resources to research and apply for funding opportunities. They hired an independent grant writer to help them apply for a Community Development Block Grant. Nonprofit consultants offer various services, from strategic planning and market research to capital campaign design and grant writing. A few who have successfully helped our clients are listed at [pinnaclearchitecture.com/resources](http://pinnaclearchitecture.com/resources).

### Elgin Family Health Clinic in Elgin, Oregon

The Elgin Family Health Clinic functioned from a 1,900-square-foot, outdated and crowded space for more than 50 years. They were in desperate



CONSTRUCTION UPDATE PHOTO OF MEREDITH HOUSE. THE GENERAL CONTRACTOR IS PUTTING THE FINISHING TOUCHES ON THE EXTERIOR AND INTERIOR. LANDSCAPING BEGINS NEXT | PHOTO COURTESY OF PINNACLE ARCHITECTURE

need of a new facility to support the health of their community. The Elgin Health District board members and the community pulled together to help raise funds. Now they have a new, efficient health center combining medical, dental, physical therapy, behavioral health and pharmacy under one roof to serve the community of Elgin.

So how did it get funded? This project took a village to fund and a very dedicated board of directors. They asked state officials, applied to multiple private grants and had numerous community fundraisers. In the end, funds came from Grande Ronde Hospital, Oregon State Capital Construction Lottery Funding, foundation grants and private donations. Pinnacle maintains a list of capital construction grants that helped the Elgin Health District connect with private funders. You can request a copy at [pinnaclearchitecture.com/contact](http://pinnaclearchitecture.com/contact).

There is no one approach to funding vital community projects. Before

pursuing funding opportunities, it's essential to have a good plan and input/consensus from your community. Pinnacle helps our nonprofit client in the early planning phase by doing an architectural feasibility study. This study helps determine what size building they need for the services they want to offer and if a particular location is feasible. Next, we create 3D renderings to visualize the project. Along with a well-constructed business plan, these items help tell the story of the project and increase funding success.

Jessica Biel is a director at Pinnacle Architecture. With a 20-year background in marketing, she provides a resource to her firm's clients. Biel maintains a capital campaign grant list, creates marketing materials to highlight projects for funding packets and community outreach and supports her client's grant needs. Biel can be reached at [Jessica@parch.biz](mailto:Jessica@parch.biz) or 541-388-9897. [pinnaclearchitecture.com](http://pinnaclearchitecture.com)

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Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	CPAs	Services
Alliance Professionals LLP 2622 SW Glacier Pl., Ste. 180 PO Box 1930 Redmond, OR 97756	541-548-1735	541-923-0211	www.redmondorcpas.com jwerner@alliancepros.net	Jennifer J. Werner	5	1992	2	Construction, real estate, agriculture & small business. Tax & financial, accounting & advisory service.
Ashford & Associates, LLP 1143 NE Fourth St. Bend, OR 97701	541-382-1021	541-382-7273	www.ashfordcpa.com katie@ashfordcpa.com	Katie Ashford, Harold J. Ashford	5	1977	5	Business consulting, estate & trust preparation, entities & individual income tax preparation in the areas of construction, real estate, professional services, medical, agriculture, manufacturing & retail.
Azure Tax & Accounting LLC 225 NW Franklin Ave., Ste. 3 Bend, OR 97703	541-550-5700	541-550-5718	www.azurecpa.com joanne@azurecpa.com	Joanne Shackelford	7	2017	6	Tax planning & preparation & consulting for small business, individuals, trusts & estates & bookkeeping services.
Callan Accounting CPAs & Advisors, LLC 855 SW Yates Dr., Ste. 101 Bend, OR 97702	541-388-3838	541-385-3270	callanpcas.com webinfo@callanpcas.com	Johnita Callan	12	1987	8+	Full scope of tax preparation & business accounting.
Campbell & Tehan, CPAs 441 E Main St. PO Box 1359 Sisters, OR 97759	541-549-0829	541-549-0345	candtcpa@bendbroadband.com	William Campbell, Peggy Tehan	1	1985	2	General practice.
Capstone Certified Public Accountants, LLC 698 NW York Dr. Bend, OR 97703	541-382-5099	541-388-1056	www.capstonecpas.com info@capstonecpas.com	Lance Brant	11	2004	6	Services tax, audit, business start up, financial planning, small business consulting & planning.
Capstone Certified Public Accountants, LLC 257 S Pine St. Sisters, OR 97759	541-549-1237	541-549-4465	www.capstonecpas.com info@capstonecpas.com	Lance Brant	18	2004	6	Services tax, audit, business start up, financial planning, small business consulting & planning.
Capstone Certified Public Accountants, LLC 735 SW Ninth St. Redmond, OR 97756	541-548-3569	541-548-3580	www.capstonecpas.com info@capstonecpas.com	Lance Brant	7	2017	3	Services tax, audit, business start up, financial planning, small business consulting & planning.
Chris Mahr & Associates CPAs 805 NW Industrial Way, Ste. 1 Bend, OR 97702	541-647-2104	541-647-2189	www.mahrcpas.com kelli@mahrcpas.com	Chris Mahr	4	2011	3	Tax planning & preparation, business planning & consulting, audits of municipalities, commercial & nonprofit entities. Reviews & compilations.
Deschutes Tax Services, LLC 25545 SW Forest Service Rd Camp Sherman, OR 97730	541-788-1425	541-312-4392	www.deschutestax.com info@deschutestax.com	Al Weidinger, Julie Elston	4	2005	1	Tax return prep for small businesses, IRS problem resolution, business formation, financial planning, certified Quick Books pro adviser, retirement planning & 1031 exchanges & business brokerage services.
Devon A. Gaines CPA, PC 404 SW Columbia St., Ste. 230 Bend, OR 97702	541-323-6750	541-330-0254	www.dgainscpa.com devon@dgainscpa.com	Devon Gaines, Wendy Hays, Hannah Erickson	3	2009	2	Provides tax planning services & prepares individual, partnership, corporate & nonprofit tax returns.
Evans, Bartlett & Higbe, CPAs, LLP 180 NW Second St. Prineville, OR 97754	541-447-6565	541-447-4274	cpaoffice@evans-bartlett.com	Randy Higbe, Jerry R. Evans, Victor L. Bartlett	10	1970	3	Tax planning & preparation, real estate, construction, agriculture, manufacturing, financial statement preparation, bookkeeping, business consulting & 1031 exchanges.

Continued on Page 32▶



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Bend, Oregon 97702



# 2021 Tax Planning — Be Prepared & Have a Team

by **LANCE BRANT, CPA & Managing Partner — Capstone CPAs, LLC**

As many are aware, several of the tax laws have been up in the air creating uncertainty among many. It is likely that many of the current tax proposals may pass before the end of the year and have retroactive dates, so it is important to be prepared.



### Itemized Deductions

Under the current proposal, the value of itemized deductions for those in the highest tax bracket could be capped at 28 percent. For instance, if one is being taxed at the 39.6 percent rate, they could only get a benefit of 28 cents for each dollar on a mortgage interest deduction instead of 39.6 percent thereby limiting their ability to reduce their taxable income.

### Childcare Credits

Currently, childcare costs can be used toward the child and dependent care credit up to \$3,000 per child, or \$6,000 for multiple children. If one's adjusted gross income is above \$43,000 the credit is limited to 20 percent of those expenses.

The proposal being considered includes an increase in eligible expenses to \$8,000 for one child and \$16,000 for multiple children, with a credit of up to 50 percent of those expenses available for taxpayers earning up to \$125,000.

### Gift and Estate Taxes

Current estate and gift tax exemptions are over \$11 million per person, however under President Biden's proposal, the estate tax exemption would be reduced to \$3.5 million and the gift tax exemption \$1 million.

### Timing

While we do not know what proposals will become law or what date they will take effect — some may revert to January 1 of this year — we cannot emphasize enough the importance of planning.

This is only a general overview of what may be on the horizon. Please contact our firm so that we can assist you in mitigating your tax liability. We have offices throughout Central Oregon, Eugene and North Idaho.

Capstone CPAs, LLC, 698 NW York Drive, Bend, OR 97703

capstonecpas.com  
541-382-5099  
bend@capstonecpas.com

### Income Taxes

President Biden has proposed an increase of the top individual tax rate from the current 37 percent to 39.6 percent, affecting those with taxable income greater than \$400,000. Whether this is a rate for a single tax payer or married filing joint taxpayer is still unknown. It is important to note that this increase was already scheduled to change in 2026, due to the fact that the 2017 tax law changes were only temporary.

Under the current administration's proposal, the tax rate for C corporations would increase from 21 percent to 28 percent.

### Social Security Taxes

A significant potential change applies to Social Security tax on wages above \$400,000. Currently, employees and employers each pay 6.2 percent on the first \$142,800 of wages. While this would remain the same under Biden's new proposal, Social Security Tax would again be assessed on wages that exceed \$400,000, creating a wage gap from \$142,800 to \$400,000, where Social Security tax would not be assessed.

It is important to note that this is in addition to Medicare taxes of 2.9 percent to 3.8 percent, which are also paid on an unlimited amount of wages.

### Capital Gains and Qualified Dividends

This potential change would impact the highest-earning taxpayers the greatest. Under President Biden's proposal, taxpayers earning over a million dollars would be taxed at ordinary income tax rates for capital gains and qualified dividends. Currently, the tax rate on long-term capital gains and dividends for taxpayers in the highest tax bracket is 20 percent, plus 3.8 percent net investment income tax under the Affordable Care Act, for a total of 23.8 percent. Under this new proposal, capital gains taxes for those making more than a million dollars would go up to the 39.6 percent rate, and quite possibly could have still have the 3.8 percent surtax on top of that.

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► CONTINUED FROM PAGE 30

Accounting Firms *continued from Page 33 (Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	CPAs	Services
Fowler & Co, Inc. 377 SW Century Dr., Ste. 101 PO Box 243 Bend, OR 97702	541-550-1656	541-537-4312	www.fowler-cpa.com inquire@fowler-cpa.com	Greg Fowler	3	2014	2	Business services: tax planning & preparation, business growth strategies, management improvement coaching, financial modeling, bookkeeping. Personal services: tax planning & preparation, personal financial strategies, retirement planning.
Gerdes Financial LLC 120 SW Crowell Way, Ste. 100 Bend, OR 97702	541-389-7090	541-389-6620	www.gerdesfinancial.com mandy@gerdesfinancial.com	Mandy Larson, Todd M. Gerdes	2	1988	2	Tax preparation, estate & gift taxation, real estate & 1031 exchanges, retirement planning, QuickBooks support, business succession planning & compilation services.
Hogue Accountancy, CPA, LLC 2514 NE Division St. Bend, OR 97703	541-382-8234	541-389-6084	www.hogueaccountancy.com carrie@hogueaccountancy.com	Gwen Hogue	4	1998	1	Tax returns, financial statements, bookkeeping & accounting. Install/training.
Jana S. Arbow, CPA, LLP 225 SW Scalehouse Lp., Ste. 103 Bend, OR 97702	541-389-4975	541-389-4998	www.arbowcpa.com jana@arbowcpa.com	Jana Arbow	1	1988	1	Financial statement preparation, eldercare, income taxes & small business consulting.
Jones & Roth CPAs & Business Advisors 300 SW Columbia St., Ste. 201 Bend, OR 97702	541-382-3590	541-382-3587	www.jrcpa.com info@jrcpa.com	Evan Dickens, Brian Newton	13	1946	7	Tax, audit, assurance, advisory, business transitions & retirement plans for companies of all sizes. Specialized industry practices in construction & real estate, dental, medical & nonprofit organizations. Retirement plan audit specialists.
Kerkoch & Nelson, LLP 45 NW Hawthorne Ave. Bend, OR 97703	541-382-3468	541-382-0533	www.knbendcpa.com	Larry Nelson, Douglas Kerkoch	4	1994	2	Tax preparation for individuals, small to medium size businesses & medical practices audits of municipalities, commercial & nonprofit entities estate taxation.
Kernutt Stokes 109 NW Greenwood Ave., Ste.102 Bend, OR 97703	541-749-4020	541-345-8540	www.kernuttstokes.com rboyd@kernuttstokes.com	Jennifer Cranford, Ron Boyd	8	1945	4	Tax, audit/assurance, business & accounting software consulting. Industries include family-owned business, construction, agriculture, transportation, medical/dental, beverage, forest products, insurance, manufacturing & real estate.
LBoyd Consulting, LLC 19728 Sapphire Ln. Bend, OR 97702	541-383-4520	541-647-2269	www.LBoydConsulting.com Lori@LBoydConsulting.com	Lori R. Waterhouse	1	1991	1	Accounting & management advisory services, computerized accounting & consulting, accounting software sales, training & support.
Michael J. Mohan, CPA 106 N Main St. Prineville, OR 97754	541-447-3299	541-447-2854	www.mohancpa.com mike@mohancpa.com	Mike Mohan	5	1983	1	Tax planning & preparation, tax audits, financial statements, estate planning, financial planning, payroll & bookkeeping.
Mode Hanus, LLP 354 SW Upper Terrace Dr., Ste. 103 Bend, OR 97702	541-385-0534	541-385-0547	www.bendtax.com info@bendtax.com	Patti Mode, Michelle Hanus	4	1971	2	Income tax planning & preparation for businesses & individuals. Business consulting including start-up, acquisition & succession planning. Accounting services, including bookkeeping, payroll & financial statement preparation.
Patrick Casey & Co. LLP 796 SW Bradbury Way, Ste. 101 Bend, OR 97702	541-322-2142	541-322-2146	www.patrickandcasey.com doover@patrickandcasey.com	Cody W. Martin, Ryan R. Patrick, Kyle Dover, Lynne B. Casey	13	1980	8	Income taxes, accounting services & business consulting.
Pozzi Tax Services 780 NW York Dr., Ste. 202 Bend, OR 97703	541-330-0075	541-749-2208	giancarlo@pozzi-cpa.com	Giancarlo Pozzi	2	1992	1	Tax preparation & business accounting services.
Price Fronk & Co. 2796 NW Clearwater Dr. Bend, OR 97703	541-382-4791	541-388-1124	www.bendcpa.com email@bendcpa.com	Kara Pardue	22	1973	12	Financial statements & audits, tax planning & preparation, financial planning, business consulting, bookkeeping & payroll services & estate planning.
Pro CFO 780 NW York Dr., Ste. 102 Bend, OR 97703	541-728-0444	541-382-6175	www.procfo.com jjans@procfo.com	James P. Jans	6	2007	2	Full service accounting, tax & consulting for businesses in Central Oregon. Payroll.
Riley Wigle CPAs, LLC 53 NW Irving Ave. Bend, OR 97703	541-389-6401	541-389-5940	www.rileywiglecpas.com info@rileywiglecpas.com	Calli Riley	5	1979	2	Financial statement presentation, business consulting. Tax preparation for construction, real estate, 1031 exchanges, manufacturing & retail.
SGA CPAs & Consultants 499 SW Upper Terrace Dr., Ste. A Bend, OR 97702	541-388-7888	541-388-0739	www.sgabend.com cpa@sgabend.com	Amber Yates	16	1989	6	Tax planning & preparation, auditing, business development, financial strategies & valuations. Fraud analysis - fraud prevention & detection.
Tyler Accounting LLP 243 SW Scalehouse Lp., Ste. 5A Bend, OR 97702	541-389-1237	541-389-2207	www.tyler-accounting.com merle@tyler-accounting.com	Merle Tyler, Barbara Tyler	4	2009	1	Full-range of accounting, tax preparation, business consultation, estate tax returns, Quick-books training & bookkeeping services.
Werner Crawford Accounting, LLP 250 NW Claypool St. Prineville, OR 97754	541-447-7776	541-416-8926	www.cpa-wc.com george@glwernercpa.com	George Werner, Susan Crawford	4	2008	2	Tax, financial & estate planning, tax preparation, payroll bookkeeping, financial statements.

**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](mailto:cbn@cascadebusnews.com).**

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# Four Benefits of Managing Business Financials on Mobile

by **HALEY LYONS, Partner — Kernutt Stokes**

In this high-tech age, using cash less and making payments on a mobile device is the new normal. But people aren't just using their phones and tablets to purchase products or pay personal bills. They're also using mobile devices to manage bills for their businesses.

The popularity of mobile payments makes sense — it offers more flexibility, speed and security than credit cards and paper checks. Plus, it's easier. When it comes to managing your company's finances, mobile options offer smart, simple solutions to complicated AP tasks.

But is mobile bill management right for you and your business? Here are four key benefits of using mobile devices to handle your business payments.

### 1. Less anxiety, more control

A definite source of frustration in standard AP processes is the actual paper trail. Sifting through piles of documents to find an invoice or voiding and reissuing paper checks is not just time-consuming, it can be downright frustrating.

The simplicity and control of digital business payment options helps improve the experience tenfold. With the platform we use, you can access all AP information in one secure, easy-to-navigate location; there's no paper clutter or clunky interfaces. From there, you can approve bills in a single click, stay up-to-date on payments and ask questions or send messages.

### 2. Better security

The most underrated perk of mobile bill management is the added protection. Aside from eliminating paper checks and other confidential paper documents, it can protect you from fraudulent activity at the transaction level and beyond.



For example, the service we use — bill.com — uses data encryption and automated Positive Pay to protect sensitive information, like your bank account number and routing numbers. And with their Vendor Direct virtual card program, payment speed is faster and more secure than checks. It also keeps time-stamped audit trails of your transaction history, showing who did what and when, in the event that an investigation is required.

### 3. Faster payments

Outsourcing your bill management to us already accelerates your business' payment process, but the bill.com platform ups the efficiency even more. Automation facilitates quick payments by digitally routing bills through approval workflows and sending reminders to approvers. Combine that with a clean, intuitive mobile interface and you never have to worry about losing invoices or chasing approvers again. Using your mobile device, bills can be approved any time, from anywhere.

### 4. Pay bills on the go

Picture this: You leave the office for an appointment, and while you're waiting, you get a notification that a bill is ready for your approval. Instead of delaying the approval until you're back at your desk, you can review and approve the bill immediately. That's what makes mobile bill management so great — it's easy to check items off your to-do list whether you're at your desk or not.

With mobile bill management, you can access your books on the go from any mobile device. In just a few taps, you can review, approve and pay bills no matter where your business takes you.

*Outsourcing to us saves you time and energy, reduces the risk of fraud and error and brings more flexibility to your bill management process. Ready to get started? Contact our firm and we'll help you start using Bill.com right away.*

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# The Real Value Behind Key Performance Indicators

by JORDAN DAWLEY, CPA — Jones & Roth

Business owners rely on accurate financial statements and reports to provide insight into business performance. Aside from jumping to the bottom line, there are a variety of methods that can be used to analyze your financials further. Chief among these methods are the use of Key Performance Indicators (KPIs), which are typically calculations or formulas that distill your financial information into a digestible statistic. Below are areas to focus your analysis of KPIs and items to consider when establishing KPIs specific to your industry.



**Profitability**

When it comes to measuring profitability there are a myriad of ways to look at it. Commonly, an analysis of your profit margin (net income divided by gross revenue) and your gross margin (gross profits divided by revenue) gives you a percentage of profit or margin you are generating for each dollar of sales. Effectively, you can quickly decide whether you need to increase prices or if you can be more competitive in your pricing structure.

Target KPIs vary widely depending on the industry you operate your business in. You may work in an industry with slim margins or those with more controllable margins. A quick change in your accounting software, such as adding your expense categories as a percentage of your gross revenue, allows you to chart changes to various categories over time and develop trend analysis for your business. Additionally, this gives you a snapshot of what expenses have grown with little consideration as well as those that increase due to factors outside of our control.

Setting targets for your net income as a percentage of gross income helps reign in unnecessary spending. You may also measure you return on investment for different expenditures to determine if continued investment in those areas are worthwhile. Developing your own internal KPI, such as revenue per client, costs per job, can help you set limits as to what jobs you can afford to take on and where you can increase pricing.

Another important metric to consider, is how quickly you are collecting from customers that you have performed work for. Your accounts receivable turnover ratio (sales divided by average accounts receivable) illustrates how many times your accounts receivable is converted to cash in a period. Unless you are a financial institution, you are not in the business of issuing credit to customers. The longer it takes you to collect on accounts, is a missed opportunity to utilize those funds for the benefit of your business. By paying attention to this metric you can make

decisions on the terms you want to extend customers for your services.

**Utilization of Assets**

The money you put into your business in the form of assets can help you become more efficient and expand the scope of projects you undertake. Decisions regarding investing additional capital or the best use of capital in the business are very important. A good measure of how efficiently you are deploying your assets is the total asset turnover ratio (gross revenue divided by total assets). This estimates how many dollars of revenue you generate for each dollar invested in your assets. Effectively, a high asset turnover ratio means you are more efficient with the use of your assets. Likewise, examining your total debt to total assets gives you a picture of how leveraged you are for the assets you use, and whether you should consider acquiring additional debt to purchase assets.

**Liquidity**

Business owners frequently hear the term liquid assets (easiest and quickest to turn into cash). Businesses must have sufficient liquid assets on hand to meet their current obligations. Cash is the most liquid asset, followed by receivables and inventory. The current ratio (current assets divided by current liabilities) gives you a quick picture of your solvency. Too much debt and not enough liquid assets, result in a lower ratio. Excessive cash on hand or uncollected accounts receivable can skew the ratio unnecessarily high. Knowing your solvency can assist in important decisions, from taking more owner distributions to deciding how much to fund in a retirement plan for the year.

The most important consideration for KPIs is setting targets. We recommend setting targets in two main ways, baseline and push goals. Baseline targets act as a floor in that they are metrics you must stay above to stay profitable and solvent. Push goals assist in driving efficiency metrics or growth strategy to meet your long-term goals. The most effective metrics are specific to the industry you serve. If you can utilize industry specific data then you can learn how your business compares to peers, where you are more successful or areas of improvement. You may wish to work with your CPA, business advisor or coach to develop a plan to implement your unique KPIs.

Jordan Dawley, CPA works with clients in the Jones & Roth Central Oregon office. He specializes in providing tax and business planning services. Jordan enjoys connecting with others in the local business community and providing solutions that have an impact on local companies and their owners. He currently serves as the Audit Chair of the local chapter of the Risk Management Association.  
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# KEEP CLIMBING

## A Millennial's Guide to Financial Planning

by **DAVID ROSELL** — Rosell Wealth Management

It's been said that everyone has a book inside of them and this story was the premise for my first book. I knew that most people do not get any enjoyment from reading financial books. My intention was to write the first financial planning book that was actually fun to read!



The greetings made me feel welcomed.

Indeed, the inhabitants' legendary friendliness has led to Malawi being called the warm heart of Africa, a label the country well and truly deserves. About the size of Pennsylvania and surrounded by Mozambique,

Zambia and Tanzania, this landlocked country is among the smallest on the continent. It's also one of the most scenic. I had heard that chilling out on golden sand beaches of its "inland sea," Lake Malawi, was a must. This 360-mile-long lake, which covers one fifth of the country, is Africa's third largest and home to over 1,000 different species of fish adorned in wild patterns of intense colors. I had to go.

*How can there be tropical fish in a lake?* I wondered once I got there. It was hard to fathom that it was not the ocean.

I arrived at Cape Maclear. The strip of idyllic beach was the social hub for the locals from Chembe Village. Some sections of the beach were full of activity with local fisherman and women filling up containers of water, while others were places the local children loved to play. The coming together of two different cultures, the tourist and the villager, proved to be just as joyful and rich.

I found a pleasant place to stay called Mr. Steven's, which offered relatively clean grass bungalows on the beach for only ten Kwacha per night. At the time, \$1USD equated to 15 Kwacha. What a deal. It was time for an ice-cold Carlsberg at the thatched roof bar. To my surprise, leaning against the side of this hut was a wooden water ski with bindings made of strips of leather. It could have dated back to 1922, the year water-skiing was invented. Having grown up water-skiing on Lake George in New York, I immediately thought how great it would be to water-ski on Lake Malawi. And that's when I started thinking, *Hmmm... The sport requires a smooth stretch of water—check! A water ski—check! A towboat with a towrope—not so lucky.*

"Do you know who owns the ski?" I asked the bartender.

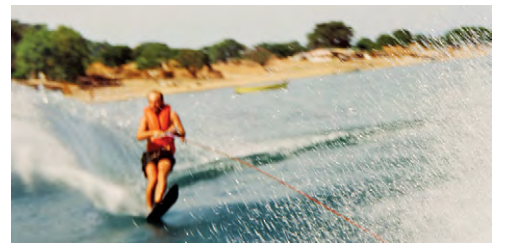
He didn't. However, he did point to his friends Howard and Enoch who owned an aluminum rowboat equipped with a vintage Johnson outboard engine that appeared to be almost as old as the ski. Before I knew it, they were collaborating on how to make my dream become a reality. Within minutes I was back in the placid water behind their boat, cord in

hand. I knew it was not going to be easy for the ten-horsepower engine to get me up and out of the water, but I was determined to hold on for dear life. I kept my legs tucked into my chest in a cannonball position and the ski's tip out of the water, pointing toward the sky.

"Hit it!" I bellowed.

I leaned back and kept my legs slightly bent. The rowboat was struggling. I was struggling. *Don't let go, I kept saying to myself. Don't let go.* I did everything possible to hold on, when all of a sudden the ski began to plane and I was actually gliding over the water. I took in the scene and thought to myself how happy I was in that very moment. Howard and Enoch looked thrilled, but their expressions were nothing compared to those of the crowd that had gathered on the beach. The locals were pointing at me and jumping with joy. From their perspective, this Mzungu was performing the impossible by walking on water. They had never seen anything like it before. My ski had obviously just served as bar décor.

As the boat headed back toward the shore, I crossed the right wake, picking up enough speed to let go of the rope and coast up onto the beach. Did the kids think I was superhuman? All I knew as the locals swarmed me was that I had minimally used up five of my fifteen minutes of fame. Talk about fun! When things eventually quieted down, a woman brought me an enormous, fresh plate of rice, beans and fish as a way of saying *zikomo* (thank you) for the entertainment.



DAVID ROSELL - WALKING ON WATER, LAKE MALAWI, AFRICA | PHOTO COURTESY OF ROSELL WEALTH MANAGEMENT

### YOU CAN MAKE IT HAPPEN

Getting out of the water with a vintage wooden water ski behind a 10-horsepower engine strapped onto a rowboat is a similar analogy to a rocket ship launching into space, spending 80 percent of its fuel during takeoff and after a certain point flying smoothly with minimal consumption. The hardest part is just getting up.

Many millennials may think retirement is impossible. The people of Malawi thought walking on water was impossible, and frankly, when I saw the boat I would be behind I had to agree with them. You younger investors may feel like it's going to take a miracle to achieve your financial goals, but it's not. You don't need to walk on water. Successfully saving for retirement is not any different from water-skiing. You just have to understand what you are dealing with so you can put that knowledge to use. In short, you must understand the basics of investing and then make it happen by taking action today.

Continued on Page 38 ►

### Walking on Water: Making the Impossible a Reality

I had never even heard of Malawi before arriving in Africa. Even though this heavily populated nation ranks among the world's least-developed and poorest countries, it didn't take long to realize that the friendly, welcoming, colorful and vibrant populace is Malawi's greatest asset. It's impossible to visit and not become engaged with the people who live there.

"Mzungu, Mzungu. What is your name?" the locals would exclaim again and again when I got off at a bus terminal or walked along the dirt road of any village. "Where are you from?"

"America," I would answer.

"America numba one!" they would exclaim. "Michael Jordan! Yeah!"

**NIGHTLY BUSINESS PATROLS**

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**Better Business Bureau Great West + Pacific** released its 2021 BBB Torch Awards for Ethics Finalists, highlighting businesses and charities that are recognized as trustworthy community role models. Of the 2021 BBB Torch Awards Oregon Finalists, Bend's **Guardian Group** was within the Charity Finalists category.

Winners of the 2021 BBB Torch Awards will be announced as part of an online ceremony scheduled for Thursday, October 28, on the BBB Great West + Pacific YouTube page.



**Rachel Tiry**, PT, DPT, joined **Rebound Physical Therapy's** South Bend Clinic.

Tiry earned her bachelor of science degree in Kinesiology from the University of Wisconsin-Madison and a doctorate of Physical Therapy from University of Minnesota-Twin Cities. Upon graduation, she worked in outpatient orthopedics in the Minneapolis area, and then spent three and a half years as a traveling physical therapist in seven different states. Tiry and her husband love the lifestyle that Central Oregon offers with endless biking, hiking, camping and skiing. She is excited to be part of an outdoor-centered community.

The **High Desert Education Service District** (HDESD) has appointed **Amy McCormack** to serve as director of Early Intervention Early Childhood Special Education. McCormack brings more than 29 years of education experience to her new role. Starting her career as a teacher of students who are vision impaired, she later worked as a teacher in special education. She most recently served as HDESD's supervisor of EI/ECSE. Diane Tipton, HDESD's long-time director of EI/ECSE retired in June after more than ten years in that role and more than 30 years in special education.



In her new position, McCormack is leading the planning, implementation and service of HDESD's Early Intervention and Early Childhood Special Education programs. HDESD's Alyce Hatch Center serves as Central Oregon's core location for EI/ECSE programs with teachers, specialists and administrative staff who provide referrals and comprehensive evaluations. The center is the hub for the program's satellite locations in Deschutes County (Redmond, Sisters and La Pine), Crook County (Prineville) and Jefferson County (Madras). In all, 618 students are being served in the tri-county area. An average of 300 Central Oregon children benefit each year from the expertise of 80 HDESD specialists and educators. Services encompass programs for children birth to five years of age with disabilities, developmental delays and also children at risk.

And as part of its continuous quest to enhance region-wide support systems for Central Oregon students, High Desert Education Service District has appointed **Jim Boen** as regional director of mental and behavioral health. Boen, who previously served as executive director for secondary programs and counseling for Bend-La Pine Schools, will partner with Central Oregon school districts to build upon existing mental and behavioral health efforts and develop region-wide systems of support.

According to Shay Mikalson, HDESD's chief student success officer, the new regional position is a product of the 2019 Student Success Act (SAA). The SSA, an unprecedented investment in the state's education system, includes a focus on mental and behavioral health and academic achievement with a particular emphasis on students who have historically been underserved.

Boen brings more than 28 years of experience in education to his new role and has served as an educator, school counselor and administrator for schools and districts in Western, Central and Eastern Oregon.

In this new role, Boen will also engage families and community-based organizations in the creation and implementation of a shared vision of improving students' mental and behavioral health with a focus on equity, prevention and wellness. HDESD serves more than 40,000 kids in Crook and Deschutes counties.



The **City of Redmond** has selected **Devin Lewis** as Chief of Police following a national search. Lewis has more than 20 years of experience in Central Oregon law enforcement — spending the last two as Captain of the Redmond Police Department (RPD).

Lewis will take the helm January 1, 2022, following Chief Dave Tarbet's retirement which is effective December 31, 2021.

Before joining RPD in September 2019, Lewis served Central Oregon law enforcement as a Deschutes County Deputy and then as a Lieutenant at the Bend Police Department. In 2016, he was recipient of the Sgt. John Lawrence Award of Excellence and later recognized by Deschutes County DA's/Victim's Assistance office with the

2018 Crime Victims Award. He graduated Magna Cum Laude from Washington State University earning a bachelor of arts in sociology.

Attorney **Jason Kropf** joins **High Desert Law**, a boutique personal injury law firm in downtown Bend. He brings over 20 years of trial experience as well as a committed record of public service in Central Oregon.

Kropf's seasoned experience as a public defender and subsequently as a

Deschutes County Deputy District Attorney has provided him with unique insight into the justice system — driving home how our laws impact the lives of Oregonians every day. His dedication to the Central Oregon community spans nearly two decades, including helping children in crisis on the Court Appointed Special Advocates (CASA) of Central Oregon board and working to protect and provide access to our open spaces on the Bend Park and Recreation Board. Kropf currently serves as State Representative for House District 54 in Bend.

Kropf is enthusiastic about bringing his experience and continued interest in serving the community to High Desert Law and its clients.

**Erika McCalpine**, a business faculty member who has championed social justice issues within Oregon State University, OSU-Cascades and in the Bend community, has been named executive director of strategic diversity initiatives at **OSU-Cascades**.

McCalpine, who teaches courses in human resources, is the founder and director of the Diversity, Equity and Inclusion Laboratory at the Bend campus. She is also president-elect of the OSU Faculty Senate.

In her new role, McCalpine will advise Ketsdever and campus leadership in designing and implementing strategies to advance social justice.

Her responsibilities will include designing and implementing an annual diversity, equity and inclusion training program for employees and creating an on-boarding program that introduces new employees to campus values focused on social justice.

McCalpine's role will also focus on leveraging partnerships throughout OSU — including with the university's Office of Institutional Diversity, Division of Student Affairs, University Relations and Marketing and other academic and administrative units — that can support the Bend campus's faculty, staff and students as they further diversity, equity and inclusion efforts.

She will also engage Central Oregon community members in diversity, equity and inclusion topics through forums and events, and an annual Diversity, Equity and Inclusion Symposium.



**Katie Anderson**, CEO of Bend-based **Aperion Management Group**, was recognized nationally as a rising star in the Homeowners' Association (HOA) management industry. Community Association Institute (CAI) presented the award to Anderson at the 2021 Annual Conference & Exposition: Community NOW in August for her efforts in volunteer work with the CAI Central Oregon Chapter and CAI Oregon Legislative Action Committee.

CAI is an international membership organization dedicated to building better communities. With over 42,000 members and 63 chapters worldwide, CAI provides information, education and resources to the homeowner volunteers who govern communities and the professionals who support them. Their presence is recognized internationally throughout the industry, and they choose only two recipients each year to receive the rising star award.

Anderson is a founding member of the CAI Central Oregon Regional Chapter and a member of the CAI Oregon Legislative Action Committee. She conveys her ideas and experiences freely, and those ideas, when shared with the participants at the ACAM CEO-MC Retreat, brought the birth of the civility code, which lead to a broader conversation within CAI that resulted in the Civility Pledge. Anderson speaks regularly at any event or webinar she is asked to, and she encourages her managers to be involved locally in the chapter. Importantly, she has pushed the CAI Oregon Legislative Action Committee to comply with best practices, communicate with membership, and be a more inclusive and effective entity. Anderson is a leader who has already had an impact on shaping the community association management profession and owner expectations in a way that is aligned with the next generation.

Oregon Secretary of State **Shemia Fagan** assumed the role of chair of the **Oregon Sustainability Board** recently at their fall quarterly meeting. Outgoing chair, John Miller, provided a smooth handoff; Oregon Governor Kate Brown was also in attendance to provide welcoming remarks for the new chair and the board.

The Oregon Sustainability Board (OSB) was created in 2001 and encourages activities that best sustain, protect and enhance the environment, economy and community for the present and future benefit of Oregonians. Appointed by the Governor, members represent a variety of stakeholders across the State of Oregon.

The Board play an important oversight role in the development of state agency sustainability plans, providing expert feedback and guidance to support the State's overall sustainability goals. Upon its inception, the Board was chaired by then Secretary of State Bill Bradbury and later then-Secretary Kate Brown. The board is comprised of a chair directly appointed by the Governor and ten members appointed by the Governor and approved by the Senate.

**Bend Outdoor Worx** (BOW) has announced a new partnership with **Christie Dobson** as BOW's new Operations Director.

The first outdoor-specific industry accelerator, Bend Outdoor Worx was conceived in 2013, offering mentorship, infrastructure, related resources and industry connections to help outdoor companies become more sustainable and successful. Over the years, the program has grown substantially and gained national recognition.

Dobson, who began working with BOW on September 1, will help operate the organization, manage co-hort recruitment and development and coordinate sponsorships and possible grants. She will work alongside Gary Bracelin, BOW's original founder.





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# Elk Ridge Chiropractic & Wellness Center Welcomes New Massage Therapist

by ABIGAIL MORSE — Elk Ridge Chiropractic & Wellness

We at Elk Ridge Chiropractic & Wellness Center are committed to providing quality service to our patients by a team of highly trained professionals. That's why we're excited to announce the arrival of our newest team member, Licensed Massage Therapist Michele Gottschalk.



Michele Gottschalk

A true Pacific Northwest girl, Gottschalk was born and raised in Fairbanks, Alaska and spent her early years as a talented gymnast, later going on to become a gymnastics coach. This experience left Gottschalk with a greater desire to understand the human body, and thus the dream to become a massage therapist was born.

Gottschalk made the courageous decision to move from her home in Alaska, but never away from the PNW.

Her dream took her to Portland, Oregon, where she studied massage therapy at East-West College of the Healing Arts.

While attending school, Gottschalk met current Elk Ridge owner, Dr. Natasha Ruegsegger, and the two became roommates and close friends. It was then when the two devised a dream to one

day work together in a chiropractic office. However, this dream would not reach its fruition for another eight years.

While continuing her coaching career in the midst of school, Gottschalk graduated in March of 2020 with a 4.0, just in time to kick off the pandemic with a veritable bang. But Gottschalk was not deterred. She continued working with her goals in mind, and in August, 2021, the dream that was crafted eight years

before was finally realized.

Gottschalk received a proposition from her old friend, Dr. Natasha, to join the Elk Ridge family, and once again, she made the decision to move, this time to our very own Bend.

At Elk Ridge, Gottschalk specializes in a myriad of modalities. Ranging from Swedish massage to deep tissue, trigger point and tender point therapy, myofascial release and neuromuscular therapy, Gottschalk is a regular swiss army knife of massage therapy. She is also proficient in hot stones and dynamic cupping, to add to the repertoire. But that's not all!

Gottschalk is a real go-getter. Never willing to settle, she's always looking to learn and try new things. For this, she made the decision to train with our team of chiropractors and chiropractic assistants, in addition to undergoing rigorous schooling, to gain her own license as a chiropractic assistant.

Gottschalk is available five days a week during normal business hours, which are Mondays and Wednesdays, 9:30am-6:30pm; Tuesdays and Thursdays, 2:30-6:30pm; and Fridays: 9:30am-1pm.

To schedule your first massage with Gottschalk, give us a call at 541-388-3588, or email us at elkridgechiropractic@gmail.com. If you plan to utilize insurance for your visit, ask us about massage therapy coverage. In addition, let us know if you're interested in receiving regular chiropractic care with one of our providers. We may be biased, but we recommend massage therapy in conjunction with chiropractic care for a healthy lifestyle that will keep you kicking for years to come!

So give us a call, shoot us an email, book an appointment or simply ask a question. At Elk Ridge Chiropractic, we're always here to help!

thebendchiropractor.com

# Oregon State Honored with National Diversity & Inclusion Award for Fourth Straight Year

by SEAN NEALON — Oregon State University

Oregon State University has received a national award for the fourth straight year that honors colleges and universities for having a campus culture committed to diversity and inclusion.

Oregon State was one of two institutions in Oregon and one of only three Pacific Northwest institutions and 101 nationally to receive the 2021 Higher Education Excellence in Diversity (HEED) Award from INSIGHT Into Diversity magazine.

"Oregon State University is committed to advancing diversity, equity and inclusion throughout the university and addressing racism within OSU and higher education," said Interim President Becky Johnson. "We are very pleased that our efforts to advance a welcoming environment and success for all students have been recognized for a fourth straight year. We know there is more work to do, and OSU is committed to continue progress in these efforts."

The University of Oregon and Central Washington University are the other Pacific Northwest universities to receive the award this year.

Many initiatives related to diversity, equity and inclusion are underway at OSU. These include:

- Moving Forward Together, a presidential initiative launched last year that focuses on rapidly advancing anti-racist initiatives at OSU. It has already led to many changes, including:
  - Launching the President's Commission on the Status of Black Faculty and Staff Affairs, which is charged with advocating for the well-being and success of Oregon State faculty and staff who identify as Black or of African heritage or descent.
  - Creating a Racism and Antiracism Curriculum Task Force comprised of faculty, students and academic leaders that review and recommend changes to advance antiracism principles in the university's curriculum.
  - Hiring two coordinators of Black and African-American student mental health and wellness to support the success of students through Counseling & Psychological Services' consultation, outreach, programming and advocacy. A national search for a coordinator of Indigenous student mental health and wellness has also been launch.
- A Pre-Doctoral Scholars Program,

a collaboration between the Office of Institutional Diversity, the Office of Faculty Affairs, colleges and faculty mentors, is focused on developing pipelines into OSU for faculty focused on advancing diversity, equity and inclusion. During the first cohort of the weeklong program this summer, OSU faculty mentors from the Colleges of Agricultural Sciences and College of Liberal Arts hosted scholars from Cornell University, Morgan State University, North Carolina State University and Purdue University.

• The OSU-Cascades campus is engaged in advancing equity and inclusion initiatives, including the launch of a Diversity, Equity and Inclusion Lab. Erika McCalpine serves as the inaugural executive director of strategic diversity initiatives on the Bend campus, and a multicultural center at OSU-Cascades will be located in a new student success center to be opened in the 2023-24 academic year.

• Conference on Anti-Racist Teaching, Language and Assessment, a free, online conference that allows secondary and college-level educators nationally to learn about advancing antiracist teaching practices and connect with community members working to implement those practices. The conference takes place in September and October and is hosted by OSU's School of Writing, Literature and Film in collaboration with the newly established Asao and Kelly Inoue Antiracist Teaching Endowment within the College of Liberal Arts. More than 3,500 people registered for the conference this year, drawing attendance from at least 36 states and three other countries.

"Motivated by calls for racial and social justice, and aligned with the university's strategic plan, the Oregon State University community made rapid and impressive progress to advance inclusive excellence over the last year," said Scott Vignos, interim vice president and chief diversity officer at OSU, "The many efforts of OSU's students, faculty, staff, volunteers and stakeholders to create access, belonging and success are recognized by this year's HEED Award. We're honored to receive this recognition and look forward to continuing this important work."

As a recipient of the HEED Award, Oregon State will be featured, along with 100 other recipients, in the November



A "HUMANITY AND HOPE" GATHERING APRIL 20, 2021 ON OREGON STATE UNIVERSITY'S CORVALLIS CAMPUS IN RESPONSE TO THE CONVICTION OF FORMER POLICE OFFICER DEREK CHAUVIN ON ALL COUNTS OF MURDER AND MANSLAUGHTER IN THE DEATH OF GEORGE FLOYD ON MAY 25, 2020 | PHOTO BY DAVID BAKER

issue of INSIGHT Into Diversity magazine, the oldest and largest diversity-focused national publication in higher education.

"The HEED Award process consists of a comprehensive and rigorous application that includes questions relating to the recruitment and retention of students and employees—and best practices for both—as well as continued leadership support for diversity and other aspects of campus

diversity and inclusion," said Lenore Pearlstein, publisher of INSIGHT Into Diversity magazine. "We take a detailed approach to reviewing each application in deciding who will be named a HEED Award recipient. Our standards are high, and we look for institutions where diversity and inclusion are woven into the work being done every day across campus."

oregonstate.edu

## Businesses Serving Community



(L-R) MELLISSA KAMANYA, JULINE BODNAR, SHERRY JONES, SARAH WESTBERRY | PHOTO COURTESY BEND-REDMOND HABITAT FOR HUMANITY

### BEND-REDMOND HABITAT FOR HUMANITY

Bend-Redmond Habitat for Humanity received a \$7,500 grant from the U.S. Bank Foundation to fund the construction of Quince Townhomes in Redmond. Bend-Redmond Habitat for Humanity plans to complete the Quince Townhomes and welcome ten families into their new homes in 2022.



## Sisters Coffee Company

Continued from page 3

design and layout and with CS Construction for the buildout.

"The new design will feature a glass roll-up door to maximize customer flow to the outdoor patio and offer a vast array of premium coffees that the brand is known for," Durham said. "Another focal point of the menu will be specialty grab n go food items that will

complement the walk-up customer demographic that the Old Mill District is known for."

Sisters Coffee is excited to continue to build on its destination retail model and open its newest cafe in such an iconic Central Oregon location. With cafes in Sisters, Portland's Pearl District and now in Bend's Old Mill District, Sisters Coffee is proud to continue to build toward its vision of furthering the legacy of a successful family-owned business that's deeply rooted in the communities it serves.

"We're thrilled to have another local, family-owned business set up shop here in the Old Mill District,"

said Beau Eastes, marketing director for the Old Mill District. "Sisters Coffee is an iconic Central Oregon business. They're great people who make outstanding coffee in gorgeous spaces."

Strictly Organic, an Old Mill District staple for 13 years, will now focus exclusively on their original store in the Box Factory.

"Strictly Organic owners Richard (Steffensen) and Rhonda (Ealy) have been an absolute joy to work with over the years," Eastes added. "We wish them nothing but the best."

[sisterscoffee.com](https://sisterscoffee.com) • [oldmilldistrict.com](https://oldmilldistrict.com)

## LRS

Continued from page 3

extraordinary place to work," says Adam Levbarg, *The Oregonian*.

The firm has offices in Portland and Bend, and currently employs a total of 121 people. LRS is made up of several studios, which each carry out their own specialized types of design projects: automotive, civic, multifamily, office/workplace, retail and senior living.

2021 marks the first year that LRS Architects became a majority woman-run company, with three of the five managing principals being female. Trish Nixon, a 25-year LRS veteran, now heads the company as president. She also received this year's Top Workplace special award for leadership in the mid-size company category.

[lrsarchitects.com](https://lrsarchitects.com)

## Encore Property Management

Continued from page 3

streamlined communication, overall maintenance services, owner support and tenant payments to better serve both real estate investors and property tenants. With this acquisition, their team can better serve more families throughout Central Oregon and ensure that owners who invest in properties have more personal communication and support.

"We are ecstatic that the owner of Partners Property Management felt enough trust to sell his business to us," said Boehlert. "We know how important both investor and tenant relationships are, and we have worked diligently to communicate with everyone that we will continue to ensure their needs and requests are met in a timely manner."

Prior to purchasing Encore Property Management, both Boehlert and Winslow served in the United States Marine Corps and are proud to call Central Oregon home. Boehlert served 15 years in the Marine Corps as an Infantry Officer, still serves in the reserves and has always called Oregon home,

even being away for so many years serving his country. He has an active real estate license through Keller Williams Realty Central Oregon and is experienced with investment properties throughout the country. Winslow served four years in the Marine Corps as a Combat Engineer Officer and pursued his MBA from Emory University, whereupon he worked at UPS in marketing analytics. When his family moved to Central Oregon, he worked for the City of Bend before joining forces with Boehlert to begin business ownership together in 2019.

The owner of Partners Property Management knew it would be a seamless transition to Encore. "Continuation of uninterrupted service is a fundamental need for owners and tenants, and I have chosen Encore because of their integrity, energy and experience," said Mike Hoover, former owner, Partners Property Management & Sales.

"We take pride in responding personally and punctually to our owners and tenants to ensure their properties are taken care of, and we couldn't be happier that Mike entrusted us with his business," said Winslow.

[encorepropertymanagement.com](https://encorepropertymanagement.com)

## Weston Technology

Continued from page 3

The MSPV was the first certification created specifically for the managed services and cloud industry. Every certification comes with a written report with the entire process documented, validated and signed by a third party accounting firm. The MSPV has been reviewed by governmental agencies and regulatory bodies across the globe and is used and accepted in five continents around the world.

"The MSPV certification is a rigorous certification process that benchmarks and verifies the quality of the company providing cloud and/or managed services," said Charles Weaver, MSPAlliance CEO. "We are very proud to have Weston Technology Solutions undertake this important milestone for cloud and MSPs."

### MSP Verify Program

The UCS consists of ten control objectives and underlying controls that constitute crucial building blocks of a successful managed services (and cloud computing) practice. Once the provider's organization has completed all MSPV documentation on all applicable control objectives, the results are then examined by an independent third-party accounting firm for verification and signing of a public facing report.

As with any other substantive certification of this type, the MSPV certification must be renewed annually. The MSPV was the first certification created specifically for the managed services and cloud industry. The MSPV has been reviewed by governmental agencies and regulatory bodies across the globe and is used and accepted in five continents around the world.

Customers who select a company that is part of the MSPV can also rest assured that their IT solution provider has met and exceeded the following standards dealing with:

Objective 1: Governance,

Objective 2: Policies and Procedures, Objective 3: Confidentiality and Privacy, Objective 4: Change Management, Objective 5: Service Operations Management, Objective 6: Information Security, Objective 7: Data Management, Objective 8: Physical Security, Objective 9: Billing and Reporting, and Objective 10: Corporate Health.

"The MSPV certification program strengthens our commitment to providing our clients with secure, consistent and well-documented managed IT services," said Brock McFarlane, Weston's CEO and founder. "Knowing that your IT partner is operating in a way that meets or exceeds industry standards is critical to business owners in today's high-risk environment. This third-party audit will be able to showcase that we are doing things in a way that gives business owners peace of mind."

[weston-tech.com](https://weston-tech.com) • [mspalliance.com](https://mspalliance.com)

## Rosell Wealth Management

Continued from page 35

### YOU CAN DO THIS!

I hope you enjoyed the story. I find that many people take the path of least resistance and live their lives by default rather than by design. Financial freedom and living the life you have always imagined aren't just going to happen to you.

A Chinese proverb states: *The best time to plant a tree is 20 years ago. The second-best time is now.* I know that retirement planning isn't the first thing on anyone's mind; however, it's important to get started. If you dawdle, as so many people do, and keep telling yourself *it can wait till later*, you'll wake up one day when you're 55 and find yourself scrambling to figure out how you're going to live in your retirement years.

I've heard people say that they are too young to start worrying about their financial futures, as retirement seems very far off. I agree that they shouldn't agonize about it. Still, the fact is that it is never too soon to begin planning, and if you do get started now, in all probability you will not have to worry down the line. General George Patton said it best: *A good plan implemented today is better than a perfect plan implemented tomorrow.*

I know the concept of financial planning can be daunting. Yet the creation of a plan that you understand and know how to implement is one of the most important things you can do at this stage of your life. Like any overseas journey, your road trip to financial success depends on where you're starting from as well as the destination you look forward to reaching. When you reach your goal, we'll celebrate with an ice-cold Carlsberg, rice, beans and fish. And you'll feel even more elated than I did when I skied on Lake Malawi.

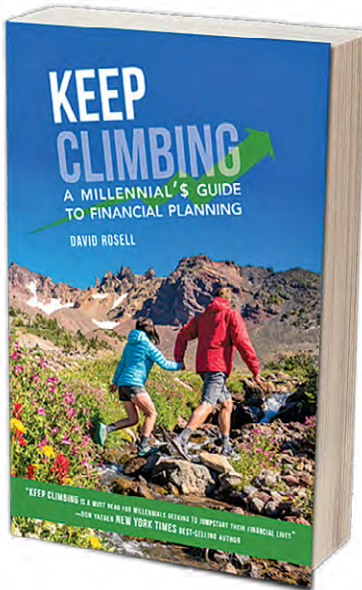
As Zig Ziglar put it so eloquently: "If you can't take a huge step to begin with, take as big a step as you can but take it now!" To share my appreciation with those of you have been reading my CBN columns over the past 20 years, I'm giving away free financial planning guides for your kids! The first ten people to contact me at [david@rosellwealthmanagement.com](mailto:david@rosellwealthmanagement.com) will receive a complimentary copy of my book *KEEP CLIMBING*.

Enjoy the beautiful autumn upon us.

David Rosell is President of Rosell Wealth Management in Bend. [RosellWealthManagement.com](https://RosellWealthManagement.com). He is the host of the *Recession-Proof Your Retirement* Podcast and author of *Failure is Not an Option — Creating Certainty in the Uncertainty of Retirement* and *Keep Climbing — A Millennial's Guide to Financial Planning*. Find David's books on Audible and iBooks Amazon.com as well as the Redmond Airport.

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Central Oregon Business Calendar

Email Your Upcoming Business Events to CBN@CascadeBusNews.com

Event Details at CascadeBusNews.com/Business-Events

BUSINESS  
EVENTS



**October 11**  
5:30pm City of Bend Virtual Planning Commission Meeting.

**October 14**  
9am La Pine Rural Fire Protection District Regular Board Meet-

ing at 51550 Huntington Rd., La Pine.

**October 23**  
La Pine Chamber of Commerce and Visitors Center Annual Chamber Awards Banquet.

**October 29**  
10am-3pm Redmond Chamber of Commerce & CVB 2021 Goblins & Ghouls Golf Tournament at Juniper Golf & Country Club, Redmond.

**October 29**  
10:30am Deschutes Children's Foundation Chip In Fore! Kids Charity Golf Tournament at Bend Golf Club.

**Wednesday-Sunday, 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.

Building Permits

COMMERCIAL PERMITS WEEK ENDING 9-10-2021

<b>Deschutes County</b>	
\$20,000.00	- Commercial (Alteration) at 18000 South Centruy Dr. Bend 97707 OR Owner: T-Mobile 10590 W Ocean Air Dr. San Diego, CA 92130 Permit # 247-21-006962
<b>City of Redmond</b>	
\$2,551,707.00	- Commercial (New) 30,389 sf. at 2505 SW 1st St. Redmond 97756 OR Owner: Oregon Industrial Properties-Redmond, LLC 1302 Puyallup St. #A Sumner, WA 98390 Builder: Rawhide Equities, LLC 541-410-1056 Permit # 711-21-001067
\$2,030,922.00	- Commercial (New) 30,496 sf. at 2505 SW 1st St. Redmond 97756 OR Owner: Oregon Industrial Properties-Redmond, LLC 1302 Puyallup St. #A Sumner, WA 98390 Builder: Rawhide Equities, LLC 541-410-1056 Permit # 711-21-001061
\$1,562,880.00	- Commercial (Multi Family) 14,142 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 # 711-19-002370
\$900,000.00	- Commercial (Multi Family) 7,800 sf. at 1844 SW 15th St. Redmond 97756 OR Owner: Hale-Campbell Properties, LLC 70 SW Century Dr. #100-240 Bend, OR 97702 Permit # 711-20-002433
\$900,000.00	- Commercial (Multi Family) 7,800 sf. at 1848 SW 15th St. Redmond 97756 OR Owner: Hale-Campbell Properties, LLC 70 SW Century Dr. #100-240 Bend, OR 97702 Permit # 711-20-002436
\$450,000.00	- Commercial (Multi Family) 3,900 sf. at 1840 SW 15th St. Redmond 97756 OR Owner: Hale-Campbell Properties, LLC 70 SW Century Dr. #100-240 Bend, OR 97702 Permit # 711-20-002432
\$150,000.00	- Commercial (New) 1,700 sf. at 1842 SW 15th St. Redmond 97756 OR Owner: Hale-Campbell Properties, LLC 70 SW Century Dr. #100-240 Bend, OR 97702 Permit # 711-20-002437

COMMERCIAL PERMITS WEEK ENDING 9-17-2021

<b>City of Redmond</b>	
\$52,200.00	- Commercial (Tenant Improvement) 144,001 sf. at 1480 NE Jackpine Ave. Redmond 97756 OR Owner: CMK Properties, LLC 25295 NW Svea Dr. Hillsboro, OR 97124 Permit # 711-21-001975
<b>City of Bend</b>	
\$110,000.00	- Commercial (Alteration) 7,294 sf. at 442 NE 3rd St. Bend 97701 OR Builder: Mission Building and Renovation 541-550-2747 Permit # PRRE202104109
\$75,000.00	- Commercial (Alteration) 120 SF. at 1777 SW Chandler Ave. Bend 97702 OR Builder: Mastec Network Solutions, LLC 866-545-1782 Permit # PRRE202103461
\$50,000.00	- Commercial (Tenant Improvement) 6,119 sf. at 760 NW York Dr. Bend 97703 OR Builder: Stilson Builders, Inc. 541-419-2556 Permit # PRRE202104978
\$350,000.00	- Commercial (Alteration) 1,509 sf. at 1854 NE Division St. Bend 97701 OR Builder: Sunwest Builders, Inc. 541-548-7341 Permit # PRRE202103764

COMMERCIAL PERMITS WEEK ENDING 9-24-2021

<b>City of Redmond</b>	
\$93,895.00	- Commercial (Multi Family) 1,296 sf. at 1238 SW Obsidian Ave. Redmond 97756 OR Owner: Redmond Pacific Associates, LLC 430 E State St. #140 Eagle, ID 83616 Builder: Steelport, LLC 503-643-6785 Permit # 711-20-002358
<b>Deschutes County</b>	
\$750,000.00	- Commercial (Multi Family) 4,920 sf. at 631 N Reed St. Sisters 97759 OR Owner: Hayden Homes, LLC 2464 SW Glacier Pl. #110 Redmond, OR 97756 541-923-6607 Permit # 247-21-003063
\$732,458.00	- Commercial (Multi Family) 4,920 sf. at 615 N Reed St. Sisters 97759 OR Owner: Hayden Homes, LLC 2464 SW Glacier Pl. #110 Redmond, OR 97756 541-923-6607 Permit # 247-21-003061
\$25,000.00	- Commercial (Alteration) at 19310 Tumalo Reservoir Rd. Bend 97703 OR Owner: Tumalo Irrigation Dist 64697 Cook Dr. Bend, OR 97703 Permit # 247-21-007544
<b>City of Bend</b>	
\$1,100,000.00	- Commercial (New) 57,503 sf. at 2650 NE Hwy 20 Bend 97701 OR Builder: Curt Faus Corporation 503-699-1103 Permit # PRRE202104494
\$867,000.00	- Commercial (New) 16,432 sf. at 63035 Lower Meadow Dr. Bend 97701 OR Builder: C Potterf Construction, Inc. 541-410-0949 Permit # PRNC202102338
\$804,341.00	- Commercial (New) 4,407 sf. at 21163 SE Reed Market Rd. Bend 97702 OR Builder: Empire Construction & Development, LLC 541-389-0070 Permit # PRNC202102233
\$125,000.00	- Commercial (New) 3,004 sf. at 63130 NE Lancaster St. Ste 100 Bend 97701 OR Builder: Matthew J Lee Permit # PRRE202104387
<b>Crook County</b>	
\$85,100.00	- Commercial (New) 660 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 # 217-21-003362
\$65,500.00	- Commercial (New) 440 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 # 217-21-003364

**BendTECH**  
*Continued from page 3*

coworking — a coworking space for freelancers,entrepreneursandstartups—we take pride that the unConference is a low-tech pitch fest, no power points, no lengthy presentations and, hopefully, no stress. There are 16 pitch spots, which are allocated on a first-come, first-served basis.

The unConference gives startup founders a chance to pitch their business ideas and win cash prizes based on an

audience vote. For those not pitching, there will be free raffle prizes donated by local businesses, free drinks and free cowbells to support the entrants.

Entrants are given three minutes to pitch their business, everyone in attendance casts a vote and winners will be announced by 4:30pm. All manner of entrepreneurs, including students, are welcome — and it's not just tech, it's usually way more than tech.

WHERE/WHEN:  
Tuesday, October 19, from 2-4:30pm  
Outdoor patio, at BendTECH's HQ, 1001 SW Emkay Drive in Bend  
Pitch slots are assigned at 2pm

Pitches start at 2:30pm  
The winner is announced at 4:30pm  
Thanks to our generous sponsors, the unConference can once again offer cash prizes to the winners. This year, founders can compete for the following prizes:

- First place: \$2,500
- Second place: \$1,000
- Third place: \$500

Any startup founder or aspiring founder can sign up to pitch. Once you have your spot, you're given a microphone, three minutes and the rapt attention of more than a hundred interested audience members. In the spirit of unConference, please, please,

please don't ask to show a deck.

Sign-ups to pitch are first-come, first-served. You can sign up beginning at 2pm, though sometimes a line forms early. The spots do fill up quickly, so plan accordingly! Audience attendance is encouraged! Upon arrival, you'll receive a ticket for a free beverage. Then, you can grab a cowbell, ring it, cheer, show the people pitching some love, maybe win a raffle prize or make a connection or a friend.

Contact Brian Lindensmith, BendTECH, at brian@bendtech.com or 213-321-6448.  
[bendtech.com](http://bendtech.com)



## **YOUR BUSINESS NAME HERE**

can help support children and families impacted by abuse!

Choose from **3** ways to donate for

**GIVINGTUESDAY**



**1**

**DONATE  
GIFT CARDS  
or hold a gift card drive**

**& ENTER TO WIN  
FUN PRIZES!**

Host your gift card drive at your business in-person or participate virtually and be entered to **win a gift card towards a company party!**

KIDS Center provides all the tools you need to promote your drive!  
Contact **Allison at [aramirez@kidscenter.org](mailto:aramirez@kidscenter.org)** to request a toolkit.

Every gift card purchased goes directly to a family who receives our services and greatly assists these families during the holidays when times can be more difficult. ***We appreciate your generosity!***

Other ways to support KIDS Center for #GIVINGTUESDAY:

**2**

**GIVE THROUGH  
amazon****smile**

**3**

**DONATE \$**

Donate cash to KIDS Center or create your own fundraising page

Without you, there is no us to help them.  
Visit **[kidscenter.org/givingtuesday2021](https://kidscenter.org/givingtuesday2021)** to learn more.