

# who's who who's who who's who who's who who's who who's who who's who



**Deborah McMahon**

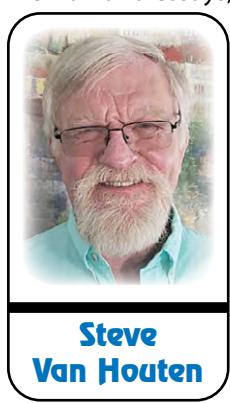
**Stroke Awareness Oregon**, a local nonprofit working to eliminate death and disability from stroke, announces the addition of four new board members and the election of **Deborah McMahon** as board vice president. These additions to the board of directions will assure the organizations continued success in assuring accomplishment of board goals. Stroke Awareness Oregon Goals are 1) to education about the causes and prevention of stroke, 2) to make F.A.S.T. a household safety word and 3) to support the recovery of stroke warriors and their families.

McMahon has been elected to fill the heretofore unfilled board executive position of vice president. She has been a Stroke Awareness Oregon board member since 2018, and has lived in Central Oregon for over 35 years. A land

use planner and consultant with DMC Consulting Services LLC, she has worked for both the city of Redmond and the city of Bend. McMahon holds a bachelor's degree from Oregon State University, and holds licenses and certificates in Successful Permitting Strategies and GFOA — Capital Budgeting and Financing. She believes greater awareness and improved science surrounding the issue of stroke will help our community help each other. McMahon is also a collector, adviser and dealer of fine art.

**Lili Alpaugh**, a retired physical therapist, has a passion for helping those with disabilities. As a P.T., she worked with many stroke survivors, and in the personal realm, she has been a caregiver for several family members with neurological conditions, including Multiple Sclerosis, Autism and TBI. She has lifelong experience with advocating for people with disabilities of various kinds, understanding their needs and working to find resources for them.

Alpaugh is a native of New Orleans, Louisiana, but has made Bend her home now for over a decade. In New Orleans, she served on the Board of the Advocacy Center (for the Elderly and Disabled), worked as a volunteer for several nonprofits and has co-chaired several large fundraising events. Her interests include hiking in the Pacific Northwest, writing memoir and essays, studying history and travel.



**Steve Van Houten**

**Steven (Steve) Van Houten**, a retired vocational rehabilitation counselor who last worked with the Oregon Department of Human Services in Bend, received his masters degree in vocational rehabilitation counseling from the University of Oregon. He started a private rehabilitation business in Eugene, Oregon working with injured workers under the Oregon Workers Compensation Department. He helped found the Oregon Association of Rehabilitation Professionals in the Private Sector (OARPPS) dedicated to establishing ethical competent services for rehabilitation companies in the state. He was also a certified Rehabilitation Counselor (CRC) and worked as a vocational expert witness for the Social Security Administration for about 20 years. He retired in 2018.

**Dr. William Wheir, III** is president of the Central Oregon Radiology Associates and Neuroradiology. A board-certified diagnostic radiologist, he has an additional subspecialty in neuroradiology. Growing up in Texas, Dr. Wheir received his medical degree from the University of Mexico. His areas of expertise include neuroradiology imaging of the brain, head, neck and spine. He performs guided procedures such as drain replacements, paracentesis, thoracentesis as well as joint injections, spine injections and nerve blocks. Dr. Wheir is an active member of the CORA Executive and Operations committees as well as the St. Charles Health System Stroke Committee designed to assure stroke patients receive the best possible care and treatment. Dr. Wheir enjoys spending time with his wife and three children.



**Ian Riddock**

**Dr. Ian Riddock** is board certified in internal medicine, cardiovascular diseases, clinical Lipidology, nuclear cardiology and cardiovascular computed tomography at Summit Health in Bend. A certified specialist in clinical hypertension through the American Society of Hypertension he joined Summit Health after completing medical school at Uniformed Services University in Bethesda, Maryland, a residency at David Grant Medical Center, Travis Air Force Base and a fellowship at Wilford Hall Medical Center, San Antonio, Texas.

Dr. Riddock has a special interest in preventive cardiology, clinical lipidology, personalized risk assessment, heart failure and clinical research. He served two deployments to Afghanistan, deepening his appreciation for the men and women serving our country. He is passionate about educating patients about their health and prevention strategies. In his spare time Dr. Riddock enjoys spending quality time with his wife and two children, enjoying outdoor activities such as camping, skiing, biking, running and some resistance training.

**SEND Transportation, Inc.** announces the appointment of **Regan Daniels** as chief executive officer, succeeding Nathan J. Smith, who will continue to serve as executive chairman for the Board of Directors and have a daily focus on capacity development and carrier management.

Daniels brings 25 years of transportation, logistics and technology experience to SEND. An innovative leader, she is known for building strong teams and solving complex end-to-end supply chain challenges. Prior to joining SEND, Daniels served as vice president of information technology for Knight-Swift Transportation, Inc.

and previously held several positions with Werner Enterprises, Inc.

Board member Robert H. Hicks, Jr. CPA/ABV, ASA, comments, "As a member of SEND Transportation, Inc.'s Board of Directors, I am very excited to have Regan Daniels on board as our new CEO. Her experience with processes, systems and making both work with people will be a tremendous asset to the company. Her experience in managing and growing brokerage books of business will further the company's growth objectives. Finally, she brings a very positive personality to the job which will greatly aid in perpetuating the culture that SEND's founders created."

SEND Transportation, Inc. is a technology-enabled logistics service provider headquartered in Bend, Oregon, founded in 2013 by Nathan Smith, Sarah Smith, Dru Allen and Erin Allen. Serving customers throughout North America, SEND is 100 percent employee-owned and provides a portfolio of services for all major transportation modes such as truckload, LTL, intermodal and expedited.

**The Center Orthopedic & Neurosurgical Care** announces the expansion of their orthopedic care at the Redmond clinic with the addition of **Soma Lilly, MD**, and **Chris Stout, PA-C**.

Lilly is an orthopedic surgeon specializing in injuries of the hand, wrist and elbow. She understands that every patient requires different levels of care and provides customized treatment plans for every individual. "I enjoy taking care of a wide variety of patients, from infants to the elderly," says Dr. Lilly. "My passion is to restore function to even the most complex injuries and return my patients back to their normal lifestyle."

In addition to traditional medical education and surgery residency, Dr. Lilly completed the Mary S. Stern Fellowship in hand, microvascular, and upper extremity surgery. There she mastered her skills in diagnosis, conservative non-surgical techniques, as well as advanced surgical procedures.

**Stout** has had an interest in the practice of orthopedics since he was a child; an interest that was heightened when he worked as an emergency room technician during medical school. In addition to orthopedics and emergency medicine, Stout also has experience in pediatrics. Prior to joining The Center, he worked in an orthopedic practice in Salem, Oregon, where he focused on upper extremity cases. In his work at The Center, he finds great satisfaction in helping people overcome their injuries so they can return to their active lifestyles.



**Scott Brown**, a chapter member of the **American Society of Safety Professional's** (ASSP) Broken Top Chapter, was recognized by the Central Oregon Occupational Safety & Health Association (COSHA) with the Juniper Award for 2021. The award is given to an outstanding safety team or individual who has made a significant contribution to the industry or community.

Brown graduated from Oregon State University with a bachelor of science in business administration in 1983, and graduated from Central Washington University with a bachelor of science in Occupational Health and Safety in 1988. In between the two graduations Brown served in the United States Army as a crew chief in the Air Cavalry leaving the Army as a Specialist 4. He is a senior safety management consultant with SAIF Corporation with a board service area in Central and Eastern Oregon. He and his wife, Denise, live in Bend and have two grown sons, Zach and Sam. They also have three grandchildren with a fourth on the way.

Brown was recognized for his years of contributions to occupational safety in Central Oregon and beyond. He has been a past presenter at ASSP's International Safety Conference twice. In Oregon, Brown has presented at the Oregon Governor's Occupational Safety and Health Conference, Western Pulp, Paper and Forest Products Safety and Health Conference, Blue Mountain Occupational Safety and Health Conference, Southern Oregon Occupational Safety and Health Conference, COSHA Fall Conference and the Mid-Oregon Construction Safety Summit. He has presented over 35 presentations at those conferences.

He has been a past member of the planning committee for the Blue Mountain Occupational Safety & Health Conference in Pendleton. He currently is a member of the Nomination and Elections Committee for the ASSP Broken Top Chapter and has served on the Awards Committee in the past. His work helped the Broken Top Chapter become the first chartered chapter (in 2021) in ASSP since 2016, the first in the United States since 2012, and the first in Oregon since 1993. He also helped the chapter receive the Platinum Award, the highest honor for a chapter within ASSP, in their first year as a chapter.

At SAIF, Brown has worked on several projects for outward facing materials and has a passion for working on resources related to the reduction of serious injuries and fatalities. He is also a consistent outreach trainer for multiple employer sessions. A typical "road show" of this nature would start in Ontario and then travel to La Grande, Hermiston and wrap up in The Dalles or Hood River.



**Jennifer Jordan**

**John L Scott Real Estate** welcomes **Jennifer Jordan** to their team.

Jordan and her husband migrated to Central Oregon six years ago and love to sing its praises. As a real estate agent, you can expect her to use her knowledge and expertise to tenaciously advocate for you in garnering the most successful outcomes for your real estate goals.

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## Who's Who

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U.S. NAVY PHOTO | BY MASS COMMUNICATION SPECIALIST 3RD CLASS ANDREW LANGHOLF/RELEASED

211112-N-FA490-1007 JAVA SEA (Nov. 12, 2021) Aviation Electronics Mate 2nd Class **Jonah Lawson** from Prineville maintains a MH-60S helicopter assigned to the "Wildcards" of Helicopter Sea Combat (HSC) Squadron 23 on the flight deck of the Independence-variant littoral combat ship USS Jackson (LCS 6), during routine operations. Jackson, part of Destroyer Squadron Seven, is on a rotational deployment in the U.S. 7th Fleet area of operation to enhance interoperability with partners and serve as a ready-response force in support of a free and open Indo-Pacific region.



**Trudi  
Heneweer Trygg**

**Therapy Works Physical Therapy** welcomes **Trudi Heneweer Trygg**, PT, as their newest physical therapist and member of the Therapy Works Physical Therapy crew.

Trygg graduated from the University of California, Santa Cruz in 1980 with an undergraduate degree in biology before receiving a graduate degree and physical therapy certification from the University of California, San Francisco in 1985.

In her past 35+ years as a physical therapist, Trygg has gained extensive experience in orthopedic and sports rehabilitation. Trygg had a private practice in California for 27 years prior to moving to Bend. In the last ten years she has included gait analysis, pediatrics and equine assisted physical therapy (Hippotherapy) to her experience as well. In fact, she is certified as an Equine Specialist for Mental Health.

Trygg's focus is on returning her patients to their sport or activity of choice with a functional approach, treating and managing the person as a whole individual to achieve their goals.

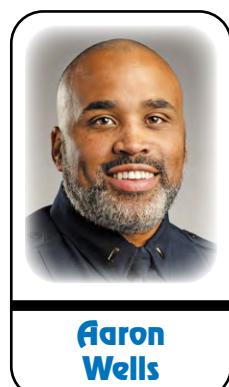
When she is not working at Therapy Works Physical Therapy, you can find Trygg volunteering and riding at Healing Reins Therapeutic Riding Center. She also loves to spend her time with her husband in the wonderful outdoors of Bend, hiking, mountain biking, kayaking, skiing, snowshoeing, golfing, playing pickleball and traveling.

**The Redmond Police Department** (RPD) announces **Aaron Wells** as the next police captain. Lt. Wells has been a member of RPD since 2007, and for the past two years has served as the department's Investigations Lieutenant.

Lt. Wells will begin as Captain January 1, 2022, following the promotion of current Captain Devin Lewis to Chief of Police.

"We are very pleased to promote Lt. Wells to Captain," states Devin Lewis, incoming chief of police. "For the past nine years, he has served in a broad range of supervisory capacities within the department, providing consistent and measured leadership along the way. Wells embodies our core values of teamwork, excellence and professionalism and the commitment required of the position."

During his tenure with the department, Wells served as a Certified Drug Recognition Expert from 2009-2017, a member of the Central Oregon Emergency Response Team from 2012-2019, and the Officer Training Program coordinator/advisor from 2016-2021. He also received several accolades including the 2009 RPD Life Saving Award, and Chief's Commendation Awards in 2012 and 2019. A proud Oregon State University graduate, former OSU football captain



**Aaron  
Wells**

and male student athlete of the year, Wells continues to share his love for sports and leadership off the field as a volunteer coach for several local youth programs.

"It is an honor to continue to serve the citizens of Redmond and the dedicated men and women of the department," states Lt. Wells. "I look forward to having an integral role in the development of creative, relationship-based solutions to the challenges facing policing in our growing community."

The Oregon Legislature recently confirmed the appointment of five new members to the **Oregon State University** Board of Trustees.

The new trustees, who began their service as they were confirmed, are:

- **Maria Teresa Chavez-Haroldson**, regional equity, diversity and inclusion director at Willamette Education Service District, will serve as an at-large trustee and is a Corvallis area resident.

- **Susan Clark**, an accountant in Oregon State's Division of Finance and Administration, will serve as the staff trustee.

- **Román Hernández**, office managing partner in the Portland office of national law firm Troutman Pepper, will serve as an at-large trustee and is a Portland area resident.

- **Jax Richards**, an OSU undergraduate student in economics and social public policy, will serve as the student trustee.

- **Inara Scott**, the Gomo Family Professor and assistant dean for teaching and learning excellence in Oregon State's College of Business, will serve as the faculty trustee.

Gov. Kate Brown selected OSU's newest trustees from a pool of volunteer leaders put forward by the OSU Board of Trustees, OSU Faculty Senate and the Associated Students of Oregon State University.

The new trustees replace outgoing trustees Mike Bailey, Khawater Hussein, Paul Kelly, Stephanie Smith and Mike Thorne.

Trustees are volunteers with a commitment to public higher education. They are not compensated for their work on the board. As public officials who hold a fiduciary responsibility for Oregon State's overall management, oversight and operational and financial sustainability, trustees are guided by the board's core values of accountability, diversity, integrity, respect and social responsibility.

The student, faculty and staff trustees serve two-year terms. The remaining trustees serve four-year terms.



**Chuck  
Brazer**

**NAI Cascade Commercial Real Estate** announces the addition of Broker, **Chuck Brazer**. Brazer joins NAI Cascade with 18 years of commercial real estate experience in Oregon. Brazer was drawn to commercial real estate in college as an on-site property manager for a multifamily complex at the University of Oregon where he studied architecture. His interest in the integration of physical asset and asset management landed Brazer at Marcus and Millichap, a national commercial real estate firm.

For the past 11 years, Brazer has been at a boutique commercial firm in Portland where he closed more than \$90 million in multifamily property. He relocated to Central Oregon at the end of 2020 seeking the Bend lifestyle where he continues to grow his book of business here and throughout Oregon.

# Businesses Serving Community



PHOTO | COURTESY OF NEIGHBORIMPACT

## NEIGHBORIMPACT

Thanks to funding from Roundhouse Foundation and matched by Central Oregon Health Council, NeighborImpact is expanding its Mobile Food Pantry program to reach more food-insecure households across the region.

NeighborImpact's Food Bank collects and distributes nearly four million pounds of food to 52 local emergency food sites in Central Oregon, feeding more than 30,000 individuals every month. Still, accessing fresh, healthy food can be difficult for economically struggling individuals who live in remote parts of Central Oregon or have limited access to transportation. To overcome these barriers, NeighborImpact's mobile food pantry, Fresh To You, carries healthy meal-building staples including fresh fruits and vegetables, meat, dairy, grains and more to these underserved communities. Visitors shop for the foods they need, selecting food from the truck.

The Mobile Food Pantry parks at schools, health centers and other public locations in the region. The effort removes accessibility as a barrier by taking food directly to residents. Funds from Roundhouse Foundation and Central Oregon Health Council will build the Food Bank's capacity and service area. With this funding the mobile pantry will reach more residents in the Redmond school district, at the La Pine Community Health Center and at pop-up locations in Madras and La Pine.