



Leading a  
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in Retirement  
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Enhancing & Promoting the Economic Vitality of Central Oregon Since 1994

# The Bahnsen Group Opens New Pacific Northwest Office

## Sheppard Wealth Joins The Bahnsen Group

by NICK DALLY



PHOTO | COURTESY OF THE BAHNSEN GROUP

\$3.7 billion wealth management firm, The Bahnsen Group, has hired John Swanson and his team of Sheppard Wealth Management in Bend, Oregon. Swanson and his staff will stay in their current office in Bend, and The Bahnsen Group will re-locate advisor, Drew Dill, to assist in this expansion effort. The former business operation of Sheppard Wealth will fully integrate with The Bahnsen Group, entirely utilizing their investment solutions, operational apparatus, communications, content ecosystem and holistic services platform. The transaction is expected to close by the end of this year's third quarter.

John Swanson has been the lead principal at Sheppard Wealth Management since 2014, having previously worked at Freestone Securities and the private bank of Wells Fargo.

"I could not be more excited to welcome a veteran like John and his team to our firm," said Bahnsen Group Managing Partner David Bahnsen. "We have dozens of clients in the Pacific Northwest that will now benefit from a geographical footprint. We believe John to be a stellar advisor whose clients will benefit immensely from the scale and depth of what The Bahnsen Group offers."

The Sheppard Wealth operation will be fully re-branded under The Bahnsen Group, and new hires are expected in the Bend office.

"Everything about this transaction is to serve our clients better," says John Swanson, who will serve as a private wealth advisor at The Bahnsen Group. "The Family Office offering of The Bahnsen Group, as well as huge focus on tax, estate and planning integration in their wealth services, offer us a platform on day one. Our philosophy has always been simple — to help clients achieve confidence and understanding in their financial lives.

PAGE 8

# The State of Oregon's Healthcare

by NOAH NELSON — CBN Feature Writer



ST CHARLES PRINEVILLE | PHOTO COURTESY OF NEENAN COMPANY

The healthcare sector, locally here in Oregon and across the nation, is a massively important and influential sector of our economy. Not only does this sector affect an individual's health and well-being, but it also matters due to its sheer economic size. Just about 60 years ago, healthcare accounted for about five percent of

the US economy. In 2018, that figure had more than tripled to reach 17.7 percent. Health insurance is now the largest component of nonwage compensation, and healthcare in general has become a massive source of consumer spending. Nationally, about one in eight workers are

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## Annual Healthcare Supplement — Pages 9-34

# Mosaic Medical: Rooted in Central Oregon

## Celebrating 20 Years of Providing Quality Care for All

by BRIDGET MCGINN, Communications Manager — Mosaic Medical



THE ORIGINAL OCHOCO COMMUNITY CLINIC IN PRINEVILLE, CIRCA 2002 | PHOTO COURTESY OF MOSAIC MEDICAL

In the spring of 2001, a family in Prineville without health insurance lost their infant to a preventable disease. Driven by a desire to prevent this sort of tragedy from occurring again, the Prineville community and local leaders sprang into action. Together, they

helped to establish Central Oregon's first Community Health Center — the Ochoco Community Clinic — which would later evolve into Mosaic Medical. This private, nonprofit clinic chose patients and community leaders to guide the organization as the first Board of Directors.

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RECENT TRANSACTIONS

**Compass Commercial Real Estate Services** brokers **Russell Huntamer, CCIM, Terry O’Neil, CCIM** and **Eli Harrison** represented both the landlord, **Reedville Park, LLC**, and the tenant, **Broken Top Candle Company**, in the lease of a 17,682 SF office/industrial suite located at 2491 NE Twin Knolls Drive in Bend. Broker and CCIM **Ryan Amerongen** with **RE/MAX Key Properties** represented the buyer in the sale of 16440 3rd Street, La Pine. The former dentistry office (1,762 SF) sold for \$360,000. Brokers **Peter May, CCIM** and **Dan Kemp,**

Continued on Page 38 ▶

Scholarship Fund Created to Honor OSU-Cascades Former Leader Becky Johnson Tops \$467,000

A new scholarship fund totaling more than \$450,000 will support Oregon State University – Cascades students with financial need and honor the legacy of Becky Johnson who served as vice president of OSU-Cascades for 13 years and is currently OSU’s interim president. The Becky Johnson and Lori Elkins Endowed Scholarship Fund is named after Johnson and her wife. Donors to the scholarship fund, many of whom are Central Oregon community members, made contributions through the OSU Foundation totaling \$467,730 as of July 31.



(L-R) LORI ELKINS AND OSU INTERIM PRESIDENT BECKY JOHNSON. BECKY JOHNSON (RIGHT) IS THE FORMER LEADER OF OREGON STATE UNIVERSITY – CASCADES. SHE STEPPED INTO THE ROLE OF INTERIM PRESIDENT OF OSU IN MAY 2021. HER WIFE, LORI ELKINS, IS A STRUCTURAL ENGINEER WITH JACOBS, A GLOBAL ENGINEERING FIRM | PHOTO COURTESY OF OSU-CASCADES

Continued on Page 38 ▶

Go Clean Energy Conference  
Your Affordable Green Guide

The seventh annual Go Clean Energy Conference is your home base for creating resiliency projects for home, business, school, nonprofit, government and farm. Billed as the most affordable “how to” conference in the region, tickets are only \$50, and \$29 for Veterans. The revolution happening in clean energy requires new knowledge,

actions and solutions. All made possible through valuable incentives from local and Federal sources. Everyone can benefit from innovation. 30+ speakers on solar energy, energy efficiency, new financing for commercial projects, EV

Continued on Page 38 ▶

Bend Venture Conference Returns —  
In-Person & Virtual

Nineteen years. The Bend Venture Conference has championed entrepreneurs, innovators and rule-breakers across the region, the state and eventually across the country for nearly two decades. Building community in the entrepreneurial space is what we do best. BVC is committed more than ever to supporting the next wave of visionaries. What you can expect at BVC 2022:

- Both in-person and virtual ways to attend
- Pre-Conference Seminars — learn directly from the experts
- Office Hours — meet one-on-one with trusted advisors, on the house
- BVC Briefs — engaging, digestible keynotes on multiple hot topics
- Startup company pitches in three different categories: Early, Impact and Growth
- Food & Beverage. And lots of it. You won’t go home hungry or thirsty.
- Connection — the organic networking is unbeatable
- All the beauty that Bend has to offer

So mark your calendars and grab your tickets, whether it’s in-person or virtually. Secure your spot early so we know whom to expect, and watch closely as we release additional info over the coming weeks. We’re excited to bring this annual event back for another year of community building. Make sure you’re a part of celebrating entrepreneurship by registering below.

Continued on Page 38 ▶

OneScout Digital Marketing Agency Launches  
Led by Dynamic Husband & Wife Duo

Combining data-driven strategy and cutting-edge design, the new OneScout Digital Marketing Agency officially launches. The agency plans to align with great value-based companies passionate about creating change and deeper connections in the marketplace. **A desire to make your business, our business.** Chris and Adelle Dittman, founders of OneScout, have accomplished much in their respective careers. Now joining forces, they will bring the experience to help companies navigate the evolving digital landscape with branding, marketing and SEO strategy, web design, social media and data analytics services. A natural-born leader, Chris Dittman has 20+ years of experience in leadership roles with an emphasis most recently on digital marketing. Besides loving to comb data analytics for clients, he’s the president of Ducks Unlimited Central Oregon and just completed his presidency with the Rotary Club of Bend. Adelle Dittman has successfully run DittmanDesign for 15+ years and has scores of happy clients across the spectrum of industries from healthcare, legal, education, retail, hospitality and nonprofits. She plans to continue running her full-service graphic design studio in tandem with this new venture. [onescoutagency.com](http://onescoutagency.com) • 503-577-3119



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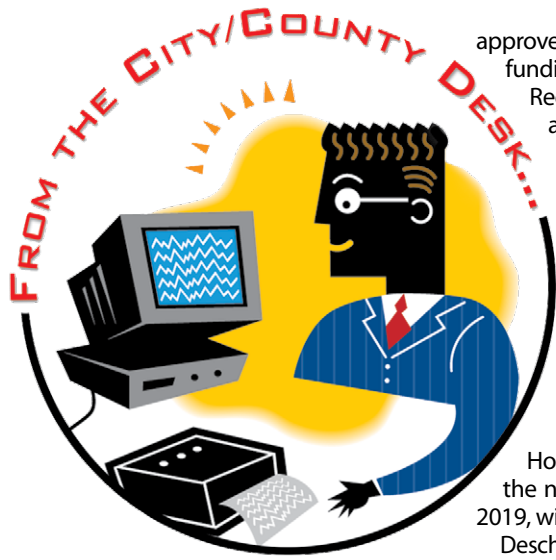
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DESCHUTES COUNTY

◆ Deschutes County is partnering with NeighborImpact to offer a new domestic well assistance grant and loan program. More than \$527,000 in funds are available. To apply, please visit [neighborimpact.org/wellrebate](https://neighborimpact.org/wellrebate) or contact [rebate@neighborimpact.org](mailto:rebate@neighborimpact.org), 541-323-0399. Funding for the program was provided through SB 5561. The County received \$585,200 from the State to provide local domestic and community well assistance. Through this new program, the County has contracted with NeighborImpact, which will offer loan and rebate programs. More than \$396,000 will be available through the NeighborImpact Home Preservation Loan program. To qualify for a loan, borrowers must be Deschutes County homeowners with annual household incomes at or below 100 percent of the area medium income (AMI) by family size for the current year. Borrowers are eligible to borrow up to \$50,000. For a full list of loan requirements, visit [neighborimpact.org/home-preservation-loan](https://neighborimpact.org/home-preservation-loan).

◆ The Deschutes County Commission has

approved American Rescue Plan Act (ARPA) funding to support the Sisters Park & Recreation District's childcare program and Furnish Hope, a local nonprofit that furnishes homes at no cost to families in need. The \$25,000 allocated to the Sisters Park & Recreation District is expected to allow the District to serve 30 to 40 additional children between the ages of three and five years old. Last year, the program had a waitlist of more than 60 families. The \$81,000 allocated to Furnish Hope will help build capacity so that the non-profit, which was established in 2019, will be able to serve more families. Deschutes County has received more than \$38 million in ARPA funds. The Board has allocated more than \$37.7 of those funds. To learn more about the County's ARPA investments, visit [deschutes.org/arpa](https://deschutes.org/arpa).

◆ Deschutes County is seeking new volunteer members who are interested in serving on its Board of Property Tax Appeals (BOPTA). BOPTA is responsible for hearing taxpayer appeals for reduction of the real market or assessed value of their real and personal property. The County seeks candidates who:

- Have a working knowledge of the local real estate market, both residential and commercial.

- Are willing to participate in public hearings, can quickly review documentation while listening to the public and can make reasonable decisions with the affected parties in attendance.
  - Have mediation skills, real estate appraisal, financing or related background as a strength.
  - Are familiar with Oregon property tax.
- All members of BOPTA are appointed by the Board of County Commissioners and may consist of residents of the county who are not employees or members of a governing body of the County or of any taxing district within the county. BOPTA members receive a per diem rate of \$85 per day. Training sessions are provided prior to the hearings process. The term for new members begins on October 15 and ends on June 30, 2023. During the period of time that appeals are heard (February through April 15), BOPTA meets for 40 hours each week. Members are scheduled on a rotating basis. For additional information, contact Becky Nelson with the Deschutes County Clerk's Office at 541-388-6548.

REDMOND

◆ Recently, the City of Redmond announced they have withdrawn the City owned property near NW 19th and NW Pershall Way as a location for Mountain View Community Development's Safe Parking program.

The City Council was scheduled to have a follow-up discussion of the site at their September 6, 2022, meeting. The agenda item has been cancelled with its removal from consideration.

BEND

◆ Next week, the Bend City Council will formally appoint Angela Ruocco as Municipal Court Judge. The public is invited to attend a swearing-in ceremony and reception at 5pm on September 8 in the Bend Municipal Court room at 555 15th Street. This also an opportunity to thank Gwen Moore for her service as Municipal Court Judge. From Baltimore, Maryland, Ruocco began her career representing asylum seekers fleeing persecution from countries across the globe. She continued her advocacy in community development as an Assistant City Solicitor for the City of Baltimore before a period of time working in law firms and returning to public service as an Assistant Attorney General for the State of Maryland where she primarily assisted in protecting and restoring lands and waters around Chesapeake Bay. In addition to her legal career, Ruocco has been a teacher, professor and mentor with hopes of sparking interest in social justice and principles of equality, fairness and freedom in the next generation of students and new lawyers. Judge Ruocco is currently an Administrative Law Judge with the State of Oregon and is excited to add on the role as Municipal Court Judge for the City of Bend.



FROM THE LEGISLATIVE DESK



SALEM

◆ Governor Kate Brown recently issued the following statement on the state's September revenue forecast: "Thanks to the fiscally responsible decisions the State of Oregon has made over the last several years, we are well positioned with significant reserves to weather any economic challenges that lie ahead. Now, we

must continue to make investments to benefit Oregon's working families, so that all Oregonians can feel the benefits of our strong economic recovery. "With rising costs of living continuing to impact Oregon families and businesses, the Legislature can, in the budget for the next biennium, build on the investments we made in the last session — particularly in housing,

workforce development, behavioral health and child care. "And, thanks to the work of Oregon's congressional delegation and the Biden-Harris administration to pass the Inflation Reduction Act and the Bipartisan Infrastructure Law, we can continue to invest federal dollars to lower costs and create jobs for working families."

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# Oregon’s Corporate Activities Tax: An Ill-Conceived, Inflationary Failure

by MICHAEL SIPE, President — CrossPointe Capital

The Oregon Legislature instituted the Corporate Activities Tax (CAT) in 2019. Every Democrat legislator and no Republicans voted for it. Advocates pitched it as a way to fund improvements in the education system. The law was a terrible idea, devoid of business or common sense. Time has proven that CAT is unfair, regressive, oppressive to small businesses and extremely inflationary. Worst of all, CAT failed to improve public education. The Legislature should immediately give Oregonians cost-of-living relief by repealing the CAT tax. Here’s why.



CAT is disguised as a tax on corporations; however, it’s actually a multiple-level tax that increases the cost of goods and services we buy every day. Most people are familiar with a retail sales tax, where consumers pay a tax on the final retail price of a product. CAT is MUCH worse than this, as it’s a complex revenue-based tax imposed at each step of the supply chain. Also, since CAT is imposed on taxable REVENUE, not net profit, it cuts especially hard on price-constrained, low-margin businesses.

As the market allows, businesses are permitted to pass the tax on at each level, and thus it multiplies, until a product reaches the retailer, which also passes along the now geometrically increased tax burden to the consumer, who is blind to how the state has inflated the cost of everything from groceries to cars to houses. If you intentionally set out to drive up prices, it would be hard to create a more insidious way to do so.

To understand the inflationary effect of the CAT Tax, consider a homebuilder who builds and sells two houses a year in Central Oregon. Building a house requires materials and labor. On the material side, the company that harvests and sells trees to a sawmill pays a tax on that sale and passes it on to the sawmill. The mill processes the logs into lumber and sells the lumber to a distributor, at a price that includes the CAT tax on the forester’s and the mill’s revenue. The distributor sells the lumber to a retailer, at a price that includes the CAT tax on the forester’s, the mill’s and the distributor’s revenue. The retailer sells the lumber to the builder, at a price that includes the CAT tax on the forester’s, the mill’s, the distributor’s and the retailer’s revenue. The builder then uses the lumber to build the two houses, selling them to two local families at prices that

include the CAT tax on the forester’s, the mill’s, the distributor’s, the retailer’s and the home builder’s revenue.

The CAT’s compounding effect on lumber is mirrored with countless other materials used in building a house. It also drives up much of the cost of the labor. Everything that goes into building the houses is increased by the CAT tax. Is it any wonder houses cost so much?

This same effect happens throughout Oregon’s economy. The result is that nearly everything we buy is more expensive than it would otherwise be. And the tax our state government imposed is one culprit.

I am sure there are better ways to fund education than CAT, but some might argue all this inflation would be worth it if the CAT actually made Oregon’s schools better, as our legislature promised it would. However, the additional BILLION dollars per year in taxes we pay has made no discernable difference. Not only that, while closing schools by COVID mandate, Governor Kate Brown kept collecting the CAT tax, despite the fact that small businesses across the state were struggling to survive. Yet even with a multi-billion-dollar windfall of funds from the CAT, Oregon schools remain mired at the bottom of national education rankings.

We cannot afford an ill-conceived and inflationary tax that has failed to deliver its promised benefits. The Corporate Activities Tax should be repealed in the next Legislative session.

*Michael Sipe is a mergers and acquisitions advisor, executive coach and Republican Candidate for State Representative HD53.*

*CrossPointeCapital.com*

*The above article was prepared by the author in his/her own personal capacity. The opinions expressed in the article are the author’s own and do not necessarily reflect the views of Cascade Business News or of Cascade Publications Inc.*

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# Business Tips for an Uncertain Economy

by **CORY J. ALLEN, Senior Vice President & Team Leader — Washington Trust Bank, Member FDIC**

It doesn't matter where you live, what you do for a living or what purchase you are in the market for, the state of the economy is causing some concern. Inflation, rising interest rates and supply chain issues have become the trifecta for destabilizing the economy and making everyone a bit cautious.

In this uncertain economic climate, making business decisions is not easy, however turning to an experienced banking partner to help you navigate those decisions can be very helpful.

Financial institutions have been around for a long time, offering stability in decision-making and navigating uncertain times. Washington Trust Bank is celebrating 120 years of serving local communities. Throughout our 120-year history, banks including Washington Trust have experienced numerous economic highs and lows and weathered each storm. More importantly, they helped their clients navigate and survive the difficult years and stand ready for current financial events.

What can a business do now to stay ahead of any potential economic unease? Take the time to calculate the current cost of operating your business. In the midst of an inflationary market, it can be easy to overlook this critical step, especially if your customers are price cognizant.

Similarly, now is a good time to consider what are your core services and products versus what you could possibly cut to ensure you're getting the best return on investment. Crunch the numbers to see which products have the highest demand, healthiest margins and are most profitable. Those are the ones to keep. If your business operates on small margins, you want to ensure you're not doing more work for less, or even losing money.

Identify the strengths of your business and what sets you apart from competitors. For the tourist economy of Bend, there is plenty of competition, but also a wealth of services to offer. Make sure that what you spend boosts the strengths of your business and reduces other spending.



A place you can't cut expenses is in supplies, especially for contractors. To help curb the pain of supply chain backlogs, diversify your vendors so you aren't just relying on one company to get you what you need. Use domestic suppliers when possible if they deliver competitive pricing and quality products. If you still need to order from foreign suppliers, consider holding more inventory on hand to absorb potential supply chain disruptions. That may even mean renting a storage unit, but the added cost for storage may end up being much less than downtime or lost customers when needed supplies don't arrive.

It may seem like now is a bad time to consider any renovation or expansion projects with rising interest rates on loans, and growing construction costs, but some perspective is warranted. In the late 1970s, interest rates on houses sat somewhere between 13 and 17%, yet projects still got off the ground and businesses still made money.

To move forward with any expansion, remodeling, or purchase, consider if a profit is still possible at a higher interest rate. If continuing still makes sense, there are ways to lessen the pain. Cut excess financing needs, lowering the total project scope, and ensure that every expense is justifiable. You should also work with your banker to put together a loan application. Give the lender as much information as possible, such as balance sheets, tax returns and a summary of why you need to borrow money. Surprises that pop up as a loan application is being reviewed will hinder the approval process.

It's not a good time to take chances with your business or finances in an economic climate like this. Rather than taking chances, now is the time to develop an economic disaster recovery plan to help you get through economic times if they become more challenging. Protect yourself and your business and seek help when, or preferably before, you need it. We all want to see businesses make it through the hard times and come out ready to ramp up on the other side.

*Cory Allen is senior vice president and team leader for Washington Trust Bank in Central Oregon.*

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The Bahnsen Group  
*Continued from page 1*

Trust is earned in our business. Our alignment with TBG furthers this stewardship.”

The Bahnsen Group continues to believe expensive M&A is an unneeded element in its growth strategy, instead focusing on organic growth with clientele who find themselves aligned with the firm’s belief system and investment philosophy. Where there is an opportunity to add advisors who share TBG’s cultural and ideological distinctions, select opportunities make sense in geographies where the firm has a client footprint. The Bahnsen Group hired the team of Story Capital into their new Minneapolis office in the summer of 2021 and opened a brand new office in Nashville, Tennessee, earlier this year. This new Bend, Oregon office is an ideal location for a Pacific Northwest hub.



PHOTO | COURTESY OF THE BAHNSEN GROUP

“We take seriously the quality and depth of our services and really believe that the Sheppard Wealth clients are going to benefit from our offering,” says Bahnsen. “We also believe that a consistent investment in new advisor talent, operations talent and planning process is vital to our commitments to clients, and with this transaction, we are doing just that.”

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# CENTRAL OREGON HEALTHCARE

Cascade Business News

September 7, 2022  
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Almost Family, LLC 243 SW Scalehouse Lp., Ste. 3-A Bend, OR 97702	541-389-0006	541-389-0906	www.almostfamilycare.net kristy@almostfamilycare.com	Kristy Walters	80	1982	Medication management, registered nursing services, 24-hr. companion & homemaking services, personal & respite care. IDD/DD attendant care	Deschutes, Jefferson & Crook Counties.
At Home Care Group 205 SE Wilson Ave., Ste. 1 Bend, OR 97702	541-312-0051	541-312-0077	www.athomecaregroup.com kristy@athomecaregroup.com	Kristy Walters	8	1999	Services offered include home assistance, companionship, personal care & nursing services.	Deschutes, Jefferson & Crook Counties.
Heart 'n Home Hospice & Palliative Care, LLC 745 NW Mt. Washington Dr., Ste. 205 Bend, OR 97703	541-508-4036	541-508-4037	www.gohospice.com billyge@gohospice.com	Billy Gehm	15	2004	Services include on-call nursing support, hospice CNAs, medical social services, spiritual counseling, trained volunteers, physician support, grief & loss support, veteran services & recognition.	Central Oregon.
Heart 'n Home Hospice & Palliative Care, LLC - La Pine 51681 Huntington Rd. La Pine, OR 97739	541-536-7399	541-536-9312	www.gohospice.com dianah@gohospice.com	Diana Hergenrader	10	2004	Services include on-call nursing support, hospice CNAs, medical social services, spiritual counseling, trained volunteers, physician support, grief & loss support, veteran services & recognition.	Central Oregon.
Helping Hands Home Care 61396 S Hwy. 97, Ste. 107 Bend, OR 97702	541-241-1950	458-206-7377	www.helpinghandshomecare.com elizabeth@helpinghandshomecare.com	Pamela Breuer, Mary Galley	25	2017	Personalized one-on-one in-home care services for seniors & people with disabilities. From running errands & grocery shopping, to bathing & medication administration.	Deschutes, Jefferson & Crook Counties.
Home Instead Senior Care 20380 Halfway Rd., Ste. C Bend, OR 97703	541-330-6400	541-330-7362	www.homeinsteadbend.com gloria.rockwell@homeinstead.com	Cole Mack, Jonathan Mack	170	2000	Non-medical companionship & home care for seniors, specializing in 24 hour care, personal care, homemaking, respite care, nursing services & Alzheimer. Licensed & insured.	Deschutes, Jefferson & Crook Counties.
Hospice of Redmond 732 SW 23rd St. Redmond, OR 97756	541-548-7483	N/A	www.hospiceofredmond.org info@hospiceofredmond.org	Jane McGuire	21	1981	Hospice, Palliative Care & Transitions programs, Medical Director Hospice & Palliative Care certified, licensed registered nurses, social workers, hospice aides, licensed therapists, bereavement support, Veterans' support & trained volunteers. 24/7 nurse on call.	Redmond, Bend, Sisters, Tumalo, Crooked River Ranch, Powell Butte, Culver, Terrebonne, Black Butte Ranch, Camp Sherman & Prineville.
Lincare, Inc. 63076 NE 18th St., Ste. 100 Bend, OR 97701	541-382-8303	541-382-8358	www.lincare.com	Michael Sheldon	12	2000	Respiratory care & durable medical equipment.	All of Central Oregon.
Norco Medical 63024 Sherman Rd. Bend, OR 97703	541-388-2273	541-383-5996	www.norco-inc.com wayneb@norco-inc.com	Wayne Barker	40	1987	Home delivery of medical supplies including all respiratory, durable medical equipment, incontinence, diabetic & rehabilitation products. 24-hr. on-call service.	Central & Eastern Oregon.
Partners In Care - Hospice-Home Health-Transitions-Palliative Care 2075 NE Wyatt Ct. Bend, OR 97701	541-382-5882	N/A	www.partnersbend.org lisamhurley@partnersbend.org	Lisa Hurley	200	1979	Medicare-certified home health, hospice & palliative care. Non-medical transitions & bereavement for adults & children. Skilled nursing; physical, occupational, speech therapy; medical social work; certified nursing assistants & spiritual care. Hospice House is a six-bed, in-patient unit. On-call 24/7. Nonprofit.	Headquarters in Bend & Branch offices in Redmond & La Pine. Serving Central Oregon from Madras & Prineville in the north to Christmas Valley & Chemult in the south.
Right at Home In-Home Care, Central Oregon 2195 NE Professional Ct., Ste. 15 Bend, OR 97701	541-633-7436	541-633-7438	www.rightathomeco.com julie@rightathomeco.com	Julie Burket	80	2009	One-on-one in-home care & assistance for seniors & disabled adults. Care-givers are experienced & carefully screened through criminal background checks, drug testing & motor vehicle records. Right at Home, Inc. has been in business since 1995. The corporate office is based in Omaha. They have been franchising since 2001.	Deschutes, Jefferson & Crook Counties.
St. Charles Home Health Services 63031 NE Layton Bend, OR 97701	541-706-7796	541-706-4996	www.stcharleshealthcare.org jlnewton@stcharleshealthcare.org	Julie Newton	78	1984	Skilled nursing, certified home health aides, medical social workers, physical, occupational & speech therapy, including orthopedic & neurological rehabilitation, collect & deliver lab specimens, fall prevention education, medication, post-operative & pain management, evaluation & treatment, wound /ostomy care, lifeline emergency response, nutritional evaluation & counseling, I.V. therapy, specializing in chronic disease management including diabetes, congestive heart failure, chronic obstructive pulmonary, disease, hypertension.	Deschutes, Jefferson, Crook, Wasco & Northern Klamath Counties.
St. Charles Hospice 2500 NE Neff Rd. Bend, OR 97701	541-706-6700	N/A	stcharleshealthsystem.org hospice@stcharleshealthcare.org	Laurie Jackson	45	1988	Physician services, skilled nursing care, medical equipment & supplies as appropriate, drugs for symptom management & pain relief, complementary therapies short-term inpatient & respite care, homemaker services & hospice aides, physical & other therapies, counseling, chaplain & social work, volunteer support, bereavement support.	Deschutes, Jefferson & Crook Counties.
Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702	541-383-1414	541-312-7080	www.touchmarkbend.com SDN@Touchmark.com	Kaitlin Dahlquist, Scott Neil	28	2004	Home care.	Deschutes, Jefferson & Crook Counties.
Visiting Angels, Living Assistance Services 376 SW Bluff Dr., Ste. 9 Bend, OR 97702	541-617-3868	541-330-5645	www.visitingangels.com/bend k.clark@visitingangels.com	Karen Clark	75	2007	Visiting Angels is proud to be the nation's leading provider of senior home care services. Our Angels provide in-home care, medication management, elder care, respite care, senior personal care & companion care services. With our senior home care services, elderly adults can continue to live independently in their own homes.	Central Oregon.


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

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# Your Life. Your Story.

Your life has purpose and your story reflects that. From day one, your Partners In Care team will listen closely to understand what is most important to you. The more we know you, the better we can give you the best care possible.

Already during 2022, Partners In Care has provided care to thousands of patients, clients, and their families through six service lines. Each with a life story that brought them to their day of admission to Home Health, Hospice, Palliative Care, and Hospice House. Our staff and volunteers also checked in on hundreds of Transitions clients and many others attended Grief Support groups held virtually.

We also opened our new 12-suite Hospice House inpatient facility and thank those who supported the successful capital campaign to expand our beautiful Bend campus.



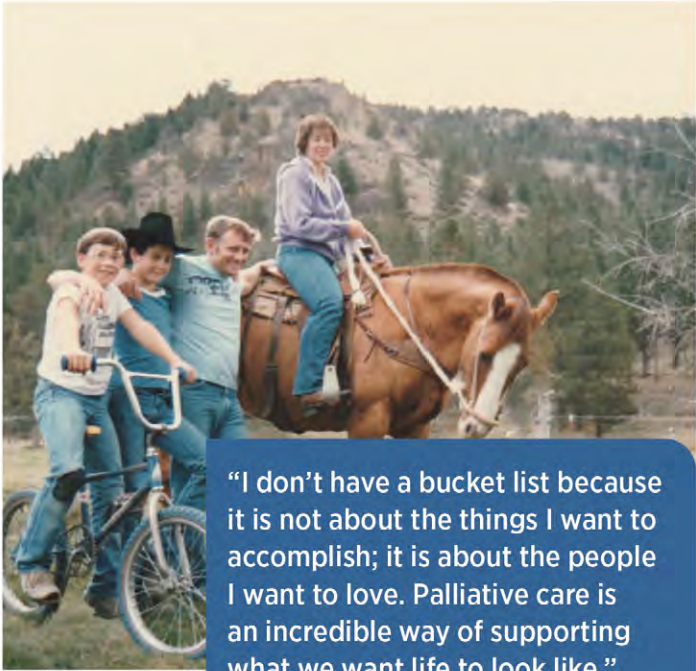
**Partners In Care**

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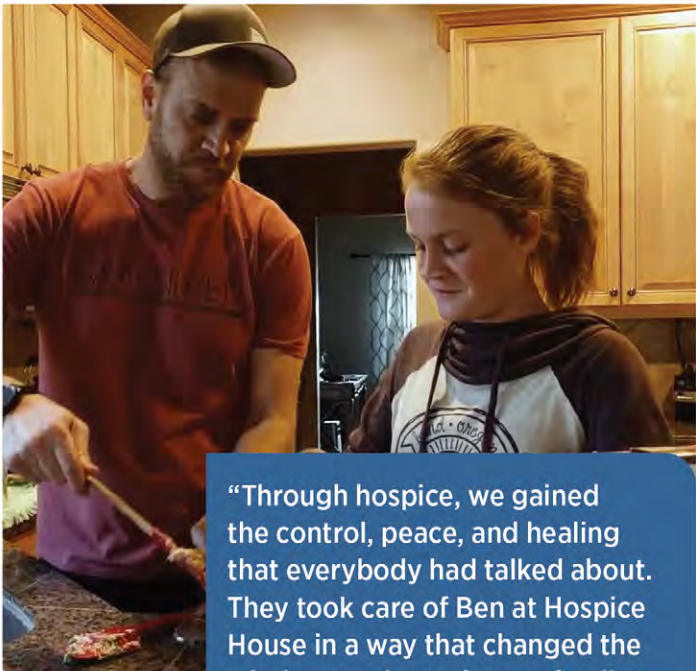
Hospice | Hospice House  
Home Health | Transitions  
Palliative Care | Grief Support



“Your final chapter can be one of real depth and meaning. Through their care, my mom was available to me again as a mother and I was able to reenter my favorite role which is being her daughter.”  
-Diane Murray-Fleck



“I don’t have a bucket list because it is not about the things I want to accomplish; it is about the people I want to love. Palliative care is an incredible way of supporting what we want life to look like.”  
-Elly Reynolds



“Through hospice, we gained the control, peace, and healing that everybody had talked about. They took care of Ben at Hospice House in a way that changed the whole experience for our family.”  
-Shawna Bryan



Physician Groups & Clinics *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Doctors	Other Area Locations	Patients Per Month	Services
Bend Dermatology Clinic, LLC 2747 NE Conners Ave. Bend, OR 97701	541-382-5712	541-382-2605	www.bendderm.com suzanne@bendderm.com	Suzanne Maitland	45	1980	5	Central Oregon	3,300	Diseases & surgeries of the skin.
Bend Hernia Center 2450 Mary Rose Pl., Ste. 210 Bend, OR 97701	541-383-2200	541-383-5170	www.bendherniacenter.com wimel@bendsurgicalassociates.com	Michael J. Mastrangelo	6	2003	1	N/A	200-250	Laparoscopic & Robotic surgery. All types of hernia repair & general surgery.
Bend Surgery Center 1342 NE Cushing Dr., Ste. 170 OR 97701	541-318-0858	541-318-6740	www.bendsurgery.com info@bendsurgery.com	Todd Currier	100	1997	N/A	N/A	1,000	Ambulatory surgery.
Bend Urology Associates, LLC 2090 Wyatt Ct., Ste. 101 Bend, OR 97701	541-382-6447	541-388-6862	www.bendurology.com patriciap@bendurology.com	Patricia Parker	50	1964	4	Redmond	1,900	Male, female & pediatric disorders of the urinary tract, comprehensive incontinence treatment, board certified & board eligible surgeons.
Cascade Direct Care 198 NE Combs Flat Rd. Prineville, OR 97754	541-362-8688	541-550-7779	www.cascadedirectcare.com cascade.reception@gmail.com	Lindsey G. McKay PA-C	4	2013	Lindsey McKay, PA-C	N/A	N/A	Family medicine clinic & primary direct care office that offers primary care services to its members for a monthly fee including minor in-office procedures & many labs. Insurances accepted as well.
Cascade Surgicenter 2200 NE Neff Rd., Ste. 100 Bend, OR 97701	541-322-2395	541-322-2394	www.cascadesc.com	Cammy Gilstrap	45	2006	Staff doctors from The Center & Central Oregon Doctors.	N/A	500	Outpatient surgeries by The Center physicians, as well as pre- & post- operative care. Specialty areas include minimally invasive knee & shoulder arthroscopy, carpal tunnel surgery, pain management injections & other outpatient surgical procedures. Pediatric dentist , Podiatry.
Central Oregon Clinical Genetics Center 143 SW Shevlin-Hixon Dr., Ste. 203 Bend, OR 97702	541-678-5417	541-678-5466	www.cocgc.org oschirripa@hipaamail.us	Oswaldo A. Schirripa	1	2010	1	Grants Pass	40	Identification, management & prevention of genetic disorders/diseases.
Central Oregon Dermatology 388 SW Bluff Dr. Bend, OR 97702	541-678-0020	541-323-2174	www.centraloregondermatology.com info@centraloregondermatology.com	Mark A. Hall	9	2000	1	Bend, La Pine, Redmond, Madras	450	General dermatology & specializes in skin cancer diagnosis & skin cancer surgery & various cosmetic procedures involving Botox, Juvederm, Restylane, Radiesse, laser treatment, phototherapy & photodynamic therapy.
Central Oregon Ear, Nose & Throat, LLC 2450 NE Mary Rose Pl., Ste. 120 Bend, OR 97701	541-526-1133	541-385-4935	www.coent.com	Dr. Ryan P. Gallivan	20	1970	5 Physicians, 2 Audiologists	N/A	2,000	Ear, nose, throat & hearing.
Central Oregon Family Medicine, P.C. 645 NW Fourth St. PO Box 460 Redmond, OR 97756	541-923-0119	541-923-3228	www.cofm.net	Lori Wells	10	1981	3	N/A	900	Family medicine.
Central Oregon Pediatric Associates (COPA) 760 NW York Dr., 2nd Floor Bend, OR 97703	541-389-6313	541-389-8760	www.copakids.com wmiller@copakids.com	Wade Miller	104	1975	16 Board Certified Pediatrician MD's, plus 6 PA/PNP's	East Bend, South Bend, Redmond	4,200	Pediatric & adolescent medicine.
Central Oregon Radiology Assoc. PC 1460 NE Medical Center Dr., Ste. 180 Bend, OR 97701	541-382-6633	541-382-6635	www.centraloregonradiology.com sstuemke@cmillc.org	Sara Stuemke	280	1947	35+	Redmond & Bend South Side	7,500	MRI, CT, ultrasound, nuclear medicine, PET, mammography, x-ray, DXA, vascular/interventional radiology.
Central Oregon Regional Pathology Services 1348 NE Cushing Dr. Bend, OR 97701	541-382-7696	541-389-5723	www.copc.net jdover@copc.net	Brad Bryan	19	2000	7	N/A	N/A	Pathology services.
Deschutes Osteoporosis Center 2200 NE Neff Rd., Ste. 302 PO Box 490 Bend, OR 97701	541-388-3978	541-278-8366	www.deschutesosteoporosis-center.com	Dr. Molly Omizo	2	2010	1	N/A	35	Care for osteoporosis & bone health.
Deschutes Rheumatology 2200 NE Neff Rd., Ste. 302 Bend, OR 97701	541-388-3978	541-278-8366	www.bendarthritis.com	Merilee Silverstein	14	2012	3	N/A	400	Rheumatology services.
Desert Orthopedics, LLP 1303 NE Cushing Dr., Ste. 100 Bend, OR 97701	541-388-2333	541-388-0930	www.desertorthopedics.com	Michael Ryan	60	1995	27	Redmond	1,900	Joint reconstruction & replacement surgery spine disorders & diseases pediatric orthopedics adult & adolescent sports medicine hand & upper extremity disorders foot & ankle rehab physical medicine trauma & orthroscopic surgery.
Doctors Park Surgery Center 2090 Wyatt Ct., Ste. 102 Bend, OR 97701	541-389-5931	541-389-5932	N/A	N/A	14	2002	5	N/A	300	Outpatient ambulatory surgery.
East Cascade Women's Group 2400 NE Neff Rd., Ste. A Bend, OR 97701	541-389-3300	541-389-8115	www.eastcascadewomensgroup.com	Jeff Stewart	36	1994	8	N/A	Over 2,000	OB/GYN
Endocrinology Services Northwest 929 SW Simpson Ave., Ste. 220 Bend, OR 97702	541-317-5600	541-317-5676	www.endonorthwest.com	Patrick McCarthy	5	2012	2 M.D.'s, 2 P.A.'s	Redmond	1,200	Diabetes, Thyroid & Cholesterol Disorders, Hormonal Imbalances & Testosterone Deficiencies.
Gastroenterology of Central Oregon 2239 NE Doctors Dr., Ste. 100 Bend, OR 97701	541-728-0535	541-647-5125	N/A	Dr. Glenn Koteen	2	2007	1	N/A	120	Specializing in liver disease, diagnostic, therapeutic, GI & endoscopy.



# Annual Skin Exams

## The Importance of Having Them

provided by **BEND DERMATOLOGY**

Every year you make a list of the exams you need to schedule: your annual physical and bi-annual teeth cleaning. Be sure to add an annual full skin exam as part of that list. To help with scheduling and understanding the purpose of a full skin exam, Bend Dermatology answers your questions.

**What is an annual full skin exam?**

An annual full skin exam is an opportunity where a dermatology provider examines your skin, identifies concerns, looks at moles to evaluate changes and checks out any rashes. It is also a great time to discuss any medical or cosmetic treatments you are considering with your provider.

Your provider will check your skin from head to toe, usually explaining the things seen on your skin during the exam. This process usually takes about ten minutes and consists of checking every inch of your body, especially spots you may not be able to see yourself, like your back, scalp and behind your ears.

If you have any concerns or have noticed moles that changed in size or color, mention that to your dermatology provider so they can pay special attention to those areas.

Anyone at higher risk for skin cancer may want to discuss getting full skin exams more often than annually.

**When should I schedule my skin exam?**

Use the start of a new year or your birthday to keep up with your schedule for a full skin exam. Summertime can often be challenging to schedule appointments for yourself, but you can add it to your back-to-school checklist. What matters is ensuring you are doing one!

**Can I skip an annual full skin exam?**

Melanoma is a serious skin cancer that can occur in an area that is not easy for a patient to examine. According to the Dana-Farber Cancer Institute, the most common place for men to develop melanoma is on the back, head or neck. For women, it is the legs and arms.

Early detection is key in skin cancer treatment. Many melanomas found in patients are discovered during an annual full skin exam. These may be lesions that patients are not aware of. Additionally, some easily curable, nuisance rashes patients just learn to deal with can be fixed up within days.



PHOTO | COURTESY OF BEND DERMATOLOGY

**Where can I get my annual full skin exam?**

Visit your local Oregon dermatologists to schedule your annual full skin exam. You can make an appointment at one of their six Bend Dermatology locations to get your skin exam scheduled or to speak with an expert about any skin concerns you may have. Remember to use sunscreen daily and reapply it every few hours, especially if you are spending the day in water.

With six locations in Oregon, Bend Dermatology Clinic has been caring for its community with medical dermatology, Mohs surgery and cosmetic dermatology services since 1980.

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Janelle Strom, MD



Cheryl Czaplá, MD



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Ciara Thomson-Barnett, CNM, WHNP



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► CONTINUED FROM PAGE 12

Physician Groups & Clinics *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Doctors	Other Area Locations	Patients Per Month	Services
High Lakes Health Care - Bend-Upper Mill 929 SW Simpson Ave., Ste. 300 Bend, OR 97702	541-389-7741	541-278-8375	www.highlakeshealthcare.com	Dan McCarthy	296	1996	16	Bend-Shevlin Park, Bend-Hospital District, Sisters, Redmond Primary Care & Specialty Care	4,000	Primary care/family practice, internal medicine, physical medicine & rehabilitation, pediatrics, GYN, cardiology.
InFocus Eye Care 2450 NE Mary Rose Pl., Ste. 110 Bend, OR 97701	541-318-8388	541-318-7145	www.infocus-eyecare.com info@infocus-eyecare.com	Dr. Elizabeth Potvin, Dr. Patricia Buehler, Dr. Ida Alul, Dr. Winter Lewis	35	1998	6	N/A	1,800	Specializing in advanced cataract surgical techniques, LASIK, surgery & eyelid surgery & more. Additional providers: Dr. Meryl Sundy, Dr. Emily Karben & Dr. Emily Karben.
Inovia Vein Specialty Center 2200 NE Neff Rd., Ste. 204 Bend, OR 97701	541-382-8346	541-382-5796	invoiavein.com kristen@inoviavein.com	N/A	12	2005	2	N/A	N/A	Complications from varicose veins, Compression Therapy & more.
Madras Medical Group 76 NE 12th St. Madras, OR 97741	541-475-3874	541-475-3503	www.madrasmedicalgroup.com info@madrasmedicalgroup.com	Bob Jones	25	1973	6	N/A	1,400	Family practice.
Mosaic Medical - East Bend 2084 NE Professional Ct. Bend, OR 97701	541-383-3005	541-383-1883	www.mosaicmedical.org	Bridget McGinn	365	2004	See website	Prineville, Madras, Redmond	Approximately 600	Primary Care for the insured & uninsured of all ages, pediatrics.
Mosaic Medical - Madras Office 850 SW Fourth St., Ste. 101 Madras, OR 97741	541-838-3005	N/A	www.mosaicmedical.org	Natalie Dacuzzi	25	2004	3	Prineville, Bend, Redmond	580	Primary care for the insured & uninsured of all ages; prenatal care.
Mosaic Medical - Prineville Office 375 NW Beaver St., Ste. 101 Prineville, OR 97754	541-383-3005	N/A	www.mosaicmedical.org	Mari Enders	25	2004	7	Bend, Madras, Redmond	N/A	Primary care for the insured & uninsured of all ages.
Mosaic Medical - Redmond Office 1250 SW Veterans Way, Ste. 120 Redmond, OR 97756	541-383-3005	541-383-1883	www.mosaicmedical.org	N/A	20	2004	See website	Prineville, Bend, Madras	N/A	Primary care for the insured & uninsured of all ages.
Mosaic Medical Internal Medicine - Bend Internal Medicine Clinic 2965 NE Connors Ave., Ste. 280 Bend, OR 97701	541-383-3005	541-383-1883	www.mosaicmedical.org	Dr. Divya Sharma	50	2013	See website	Prineville, Madras, Redmond	N/A	Primary care services for adults.
Mountain Medical Immediate Care 1302 NE Third St. Bend, OR 97701	541-388-7799	541-317-0533	www.mtmedgr.com sklar@mtmedgr.com	Stacey Klar	19	1986	6	N/A	1,200	Urgent care & occupational health services. Travel medicine.
Name Your Care 3818 SW 21st Pl., Ste. 100 Redmond, OR 97756	541-548-2899	541-504-3781	www.yourcaremedical.com deb@yourcaremedical.com	Debora Wattenburg	18	2013	6	N/A	800	Walk-in same day medical care. Urgent care & occupational medicine including work comp.
Northwest Brain & Spine 2115 NE Wyatt Ct., Ste. 201 Bend, OR 97701	541-585-2400	541-585-2407	www.neuronwbs.com ckauer@nwbrainandspine.com	Dr. Kent Yundt, Dr. Anthony Hadden	50	2004	2	N/A	1,000	NeuroSurgical treatment of the brain & spine, injections.
Northwest Medi Spa 447 NE Greenwood Ave. Bend, OR 97701	541-318-7311	541-318-2884	www.northwestmedispa.com northwestmedispa@gmail.com	Dr. Rebecca Nonweiler	5	2002	1	Klamath Falls	500	Array of medical aesthetics procedures to help you look & feel your best.
Optima Foot & Ankle 1506 NE Williamson Blvd. Bend, OR 97701	541-383-3668	541-383-4546	www.optimafootandankle.com brandi@optimafootandankle.com	Brandi Abbas	8	1997	2	Redmond	800	Comprehensive foot & ankle treatment for all ages. Ingrown toenails to reconstructive foot & ankle surgery & more.
Redmond Medical Clinic 1245 NW Fourth St., Ste. 201 Redmond, OR 97756	541-323-4545	541-323-4546	www.redmondmedical.com aharris@redmondmedical.com	Adrien Harris	7	1999	3 FNP	N/A	1,400	Preventative care for adults, Chronic & acute illness, primary care.
St. Charles Family Care - Bend East 2600 Neff Rd Bend, OR 97701	541-706-4800	541-706-4806	www.stcharleshealthcare.org kmcallon@stcharleshealthcare.org	Kevin Callon	35	2011	7	Bend South, Madras, Redmond, Sisters, Prineville	N/A	Family practice, pediatrics, women's health, travel medicine & osteopathic manipulation therapy.
St. Charles Family Care - Bend South 61250 SE Coombs Place Bend, OR 97702	541-706-5935	N/A	www.stcharleshealthcare.org dnstafford@stcharleshealthcare.org	Daggi Stafford	9	2015	9	Bend East, Madras, Redmond, Sisters, Prineville	N/A	Family practice, pediatrics, women's health, travel medicine, internal medicine, sports medicine, minor surgery.
St. Charles Family Care - Madras 480 NE A St. Madras, OR 97741	541-475-4800	541-475-4805	www.stcharleshealthcare.org	Joe Gillespie	2	1967	4	Bend East, Bend South, Prineville, Redmond, Sisters	N/A	Full family care specialty; interest focus on preventative health care for chronic conditions, disease & end of life care.
St. Charles Family Care - Prineville 384 SE Combs Flat Rd., Ste. 1200 Prineville, OR 97754	541-447-6263	541-447-8724	www.stcharleshealthsystem.org glkessi@stcharleshealthcare.org	Gretchen Kessi	23	2008	7	Bend East, Bend South, Madras, Redmond, Sisters	N/A	Routine/preventive care, disease management, women's health-care, sports medicine, general surgery, mental health care.
St. Charles Family Care - Redmond 211 NW Larch Ave. Redmond, OR 97756	541-548-2164	541-548-0534	www.stcharlesfamilycareredmond.org jjdubisar@stcharleshealthcare.org	Jill Dubisar	15	1949	10	Bend South, Bend East, Madras, Sisters, Prineville	N/A	Family practice, obstetrics, pediatrics & occupational medicine.
St. Charles Family Care - Sisters 630 Arrowleaf Trail Sisters, OR 97759	541-549-1318	541-588-6002	www.stcharleshealthcare.org csbrophy@stcharleshealthcare.org	Christine Brophy	7	2011	2	Bend South, Bend East, Madras, Sisters, Prineville, Redmond	N/A	Family practice, pediatrics & travel medicine.
St. Charles Surgical Specialists 1245 NW Fourth St., Ste. 101 Redmond, OR 97756	541-548-7761	541-598-3485	www.stcharleshealthcare.org rmoor@stcharleshealthcare.org	Raylene Moor	13	2005	5	Prineville	N/A	General surgery, specialized laproscopic complex vascular, breast, endocrine, thoratic & gastrointestinal surgery.
Summit Health Solutions 2421 NE Doctors Dr. Bend, OR 97701	541-323-3363	541-323-3366	www.summithealthbend.com info@summithealthbend.com	Darci	6	2013	Dr. Jack E. Berndt, MD	N/A	N/A	Comprehensive pain management medicine, interventional spine & joint procedures & more.
Summit Medical Group - Formerly Bend Memorial Clinic 1501 NE Medical Center Dr. Bend, OR 97701	541-382-2811	N/A	www.bendmemorialclinic.com info@bendmemorialclinic.com	Dr. David Holloway, Kurt Kemcke, Cheryl Stewart, Joan Sheldon	565	1946	78	East Bend, Redmond, Old Mill District, Sisters, Mt. Bachelor Urgent Care	16,000 different patients, 29,000 appts.	Family medicine, internal medicine, pediatrics, urgent care, lab & imaging services, allergy & asthma, bariatric surgery, cardiology & more.
The Center 2200 NE Neff Rd., Ste. 200 Bend, OR 97701	541-382-3344	541-382-1681	www.thecenteroregon.com info@thecenteroregon.com	Mike Gonsalves	220	1954	22	Redmond, La Pine, Burns, John Day, Madras, Prineville	4,000	Disease & injuries of the brain, spinal cord & nerves; neurosurgery; comprehensive spine care; sports medicine; hand, foot & more.

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Mosaic Medical

Continued from page 1

Growing With the Community

During the first year of operations in 2002, the clinic provided affordable, preventative healthcare to nearly 700 people. Word spread quickly about the value of the Community Health Center model, and by 2006 Mosaic was operating clinics in Crook, Deschutes and Jefferson Counties.

“Mosaic was founded for the community by the community,” said Megan Haase, FNP and CEO of Mosaic. “We exist because our community believes that everyone who lives here should have access to high-quality healthcare. And that’s just what we do: We provide high-quality, integrated, culturally appropriate healthcare to Central Oregonians, regardless of life circumstances.”

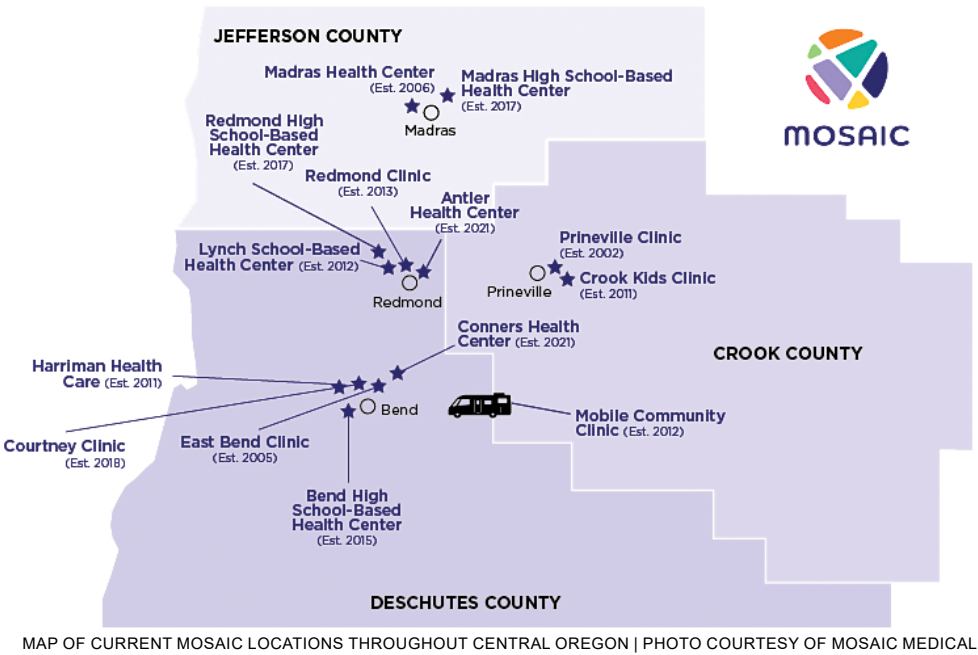
As one of the first providers hired to work at the newly established clinic back in 2002, Haase has a unique perspective. She has seen firsthand how the organization has expanded over the last twenty years to now serve a patient base of more than 27,000 Central Oregonians, operating a network of 15 health centers in Bend, Redmond, Madras and Prineville. From a staff of less than ten to nearly 400 employees across the region, Mosaic continues to grow to meet the needs of the region.

Some things, however, remain the same. The organization is still governed by a volunteer, patient-majority board of directors. And it continues to be guided by the original purpose of the community members who banded together to bring the organization to life: to provide high-quality, affordable care for all.

Advocates For All

“At Mosaic we are advocates for our patients,” said Elaine Knobbs-Seasholtz, Director of Strategy and Development at Mosaic. “We have extremely dedicated staff and providers who work closely together to make sure that all aspects of an individual’s health are considered. We offer medical, dental, behavioral health, nutrition and pharmaceutical care, and in addition to that we work to address our patient’s basic needs such as food, clothing, housing, transportation and more.”

Anyone can be a Mosaic patient — insured or uninsured, working or unemployed. The organization accepts most private/commercial insurances, local Oregon Health Plan (Medicaid) and most Medicare. They also offer a sliding scale reduced fee program. No matter what a person’s life circumstances are, the team at Mosaic believes that everyone deserves quality healthcare. And in alignment with their origins, Mosaic also provides health insurance enrollment assistance to their patients and to anyone in the community in need of



help with the process.

Celebrating 20 Years

As part of the organization’s 20th-anniversary celebrations, Mosaic recently embraced a brand refresh. The new logo and brand colors now align more closely with the spirit of the organization: vibrant, diverse, and welcoming. Soon (pending legal approvals) they will also roll out a new name that fully reflects the depth of their services: Mosaic Community Health.

A 20th Anniversary Jamboree is planned for Friday, Sept. 23 from 5:30-9:30 p.m. at the High Desert Music Hall in Redmond. Everyone in the community is invited to this free event featuring two live, local bands — ¡Chiringa! and Blackstrap Bluegrass — food and fun. To RSVP visit mosaicmedical.org.

From the initial tiny Ochoco Community Clinic, to the Mosaic Medical of today, and looking forward to the future Mosaic Community Health (new name expected to launch in 2023), the organization remains committed to providing excellent healthcare services while respecting the dignity of each patient.

mosaicmedical.org



A Night of Music with Mosaic

Mosaic is turning twenty! To celebrate, we are hosting a free, fun-filled evening of music!

• Live bands: Blackstrap Bluegrass and ¡Chiringa!

• Prizes for the first 100 people to RSVP! Register online at mosaicmedical.org

• Special award presentation + learn more about our Prineville roots!

CELEBRATE WITH US! EVERYONE IS WELCOME!

Friday, Sept. 23, 2022 5:30 - 9:30 p.m.

LIVE MUSIC

GAMES

FOOD

High Desert Music Hall • Redmond, OR

Founded by the community in 2002

MOSAIC

Quality Care For All



Physical & Occupational Therapy *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Active Care Physical Therapy 57067 Beaver Rd. Sunriver, OR 97707	541-390-7518	541-389-6272	www.physicaltherapysunriver.com	Brent Bradley	2	2013	Rotator cuff injuries, knee replacement rehab, hip replacement rehab, post-surgical rehab, acute & chronic musculoskeletal pain or impairment. Auto, work, sports related injuries, back, neck & spine pain / disc / nerve injuries, Sacro Iliac (SIJ) & Pelvis issues, Shoulder, arm, elbow, wrist & hand pain, carpal tunnel injuries, Leg, hip, knee, ankle & foot pain / tendonitis / tears Patella Femoral & more.
Alpine Physical Therapy & Spine Care 336 SW Cyber Dr., Ste. 107 Bend, OR 97702	541-382-5500	541-389-5669	www.alpinephysicaltherapy.com info@alpinephysicaltherapy.com	Jill Freund	10	2006	Physical therapy & spine care. Alternate office at 2546 Conners Ave., Ste. 110, Bend.
Apex Physical Therapy, LLC 230 SW Fifth St. Madras, OR 97741	541-475-1218	541-475-7647	www.apexoregon.com info@apexoregon.com	Karin Monger, Brock Monger	11	2007	Physical therapy, sports medicine, orthopedic rehab. Neck & back injuries, joint surgeries, work injuries, arthritis & auto accidents.
Falling Waters Injury & Health Management 55 NW Wall St., Ste. 100 Bend, OR 97703	541-389-4321	541-389-4420	www.fallingwaterscenter.com amanda@fallingwatersbend.com	Amanda Guy	40	2007	Specializing in auto injuries, work comp injuries, aquatic therapy, sports, post surgical & functional & strength rehabilitation of the back, neck, shoulder & knee. Also chiropractic, physical therapy, massage & nutritional counseling.
Focus Physical Therapy, Inc. 1239 NE Medical Center Dr., Ste. 200 Bend, OR 97701	541-385-3344	541-312-5256	focusptbend.com appointments@focusptbend.com	Haden Voss, Carolyn Roemheld	13	2005	Results-based sports, spine, postsurgical & specialty care physical therapy clinic with a reputation for effective & private treatments with the same therapist for each visit.
Focus Physical Therapy, Inc. - Old Mill Clinic 550 SW Industrial Way, Ste. 130 Bend, OR 97702	541-385-3344	541-312-5256	www.focusphysio.com appointments@focusptbend.com	Amy Royce	15	2005	Active wellness & lifestyle physical therapy clinic with a reputation for combining hands on manual therapy with cutting edge exercise & sport programs.
Hand & Arm Therapy of Central Oregon 2100 NE Neff Rd., Ste. A Bend, OR 97701	541-633-7535	541-706-9036	www.handandarm.net reception@handandarm.net	Kristin Gulick	4	2010	Hand & arm occupational therapy, custom orthotics & extensive upper extremity rehabilitation.
Hands On Physical Therapy, PC 147 SW Shevlin Hixon Dr., Ste.104 Bend, OR 97702	541-312-2252	541-312-8822	www.handsontptbend.com HOPTBend@aol.com	Lisa Kennedy-Leary, Steve Leary	9	2006	Physical therapy with a comprehensive & individualized hands-on approach incorporating advanced manual therapy & functional exercises. One-on-one with a licensed physical therapist. Women's health specialist. Treatment of scoliosis.
Healing Bridge Physical Therapy 354 NE Greenwood, Ste. 105, PO Box 938 Bend, OR 97701	541-318-7041	541-388-3711	www.healingbridge.com allisonsuran@gmail.com	Allison Suran	1	1998	N/A
Living Well Therapy 1288 SW Simson Ave., Ste. F Bend, OR 97702	541-312-2004	541-312-2056	www.livingwelltherapy.com info@livingwelltherapy.com	Dr. Erik Zamboni	5	2003	Physical Therapy, Chiropractic, Massage Therapy & Nutrition.
Madras Physical Therapy 785 SE McTaggart Rd. Madras, OR 97741	541-475-2571	541-475-2590	www.madrasphysicaltherapy.com madraspt@madrasphysicaltherapy.com	Trevor Groves, Rob Nelson	9	2010	Physical, outpatient orthopedic, aquatic therapy, workmen's comp, headaches, spine care, sports rehab, geriatric rehab, manual therapy, fall risk assessment & therapy & treatment of vertigo.
Prineville Physical Therapy 1470 NE Third St., Prineville, OR 97754	541-447-6846	541-447-1243	www.proactivesportspt.com/ prineville	Joe Kundrat	9	1989	Physical therapy - wide range of services.
Proactive Physical Therapy Specialists 450 NW Greenwood Ave. Redmond, OR 97756	541-923-0410	541-923-7393	proactivepts.com	Andrew Knox	20	1986	One-on-one customized care, emphasizing manual therapy, therapeutic exercise, return to work programs, aquatic therapy, job site evaluations, healthy lifestyle step-down program. Se habla español, TMJ & chronic pain.
Rebound Physical Therapy - Bend East 1342 NE Medical Center Dr., Ste. 150 Bend, OR 97701	541-382-7875	541-382-2181	www.reboundoregon.com info@reboundoregon.com	Stuart Johnson	18	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Bend North Side 2700 NE Fourth St., Ste. 105 Bend, OR 97701	541-323-5864	541-323-5865	www.reboundoregon.com info@reboundoregon.com	Eric Edwards	7	2016	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Bend West 1160 SW Simpson Ave., Ste. 200 Bend, OR 97702	541-322-9045	541-322-9044	www.reboundoregon.com info@reboundoregon.com	Laura Mann	25	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - La Pine 51600 Huntington Rd., Ste. B La Pine, OR 97739	541-536-7443	541-536-7805	www.reboundoregon.com info@reboundoregon.com	Kristi Edgar	6	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Prineville 1590 NE Third St., Ste. B Prineville, OR 97754	541-416-7476	541-416-7478	www.reboundoregon.com info@reboundoregon.com	Justin Hoggarth	9	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - RAC 1717 NE Second St. Redmond, OR 97756	541-504-2350	541-504-2354	www.reboundoregon.com info@reboundoregon.com	Nicolette Sapigao	3	2012	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Redmond 1315 NW Fourth St., Ste. B Redmond, OR 97756	541-504-2350	541-504-2354	www.reboundoregon.com info@reboundoregon.com	Seth Ramsey	17	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - South Bend 61470 S Hwy. 97, Ste. 4, Bend, OR 97702	541-585-1022	541-585-1024	www.reboundoregon.com info@reboundoregon.com	Hailey Foster	4	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Sunriver 56870 Venture Lane, Ste. 103 Sunriver, OR 97707	541-585-3148	541-323-3452	www.reboundoregon.com/ rebound-physical-therapist/sunriver info@reboundoregon.com	Eric Walberg	3	2012	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy @ Boss Sports Performance Center 1305 SE Armour Rd., Ste. 10, Bend, OR 97702	541-797-3136	541-389-4428	www.reboundoregon.com info@reboundoregon.com	Laura Mann	3	2018	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Regency Redmond Rehabilitation & Nursing Center 3025 SW Reservoir Dr., Redmond, OR 97756	541-548-5066	541-923-8652	regency-pacific.com/senior-liv- ing/or/redmond/regency-	N/A	52	1960	In-house physical & occupational rehabilitation therapy.
Southside Physical Therapy Inc. 364 SE Wilson Ave., Bend, OR 97702	541-388-2681	541-388-9236	www.southsidept.com/ southsidept@bendbroadband.com	Jonathan Sampson, Morag Sampson	5	1992	Personalized one-to-one manual therapy in a supportive environment. Emphasize education & home exercise programs. Treatment of lymphedema by nationally certified lymphedema therapist.
St. Charles Rehabilitation Services 2500 NE Neff Rd. Bend, OR 97701	541-706-7725	541-706-4915	www.stcharleshealthcare.org ejadzak@stcharleshealthcare.org	Jennifer Mckie	26	1993	Physical, occupational & speech therapy services. Geriatric rehabilitation, balance deficits & dizziness, neurological rehabilitation (CVA, TBI, SCI, amputees) & pediatric rehabilitation. Other area locations: Outpatient Rehabilitation - Madras, Prineville, Redmond, Physical Therapy - Bend South.
Step & Spine Physical Therapy - Bend 2185 NW Shevlin Park Rd. Bend, OR 97703	541-728-0713	541-728-0715	www.stepandspine.com glenn@stepandspine.com	Barrett Ford	15	2010	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Step & Spine Physical Therapy - Eagle Crest 7555 Falcon Crest Dr. Redmond, OR 97756	541-527-4353	541-527-4354	www.stepandspine.com therapy@stepandspine.com	Barrett Ford	4	2019	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Step & Spine Physical Therapy - Redmond 974 SW Veterans Way Redmond, OR 97756	541-504-5363	541-504-7677	www.stepandspine.com brittany@stepandspine.com	Barrett Ford	24	2010	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Step & Spine Physical Therapy - Sisters 625 N Arrowleaf Trail, Bldg. G, Sisters, OR 97759	541-588-6848	541-588-6607	www.stepandspine.com alana@stepandspine.com	Barrett Ford	3	2010	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Therapeutic Associates Central Oregon - Bend 2200 NE Neff Rd., Ste. 202, Bend, OR 97701	541-388-7738	541-312-0121	www.therapeuticassociates.com/bend bend@taipt.com	Chuck Brockman	20	1982	Orthopedic physical therapy, sports rehab, pediatric physical therapy, hand therapy, variety of exercise programs for the public, cycle fit & running analysis.
Therapeutic Associates Central Oregon - Bend 2 61615 Athletic Club Dr. Bend, OR 97702	541-382-7890	541-382-7498	www.therapeuticassociates.com/ locations/oregon/central-o athleticclub@taipt.com	Laura Cooper	9	1991	Orthopedic & sports physical therapy with focus on manual therapy & functional strengthening with specialties in aquatic therapy, therapeutic yoga, golf performance/fitness/rehabilitation, biomechanical bike & running analysis, breathing assessment & women's health.
Therapeutic Associates Central Oregon - Sisters 1011 Desperado Trail, Ste. 201, Sisters, OR 97759	541-549-3574	541-549-1092	www.therapeuticassociates.com/sisters sisters@taiweb.com	Matt Kirchoff	6	2001	Sports rehab physical therapy & a variety of exercise programs to the public. Aquatic therapy, myofascial release, cranio-sacral therapy, ASTYM & post-operative rehabilitation.
Therapeutic Associates Redmond Physical Therapy 413 NW Larch Ave., Ste. 102, Redmond, OR 97756	541-923-7494	541-504-9153	www.therapeuticassociates.com/redmond redmond@taipt.com	Eric Coughlin	5	1999	Our clinic offers board certified orthopedic/sports rehab physical therapy, hand therapy, pain management & work conditioning/ergonomic consulting with fitness exercise prescription for the public.
Therapy Works Physical Therapy 2115 NE Wyatt Ct. Ste. 103 Bend, OR 97701	541-382-2070	541-685-2639	www.therapyworkspt.com derek@therapyworkspt.com	Derek Hopp, Meg Navish	15	1997	Low back pain, sciatica, spinal stenosis, muscle spasms & strains, post-operative therapy, joint strains & sprains, headaches, neck pain/whiplash, rotator cuff dysfunction, frozen shoulder/adhesive capsulitis, overuse injuries/tendonitis, motor vehicle accidents, work injuries, sports rehab & more.
Therapy Works Physical Therapy 330 NE Marshall Ave., Bend, OR 97701	541-383-8179	541-685-2639	www.therapyworkspt.com derek@therapyworkspt.com	Meg Navish, Derek Hopp	15	1997	See above.
Wellspring Structural Integration, PC 131 NW Hawthorne, Ste. 209, Bend, OR 97703	541-382-7123	541-330-0302	N/A	Karen Daniels	1	1997	Structural integration, a holistic therapeutic process of hands on soft tissue work & movement education & onsite ergonomic assessment & training.
Work Capacities, LLC 2275 NE Doctors Dr., Ste. 1, Bend, OR 97701	541-306-6175	541-306-6244	www.workcapacities.com workcapacities@gmail.com	Scott Elms	3	1992	Services physical/work capacity evaluations; ergonomic assessments, fit for duty evaluations, disability evaluations, physical capacity evaluations for vocational purposes.

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



# Rebound Physical Therapy has one of the Leading Hand Therapy Teams in Central Oregon

by **REBOUND Hand Therapy Team**

A hand therapist is an occupational or physical therapist who has specialized knowledge in the upper limbs. Anatomy and mechanics of hands and arms are extremely complex and intricately connected, which is why it requires specialization. Think about all of the various movements you use your arms and hands for — opening a door, using a spoon, holding and typing on your phone, etc. Even seemingly simple tasks will be impacted by an injury to the smallest finger bone.

What's the difference in a hand therapist who is an occupational therapist and a physical therapist? Well, let's first start here:

The term 'occupation' is more general than what we typically think. In fact, one of the main definitions of occupation is "a way of spending time." Your occupation could be a combination of mom, teacher, gardener, friend, brewer, chef, etc. These are the activities that occupy your time.

We live our most fulfilling life when we are able to fully participate in all of our valued occupations. Imagine breaking your wrist, rupturing a finger tendon or tearing your BICEPs. Suddenly you can't hold your baby, write a grocery list, chop vegetables, add the hops, throw a ball, or achieve a full night of pain-free sleep. Every part of who you are and the way you define yourself as a person would be impacted by this injury.

Occupational therapists have the knowledge to treat your injury as well as the expertise to analyze your daily activities in order to guide your rehabilitation

program. Their goal is to ensure your range of motion, strength and endurance are restored in the safest, most efficient way. Allowing you to get back to participating in all of the occupations you want and need to live your best life.

Both occupational and physical hand therapists have similar goals in terms of helping you heal from injury.

The main premise of occupational therapy is the therapeutic use of meaningful occupation as a form of treatment. For example, rather than looking at it as "treating an elbow injury" an occupational therapist might focus on motivating a person to bend their elbow so they are able to pick up their beer.

So, now you know... occupational therapists don't help you find jobs and hand therapists don't just treat hands.

As Rebound, our occupational therapists who specialize in hand therapy are caring elbow, arm, wrist, and hand experts. They take you on a rehabilitation journey where your ability to return to your unique collection of meaningful occupations is the finish line.



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Hospitals *(Listed Alphabetically)*

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

Emergency Transportation *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Area Served	Services
AirLink Critical Care Transport 2500 NE Neff Rd. Bend, OR 97701	541-233-6355	N/A	www.airlinkcct.org Kristin.Lingman@Med-Trans.net	Kristin Lingman	75	1985	Central Oregon, Eastern Oregon, Southern Oregon	Emergency air medical transportation.
Bend Fire & Rescue 1212 SW Simpson Ave. Bend, OR 97702	541-322-6300	541-322-6321	www.bendoregon.gov/fire communications@bendoregon.gov	Todd Riley	125	1905	Bend	Ambulance & fire services emergency & non-emergency.
Crook County Fire & Rescue 500 NE Belknap St. Prineville, OR 97754	541-447-5011	541-416-2053	www.crookcountyfireandrescue.com info@crookcountyfireandrescue.com	Matt Smith	48	1882	Crook County	Fire & emergency services.
La Pine Rural Fire Protection District Admini. Office 51590 Huntington Rd., P.O. Box 10 La Pine, OR 97739	541-536-2935	541-536-2627	www.lapinefire.org info@lapinefire.org	Mike Supkis	25	1971	Southern Deschutes County & North Klamath County.	Fire, rescue & emergency ambulance transport services.
Life Flight Network 743 SE Salmon Ave. Redmond, OR 97756	541-280-1224	503-678-4369	www.lifeflight.org cmcgrath@lifeflight.org	Cindy McGraith	15	1978	The Pacific NW in four states: Oregon, Washington, Idaho & Montana	Life Flight is nationally-recognized not-for-profit air medical service.
MASA Medical Transport Solutions 70 SW Century Dr. Bend, OR 97702	541-848-8124	N/A	masamts.com/biz-solutions turioste@masamts.com	Tony Urioste	170	1974	N/A	N/A
Redmond Fire & Rescue 341 NW Dogwood Ave. Redmond, OR 97756	541-504-5000	541-526-1254	www.redmondfireandrescue.org Diane.Cox@redmondfireandrescue.org	Diane Cox	65	1910	Redmond, Terrebonne, Smith Rock State Park, Powell Butte, Roberts Field - Redmond Municipal Airport, Cline Falls, Eagle Crest & outlying areas	Ambulance, fire suppression, rescue services & Air Rescue Fire Fighting (ARFF).
Sunriver Service District 57475 Abbot Dr., PO Box 2108 Sunriver, OR 97707	541-593-8622	541-593-2768	www.sunriversd.org ssdadmin@sunriversd.org	Mindy Holliday	25	2002	Sunriver	Police, fire & EMS.

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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# Owners of Interim HealthCare Believe That Veterans Deserve the 'Very Best in Compassionate & Comprehensive Care'

by ANDREA HINE

**M**ore than 300,000 veterans live in Oregon, and of those, 20,000 are in Deschutes, Crook and Jefferson counties — a number that encompasses World War II, the Korean War, the Vietnam War and the two Gulf Wars. A significant percentage have a disability.\*

"Given what veterans have done for our country, this is certainly a population that deserves the very best in compassionate and comprehensive care," asserted Patricia Lucas, who — with her husband and adult son — owns the Interim HealthCare franchise serving all of Central Oregon. Over half of their clients are veterans, who receive home care benefits through the Department of Veterans Affairs.

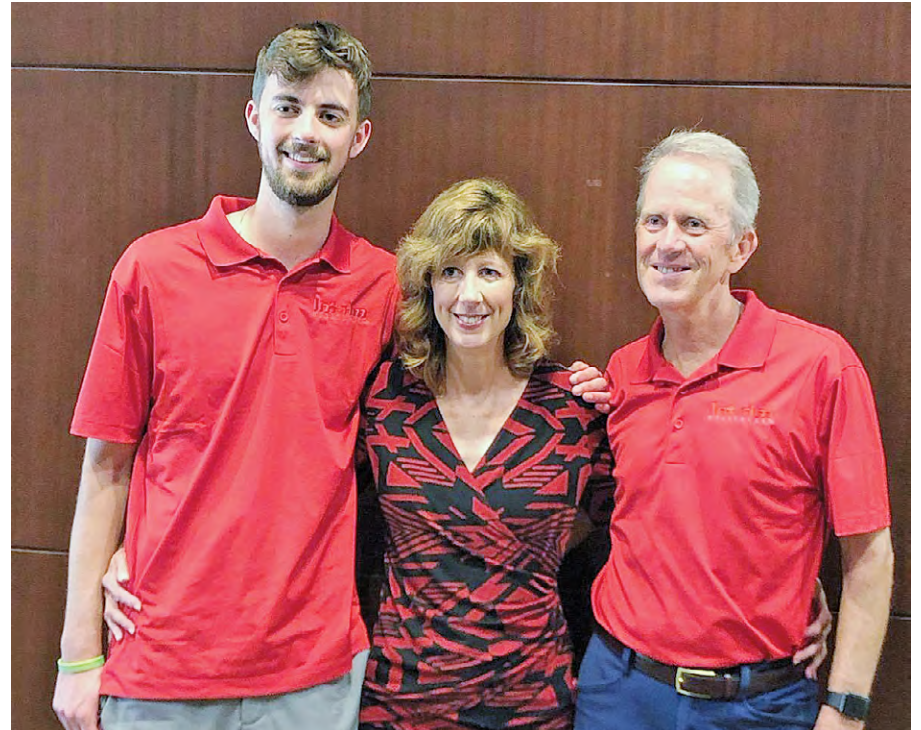
"We specialize in providing professional caregivers to come into the home of our clients and assist them with maintaining their independence — by helping with activities of daily living such as bathing, dressing, toileting, medication reminders, incidental transportation, running errands, meal preparation, light housekeeping, laundry, change of linens and driving to doctor appointments," she explained.

Interim HealthCare also has programs in fall prevention, dementia and Alzheimer's care, and offers skilled nursing services as needed, with two RNs on staff.

Lucas, who is director of Sunriver/La Pine Economic Development (SLED) — in addition to parleying her degree in accounting to handle assessment, marketing and payroll for the business — knows first-hand what veterans can face. "My Dad served in combat during World War II, received a Purple Heart, and was disabled as a result of his service," she said.

"When my husband Daren, our son Brandon, and I moved from Michigan to Central Oregon, we saw a definite need we could fill, given the area's large number of veterans," continued Lucas. "And representing Interim HealthCare, a national organization with a 55-year track record in providing excellent client satisfaction, really resonated with us. Especially for my son, who has always been a kind and compassionate man with a heart for caring for others — as well as an entrepreneurial mindset."

It took a year for the family to obtain their license, as "it's a pretty rigorous process to get through in Oregon, second only to California," she said. "And once we got underway, none of us anticipated that there would be so much demand for care and caregivers. Our client list grew 300 percent by our second year, and we're on target to grow an additional 25-50 percent in 2022."



WHEN MY HUSBAND DAREN, OUR SON BRANDON, AND I MOVED FROM MICHIGAN TO CENTRAL OREGON, WE SAW A DEFINITE NEED WE COULD FILL, GIVEN THE AREA'S LARGE NUMBER OF VETERANS," EXPLAINED PATRICIA LUCAS | PHOTO COURTESY OF INTERIM HEALTHCARE

Because Interim HealthCare, according to Lucas, "has three or four times as many requests for care than can be accommodated, we're recruiting all the time, and even offer a signing bonus. Wages have also gone up considerably in order to stay competitive, and we've begun offering other employee benefits as well."

Yet despite the challenges of running Interim HealthCare, which at first seemed "overwhelming," Lucas affirmed that "it is heartwarming to be able to help other people." And as a supreme compliment: "One of our caregivers is actually a veteran who really liked what we were doing."

\*U.S. Dept. of Veterans Affairs; U.S. Census Bureau 2019 America Community Survey

[interimhealthcare.com](http://interimhealthcare.com)



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# Friends of the Children – Central Oregon & Friends of the Children’s National Network receive \$44 Million

Grant from MacKenzie Scott to Support its Long-term Mentoring Model

by ANDREA LARSON — Friends of the Children – Central Oregon

Friends of the Children – Central Oregon (Friends – Central Oregon) announced today that the organization received a \$1.4 million gift as part of a \$44 million gift to the national organization Friends of the Children from philanthropist MacKenzie Scott. Friends of the Children is the only national mentoring program in the country with paid, professional mentors (called Friends) who walk alongside youth for 12+ years no matter what. This gift offers powerful momentum for the organization to serve more children in Central Oregon, many of whom are in — or at risk of entering — the foster care system.

“We are honored to receive this truly remarkable gift from MacKenzie Scott,” said Rachel Cardwell, executive director of Friends – Central Oregon. “This gift will catalyze our future growth and expansion throughout the region. It will allow us to partner in ways we couldn’t have imagined. The timing couldn’t be better as we celebrate five years of service, and as we prepare to welcome our incoming cohort from La Pine. In the coming months, we will build these funds into a new strategic plan, one that will leverage our new 19-acre ranch for learning and discovery, and deepen our work with youth and families. We are excited for what this gift means for our youth, and the many more we can and will serve thanks to this investment.”

This is the largest single gift ever received by the chapter. The funding will support the 5-year-old organization in sustaining its commitment to be alongside youth for 12+ years no matter what as well as growing the number of youth and families it serves, taking lessons learned from its most recent expansion into serving La Pine and leveraging the chapter’s 19-acre ranch for youth learning and discovery.

“I know from my own experiences that children often face a lot of hard things as they grow up and the love and support I received after my foster care experience allowed me to thrive and see myself for all that I could be,” said Simone Biles, youth advocate and Olympic gymnast. “That’s why I believe the long-term mentorship that Friends of the Children provides is so meaningful — having just one person who believes in you can truly impact a young person’s life. I am excited that MacKenzie Scott is investing in Friends of the Children



PHOTO | COURTESY OF FRIENDS OF THE CHILDREN – CENTRAL OREGON

to empower more youth across the country! In supporting Friends of the Children, it is my hope that more children will have access to a ‘Friend’ and be inspired to pursue their hopes and dreams in all communities, including my hometown of Houston, Texas.”

Youth in Friends of the Children — many of whom have been impacted by foster care — achieve outstanding results considering the national statistics for youth transitioning out of foster care:

- 83 percent of youth with Friends graduate high school, while in some

Continued on Next Page ▶

# Millennials: They’re Shaping Our Future, What Shaped Them?



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# Harvest Box Fundraiser Helps Fund Food Access for All

HDIFFA's Harvest Box Fundraiser is  
Friday, October 7!

by **KENDRA HUDDLESTON, Executive & Program Assistant — High Desert Food & Farm Alliance**

**P**re-Order a Locally Sourced Meal Kit to Help Support Local Food Access  
The High Desert Food & Farm Alliance (HDIFFA) is celebrating its Third Annual Harvest Box Fundraiser — thoughtfully curated meal kits featuring local ingredients from Central Oregon farmers, ranchers and specialty food producers.

You can choose from two options: a ready-to-make meal kit for either two or four people, or a two-person VIP meal fully prepared by chef Thor Erikson of the Cascade Culinary Institute (CCI). Both are available now for pre-order.

Each meal kit is designed by HDFFA and includes all the ingredients needed for a three-course meal: recipes for an appetizer and entree, a prepared dessert, your choice of beverage and a Spotify playlist for you to enjoy while you cook. Choose between Vietnamese style Pork Meatballs with Brothy Rice or Roasted Cauliflower Steaks with Chermoula, Crispy Chickpeas and Garlicky Greens. Kits are available with vegetarian, dairy and gluten-free options. The delectable VIP meal is designed and made by a Cascade Culinary Institute chef and will be ready to eat as soon as you pick it up!

To participate, purchase your meal kit online at HDFFA's Store by Friday, September 23. On October 7, folks can pick up their order at the Cascade Culinary Institute where HDFFA will deliver right to your car! Interested in delivery? Pay an extra \$10 and HDFFA will deliver your meal directly to your home. Event details are on HDFFA's homepage or at [hdffa.org/harvestbox22](https://hdffa.org/harvestbox22).

"Since 2018, HDFFA has provided over 13,600 meals through our Fresh Harvest Kit project," said Katrina Van Dis, executive director. "This annual fundraiser takes that meal kit model and allows us to showcase many of the remarkable Partners we work with, while also raising awareness and funds for our programs. We hope this event further connects our community to local food in a fun and interactive way."

HDIFFA believes everyone deserves good food—defined as fresh, affordable and culturally appropriate foods that are sustainably produced in Central Oregon. As part of their mission, HDFFA improves access to local food from regional farmers for limited-income residents through various programs. Proceeds from this event will support their Food Access and Agricultural Support programs. This includes the Fresh Harvest Kit project: HDFFA collaborates with local farms and hunger relief agencies to offer meal kits at regional food pantries and community organizations. These ready-to-make meal kits combine fresh vegetables and pantry staples, along with a recipe, to create a nutritious and delicious meal on a budget.

[hdffa.org](https://hdffa.org)

## Friends – Central Oregon

*Continued from previous page*

communities, graduation rates are as low as 27 percent for youth without a Friend;

- 93 percent of youth with Friends avoid the juvenile justice system, compared to 74 percent without Friends;
- 98 percent of youth with Friends avoid early parenting, while only 74 percent without a Friend wait to parent until after their teen years; and
- 92 percent of our program graduates go on to enroll in post-secondary education, serve our country, or become employed in a living wage job.

Friends – Central Oregon pairs youth with big dreams who have been impacted by systemic inequities, which may include poverty, foster care and criminal justice system involvement and other childhood traumatic experiences with "Friends" who stay by each child's side from as early as age four through high school graduation.

"The core of our work is to give those that need us the most the best opportunity to have a different perspective than where they are now," said Aaron Hinkley, professional mentor, at Friends – Central Oregon. "When it comes to being a mentor, we show grace, humility and role model the skills that will ultimately help change cyclical poverty — self-determination and management, perseverance and growth mindset. We are friends to the families too. This gift will have an impact on all of them and more."

In addition to Friends – Central Oregon, 11 other Friends of the Children locations across the country received gifts directly from MacKenzie Scott. Funding gifted directly to Friends of the Children - National will support the organization in expanding its child and whole-family well-being services through new Friends of the Children locations and expansion of other current locations. Over the last eight years, Friends of the Children has grown from five to 26 locations across the U.S.

### About Friends of the Children – Central Oregon:

Friends of the Children – Central Oregon is a nonprofit with the mission of impacting generational change by empowering youth who are facing the greatest obstacles through relationships with professional mentors – 12+ years, no matter what. Our work has been featured in KTVZ News and *The Source Weekly*.

[friendscentraloregon.org](https://friendscentraloregon.org)



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Eye Care Surgery Clinics & Examinations *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Alpine Eyecare 505 SW Mill View Way, Ste. 100 Bend, OR 97702	541-588-2013	541-317-1202	alpineeyecare@bendbroadband.com	Dr. Tom S Thomason	2	2000	Family vision care.
Bend Ophthalmology LLC 2357 NE Connors Ave., Ste. 101 Bend, OR 97701	541-389-3166	541-389-9817	www.bendeyes.com info@bendophthalmology.com	Darcy C. Balcer, Nancy M. Bonetto, Jason W. Dimmig, Scott X. Stevens	18	1976	Comprehensive medical eye care, corneal, glaucoma specialties, cataract & laser surgery.
Cascade Eyecare 62968 OB Riley Rd., Ste. 11 Bend, OR 97701	541-382-2020	541-382-5004	www.cascadeeyecare.com frontdesk@cascadeeyecare.com	Terry L. Steckman	6	1952	Comprehensive eye examinations, laser eye surgery co-management, medical eye care, custom contact lens fitting, special vision testing & more.
Central Oregon Eyecare - Bend 2155 NW Shevlin Park Dr. Bend, OR 97703	541-647-2760	541-647-2763	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care, contact lenses, Lasik & surgery co-management, complete optical, sunglasses, LASIK.
Central Oregon Eyecare - Madras 65 NE Oak St., Ste. 110 Madras, OR 97741	541-475-9999	541-475-4247	www.centraloregoneyecare.com info@centraloregoneyecare.com	Michelle Lima	4	2009	Eye disease detection & treatment, family vision care, contact lenses, Lasik & surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare - Prineville 198 NE Combs Flat Rd., Ste. 120 Prineville, OR 97754	541-447-5133	541-447-6891	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care, contact lenses, Lasik & surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare - Redmond 1000 SW Indian Ave. Redmond, OR 97756	541-548-2488	541-548-5334	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	12	1943	Eye disease detection & treatment, family vision care, contact lenses, LASIK, surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare- Sisters 625 N Arrowleaf Tr., Ste. 103 Sisters, OR 97759	541-549-2105	541-549-2106	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care, contact lenses, Lasik & surgery co-management, complete optical, sunglasses, LASIK.
Coffman Vision Clinic 61535 S Hwy. 97, Ste. 16 Bend, OR 97702	541-389-4774	541-389-3971	www.coffmanvision.com meredith@coffmanvision.com	Erin E. Follen, Michael A. Coffman, Howard Schor	23	1998	Comprehensive vision exams, high fashion frames, newest technology lenses, one hour service, 3-D retinal imaging.
Elemental Eyecare 2736 NW Crossing Dr., Ste. 120 Bend, OR 97701	541-323-3937	541-323-3938	www.elementaleyecare.com info@elementaleyecare.com	Dr. Kerri Lyons, Dr. Amanda Balsalobre, Dr. Gabby Marshall	8	2008	Pediatric eye exams & vision therapy. Pediatric eyewear. Vision rehabilitation & sports vision training.
Eyes on Wall St. 822 NW Wall St. Bend, OR 97703	541-382-4756	541-382-4455	eyesonwallstbend.com	Dr. Lorraine M. Winger	4	1999	Professional eye examinations & contact lens fittings. Complete optical services including on-site optical lab. Feature a large selection of quality fashion eyewear & repair.
High Desert Vision Source 404 NW Fifth St. Redmond, OR 97756	541-923-2221	541-923-3776	www.visionsource-highdeserteyecare.com hdvs@bendbroadband.com	Dr. Allan J. Hudson, Dr. Kilah S. Atkinson, Dr. Gretchen I. Chadwick, Dr. Audrey H. Brumley	11	1983	Complete comprehensive eye care, including contact lenses, primary eye care, optical services, laser & surgery co-management, children's vision & comprehensive eye exams.
InFocus Eye Care 2450 NE Mary Rose Pl., Ste. 110 Bend, OR 97701	541-318-8388	541-318-7145	www.infocus-eyecare.com info@infocus-eyecare.com	Dr. Elizabeth Potvin, Dr. Winter Lewis, Dr. Patricia Buehler, Dr. Ida Alul	35	1998	Specializing in advanced cataract surgical techniques, LASIK, surgery & eyelid surgery & more. Additional providers: Dr. Meryl Sundy, MD, Dr. Emily Karben, OD & Dr. Emily Karben, OD.
Integrated Eyecare 336 SW Cyber Dr., Ste. 100 Bend, OR, 97702	541-382-5701	541-382-5702	www.iebend.com info@iebend.com	Dr. Kirsten C. Scott, MS, Dr. Kit Carmiencke, Dr. Lindsey Slinger	15	1935	Enhancing the quality of your vision today, while protecting the health of your eyes for tomorrow.

Continued on Page 24 ▶

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# Tech Thoughts

by ROB ENDERLE — Enderle Group

## New Applied Technologies in Health Care

For much of my life, healthcare services have been mostly focused on mitigating health problems but, over the last two decades, large scale providers (particularly HMOs like Kaiser Permanente) have increasingly focused on health preservation and the prevention of problems rather than just mitigating them. This shift in focus was enhanced during the pandemic with technology companies like Peloton which provided exercise services in the home, the increase of in-home patient instrumentation to allow for more efficient outpatient care (particularly critical during times of hospital overcrowding and to prevent already sick patients from getting COVID-19), and the application of AI across the medical spectrum.

While we were stuck at home during the pandemic, many of us (including me) had cosmetic procedures done that we might have otherwise never attempted and considered major changes to our lives like moving out of the area and working remotely.

Let us talk about some of the changes that are coming in medicine this month.

### AI in Medicine

One of the biggest applications of AI in medicine was in the initial months of the pandemic when super computers all over the world were focused on finding new treatments for the virus and to help create better anti-virus solutions. The industry immediately discovered that there is a huge problem with doing research like this which is that research hospitals and universities don't like to share data. Part of the problem was regulations focused on patient privacy, but much of it was focused on the fact that these institutions treat this data as proprietary and don't want to share.

This led to the adoption of a concept called federated data where the connections to the patients are stripped out of the data set, allowing for sharing without compromising patient or institutional privacy. The use of federated data helps assure that the next time we have a major virus outbreak, we will be able to spin up an anti-virus far more quickly. Getting folks to take it? Well, that remains a whole different issue.

Eventually, we will have far better computer-generated human simulations which will allow us to speed up this process even more quickly, but that capability is not anticipated for another five to ten years.

### Robotic Surgery

I experienced this myself during the pandemic by going to Bend surgeon Dr. Higgins who uses the Artis Six robotic surgeon for hair transplant. I had looked at an earlier version of this robot before we moved to Bend and was impressed, so I signed up for the procedure. The result has been a stunning change from almost bald to having a full head of hair and no plugs.

The process takes a while, but can be done over a weekend. I wore a hat for a few weeks but a year later my hair looks great, and I am no longer embarrassed by the view from my video camera during zoom meetings that used to show a very unflattering view of what was left of my hair.

Robots are being developed to assist with home care, to do hospital rounds and to provide companionship to our aging population. Surgical robots can already demonstrate better accuracy and make fewer mistakes, but remain, for now, limited in use. Those limits will be evaporating over the next decade. St. Charles is already using robots that allow medical assistants to work without having to physically be at the hospital.

### Electronic Monitors

The Apple Watch is one of the best affordable medical monitoring devices in

the market, but Qualcomm based Android smartwatches are rapidly catching up. My latest smartwatch, the TicWatch Pro 3, has close to the same features and looks better than the Apple Watch. But being able to monitor pulse, trigger a help call if you fall, track blood sugar levels and track the quality of sleep are just the beginning.

Over time, we will get even more monitoring tied to robotic response systems that can more rapidly deliver emergency care (like a defibrillator), and will allow for faster response times and fewer catastrophic outcomes to critical problems like strokes.

By the 2030s, many of us will almost never see a doctor unless there is a problem. Our medical service will just remotely monitor the stats, diagnose you and more accurately anticipate problems that might have, in the past, gone unnoticed until too late.

In short, many of us, particularly those of us that are older or have significant long-term health problems, will be aggressively monitored 24/7.

### Wrapping up:

The medical profession is gaining technology at an increasing pace. Robotics, artificial intelligence, wearable health monitors, in-home digital health services and access to massive amounts of digital data will transform the medical profession over the next decade so that it may have little in common with our experiences today.

I have already noticed that the need for some strange doctor to stick their fingers where no fingers should ever go has become outdated thanks to improvements in blood tests, so I am personally happy with this trend.

Sometimes progress can be an amazing thing.

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▶ CONTINUED FROM PAGE 22

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

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

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# Build a Teaching Clinic, & They Will Come

by **PETER BAER, President — Pinnacle Architecture**

Rural America’s lack of qualified providers continues to decline, directly correlating to a community’s wellness. Like many rural communities in Oregon, Roseburg struggles with attracting and retaining healthcare providers. The team at Aviva Health, who delivers integrated medical, dental and behavioral health to 15,000 Douglas County residents annually, knew they had to do something to support the wellness their community deserves. They acted and, this summer, opened a 33,000 SF teaching health center dedicated to a family medicine residency program. Twenty-four resident physicians will call Roseburg home for three years as they refine their skills to make them uniquely qualified to practice medicine in rural communities, including Douglas County.

“The opening of the doors to this newest facility represents a promise kept to the community,” Ruth Galster, Aviva Health board president said in her speech at the grand opening of the project on June 22. “A promise that Aviva Health will continue to provide care to our friends and neighbors for many years to come.”

The new teaching health center is connected to Aviva’s existing community health clinic in North Roseburg. The two-story addition ties seamlessly into their current building with a central lobby that connects the two spaces. The following are the principal components of this successful project.

### Teaching Environment

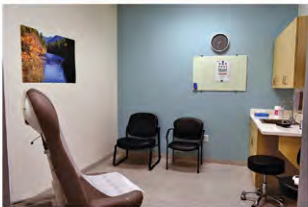
The new facility includes 34 exam rooms and eight rooms for procedures and consultations. To facilitate a unique learning environment, the building is organized into pods. Each color-coded pod has a consult room, procedure room, eight exam rooms and workstations for the residents. The designers used blue, green, orange and brown hues to bring nature indoors for the pod color schemes. In addition, they integrated translucent panels to bring natural light to the workstations to energize the residents. Local photography taken by Aviva Health staff is displayed around the building, highlighting the area’s exceptional sights. A central preceptor room (aka training space) is “where the magic happens.” Instructors provide one-on-one guidance by reviewing charts with the residents as they work together on a patient-centered wellness approach.

### Space for the Community

Welcoming the community is vital to Aviva Health’s mission. In response, a large multi-purpose room serves as a community gathering space. The room consists of a teaching kitchen for community classes and can be divided into three smaller rooms for various purposes. Audio-visual technology is built in with multiple monitors available around the space for universal viewing of presentations. Aviva Health is making the space available free of charge to other community non-profits to host trainings, meetings, fundraising events and other activities that attract larger groups.

### Respite for Staff

Aviva Health was voted Douglas County’s Favorite Place to Work. They care about their employees, and the new health center’s staff areas design reflects that devotion.



Blue Pod



Preceptor (training area)



AVIVA FLOORPLAN POD DIAGRAM | PHOTOS & GRAPHIC COURTESY OF PINNACLE ARCHITECTURE

The main breakroom includes an abundance of natural light and an outdoor patio with amazing views of the Roseburg landscape.

Planning for this project wasn’t easy. The Aviva Health leadership and board put in countless hours of outreach and fundraising efforts. Funding came from Aviva Health reserves, a capital campaign, New Market Tax Credits and many grants from federal and state agencies.

Aviva Health is Douglas County’s largest Federally Qualified Health Center, they are a non-profit organization that seeks to provide low-cost, high-quality care. In Hebrew, Aviva means hope and symbolizes new beginnings. Pinnacle is proud to play a role in this project along with our many teammates: Harmon Construction, Pinnacle Western, Sazan Group and CBSE Structural Engineers. Visit [PinnacleArchitecture.com](https://PinnacleArchitecture.com) to view additional photos of the space.

*Peter Baer is the principal architect and founder of Pinnacle Architecture. Founded in 1990, he has built the firm on the foundation of a solid commitment to continuous improvement and client satisfaction. His portfolio of work is vast and varied, and the theme of enhancing lives and communities has been a constant. Baer can be reached at 541-388-9897x12 or [Peter@parch.biz](mailto:Peter@parch.biz)*

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KEY PROPERTIES



Audiologists *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services	Locations
Central Oregon Ear Nose & Throat, LLC 2450 NE Mary Rose Pl., Ste. 120 Bend, OR 97701	541-526-1133	541-385-4935	www.coent.com audiology@coent.com	Emilie Hart-Hutter	12	1975	Hearing & dizziness evaluations, hearing aid consultations.	Bend
Connect Hearing - Bend 932 NE Third St., Ste. 2 Bend, OR 97701	541-382-3308	541-318-0767	www.connecthearing.com info@connecthearing.com	Kristin Morris	2	2014	Audiology & hearing aid services.	Bend, Redmond
Connect Hearing - Redmond 106 SW Seventh St. Redmond, OR 97756	541-548-7011	541-548-7023	www.connecthearing.com info@connecthearing.com	Paige Canfield	2	2014	Audiology & hearing aid services.	Bend, Redmond
Hearing Aids by Tricia Leagjeld 708 SW 11th St. Redmond, OR 97756	541-640-5354	N/A	www.hearingaidsbytricialeagjeld.com tricia.leagjeld@gmail.com	Tricia Leagjeld	2	1955	Educational hearing evaluation & personalized programming. Hearing aid demonstrations & customized fittings for any brand. Top of the line Auricle technology & equipment. Tympanogram. Hearing instrument test box in which we can test the effectiveness of any brand hearing aid. Free office visits, screenings adjustments & cleanings. Hearing aid repairs.	Redmond
Kenyon Audiology 1625 NE Second St. Bend, OR 97701	541-317-1265	541-317-1273	www.kenyonaudiology.com kenyonaudiology@gmail.com	Janet Kenyon	4	1993	Audiology & hearing aid services.	N/A
Pacific Northwest Audiology 2205 NW Shevlin Park Rd. Bend, OR 97703	541-678-5698	541-306-4551	www.pnwaudiology.com pnwaud@gmail.com	Dr. Li-Korotky	7	2012	From initial consulting, diagnosis & hearing aid fitting to follow-up speech mapping, counseling & rehabilitation, we are Clinical Doctors of Audiology & we have more than 1000 5-Star reviews. Our services include a wide range of diagnostic & treatment options for hearing loss, tinnitus, cochlear Implants & other hearing disorders, using cutting-edge hearing technology & hearing enhancement tech.	Bend

Cosmetic Surgery *(Listed Alphabetically)*

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

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



# Mosaic's Madras Health Center Project Reaches Funding Goal

by BRIDGET MCGINN, Communications Manager — Mosaic Medical

Mosaic Medical, a nonprofit community health center providing quality care for all in Bend, Redmond, Prineville and Madras, was recently awarded a \$25,000 grant from The Reser Family Foundation. The funds will be used to support Mosaic's new Madras Health Center, a project in partnership with Jefferson County Public Health that opened this past spring. With this grant, Mosaic's 5.3 million project funding goal is met, bringing Mosaic's Madras capital campaign to a successful close.

"We are so grateful to The Reser Family Foundation for their support of Mosaic and the Madras community," said Elaine Knobbs-Seasholtz, Mosaic's director of Strategy and Development. "And we are especially thankful that this gift—along with all the other generous contributions from the community—allowed us to reach our capital campaign funding goal for this project, which makes such a difference for our community."

The new health center is located adjacent to St. Charles in Madras at 500 NE A St. on land donated by the hospital system. The building houses Mosaic's Madras Health Center, Mosaic Pharmacy (open to the community) and Jefferson County Public Health. The location of the facility is of great benefit

to community members, who can be easily referred to Mosaic's primary care, dental or behavioral services, as well as the county's public health services.

"We have already begun to see the benefits of sharing space with Jefferson County Public Health. Staff from both organizations have expressed how nice it has been to have healthcare and social services under one roof to meet the complex needs of patients," said Knobbs-Seasholtz.

Mosaic has served the Madras community since 2006, providing medical services to all residents of Jefferson County no matter what language they speak, their health insurance status or their ability to pay. Over the years the need for health services has grown, along with Mosaic's ability to provide it. The new facility doubles the number of medical exam rooms, provides much needed space for dental and behavioral health services, and adds a low-cost pharmacy available to all.

To learn more about getting involved with Mosaic, please reach out to Emily Boynton, Senior Development Officer at [donate@mosaicmedical.org](mailto:donate@mosaicmedical.org) or call 541-323-3860.

[thereserfamilyfoundation.org](http://thereserfamilyfoundation.org) • [mosaicmedical.org](http://mosaicmedical.org)

# Heaven Can Wait Returns as In-Person Event October 2 in Redmond

by LISA GOODMAN, Public Information Officer — St. Charles Health System

After two years in a virtual format due to COVID-19, Heaven Can Wait — the popular annual 5K walk/run and fundraiser for Sara's Project — will return as an in-person event at 10:30am on Saturday, October 2.

And that's not all that's new: This year, the event will start and end at Redmond High School's stadium, with a course that takes participants through Redmond's scenic Dry Canyon.

"It is our hope that bringing Heaven Can Wait to Redmond will provide a more central location for community members who have been touched by breast cancer to come together, wherever they are in their cancer journey," said Anna Contreras, events and development specialist with St. Charles Foundation. "The Central Oregon community has been steadfast supporters of this event and St. Charles Foundation and event volunteers are thrilled to be bringing the walk to Redmond."

Heaven Can Wait raises money for Sara's Project, a fund of the St. Charles Foundation that helps provide vital support services to people in Central Oregon

who are battling breast cancer. Over its 23-year existence, the event has raised approximately \$100,000 annually for assistance to under-insured patients, as well as integrative therapies such as therapeutic massage, acupuncture, yoga, and reiki.

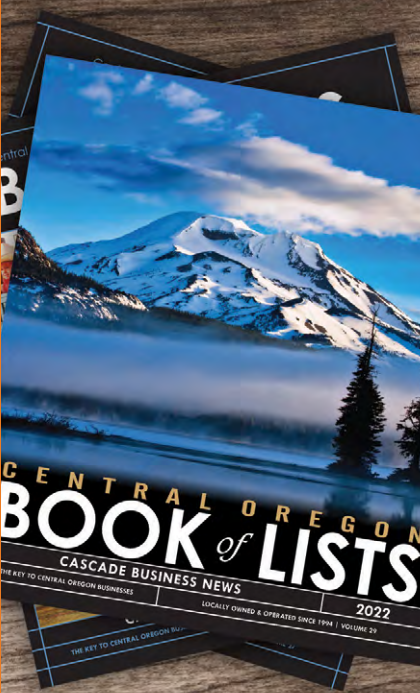
Heaven Can Wait has also become an important opportunity for the community to come together and celebrate cancer survivors while also remembering loved ones.

"It has been almost three years since the community last gathered to support this powerful event," said Mari Shay, administrative director of cancer services for St. Charles. "This will be my first Heaven Can Wait, and I look forward to meeting more cancer survivors and our community partners as we stand together to support those who are battling breast cancer."

To participate or volunteer in the 5K walk/run, register at [HeavenCanWait.org](http://HeavenCanWait.org). For questions related to the event, contact Anna Contreras at 541-788-2940 or [afcontreras@stcharleshealthcare.org](mailto:afcontreras@stcharleshealthcare.org).

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

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Assisted Living Facilities *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Units	Fees	Services
Absolute Serenity Senior Care 182 & 192 E Tall Fir Ct. Sisters, OR 97759	541-848-3194	541-549-1726	absoluteserenity.info absoluteserenity@ymail.com	David & Leah Tolle	8	2009	N/A	N/A	Provision of care in a home atmosphere & promotion of independence with activities of daily living.
Aspen Ridge Memory Care Community 1025 NE Purcell Blvd. Bend, OR 97701	541-385-8500	541-312-6674	www.aspenridgememorycare.com administrator@aspenridgememorycare.com	Simeon	32	1999	42	Upon request.	Meeting the needs of residents & families dealing with dementia & Alzheimers.
Aspen Ridge Retirement Community 1010 NE Purcell Blvd. Bend, OR 97701	541-385-8500	541-330-6687	www.aspenridgeretirement.com marketing@aspenridgeretirement.com	Angela Doms	55	1999	167	Upon request.	Independent retirement living, assisted living & specialized Alzheimers/ memory care with the ability to transition from one to the other as needed.
Bend Transitional Care 900 NE 27th St. Bend, OR 97701	541-382-0479	541-389-7054	www.bendtransitionalcare.com	Ron Odermott	75	1954	49	Upon request.	Primary focus on skilled nursing care & long-term care.
Brookdale Bend 1099 Watt Way Bend, OR 97701	541-210-8802	541-389-1163	www.brookdaleliving.com candace.nonnemacher@brookdale.com	Candace Nonnemacher	35	2000	46	Upon request.	Unique building design with specialized life enrichment program to enhance quality of life for the memory impaired.
Brookside Place 3550 SW Canal Blvd. Redmond, OR 97756	541-504-1600	541-504-1602	www.brooksideplace.net director@brooksideplace.net	Charles Davenport	24	1995	37	Upon request.	On-site beauty salon, whirlpool, activities room, all one level, library, dining room, one indoor, secure courtyard.
Cascades of Bend Assisted Living 1801 NE Lotus Dr. Bend, OR 97701	541-389-0046	N/A	www.cascadesofbend.com	Jamie Maul	70	1981	121	Upon request.	Onsite & in-home care agency & assisted living.
Central Oregon Adult Foster Care 1532 NW Jackpine Ave. Redmond, OR 97756	541-548-6631	541-548-5519	www.care.com/b/1/central-oregon-adult-foster-care-llc/re Carlene.irini@gmail.com	Carlene Kitchin	3	2009	5	Call for asses-ment	Adult foster & senior care.
Fox Hollow Independent & Assisted Living 2599 NE Studio Rd. Bend, OR 97701	541-383-2030	541-383-4979	www.foxhollowbend.com	Martha Orozco-Thompson	70	2006	71	Upon request.	Full service assisted & independent living.
Juniper Springs 590 NW 23rd St. Redmond, OR 97756	541-632-6423	N/A	www.juniperspringssl.com sayhello@juniperspringssl.com	Andrea Fitzgerald	N/A	2017	N/A	N/A	N/A
Pilot Butte Rehabilitation 1876 NE Hwy. 20 Bend, OR 97701	541-382-5531	541-317-5573	www.regency-pacific.com/senior-living/or/bend/pilot-butte	Jenna Corbly	45	N/A	42	Upon request.	Physical, Occupational & Speech therapies. Skilled nursing care. Recovery from surgery, joint replacement, strokes & fractures.
Prairie House Assisted Living & Memory Care Community 51485 Morson St. La Pine, OR 97739	541-536-8559	541-536-1373	www.prairiehousealf.com director@prairiehousealf.com	Love Pearson	44	1999	61	Upon request.	Assisted Living & Memory care units.
Prestige Senior Living High Desert 2660 NE Mary Rose Pl. Bend, OR 97701	541-312-2003	541-312-2011	www.prestigecare.com/location/prestige-senior-living-hig highdeserted@prestigecare.com	James McNama	50	2003	68	Upon request.	Full service assisted living.
Regency Care of Central Oregon 119 SE Wilson Ave. Bend, OR 97701	541-382-7161	541-383-7662	www.cascadeviewnursing.com	Jonathan Stark	45	1969	47	Upon request.	Intermediate care, re-spite service, Medicaid certified, 24-hr. nursing care, laundry service, 20-bed Alzheimer care unit.
Regency Prineville Rehabilitation & Nursing Center 950 NE Elm Street Prineville, OR 97754	541-447-7667	541-447-6685	www.regency-pacific.com/senior-living/or/prineville/regen	Aaron Marson	45	N/A	36	Avail	Skilled Nursing Facility. Respite Care
Regency Village at Bend 127 SE Wilson Ave. Bend, OR 97702	541-317-3544	541-330-0121	regency-pacific.com/senior-living/or/bend/regency-vil manager@thesummital.com	Rebecca Hankey	44	1999	65	Upon request.	Three home-made meals daily & snacks. All utilities except telephone & basic cable. Weekly housekeeping. Complementary laundry facilities. 24-hour staff. Scheduled transportation.
Regency Village at Prineville 830 NE Elm St. Prineville, OR 97754	541-416-3600	541-416-9293	www.regency-pacific.com/senior-living/or/prineville/regen	Michael Sheldon	21	1999	47	Upon request.	Assisted living.
Regency Village at Redmond 3000 SW 32nd St. Redmond, OR 97756	541-923-5452	541-923-0280	www.regency-pacific.com/senior-living/or/redmond/regency- manager@heightsal.com	Jerry Thomas	26	1995	45	Upon request.	Assisted living.
Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702	888-231-1113	541-383-3434	www.touchmarkBend.com SDN@Touchmark.com	Scott Neil	200	2007	284	Rental, resi- dency deposit.	Full assisted living/ 24 hr staff/ 2 restau- rants/ housekeeping/ transportation/ on-site amenities/ licensed memory care/ Partners in Care on site; Awbrey Dental on site/ two full service salons
Whispering Winds 2920 NE Connors Ave. Bend, OR 97701	541-312-9690	541-312-1450	www.whisperingwinds.info info@whisperingwinds.info	Angela Vanderpool	50	2003	N/A	N/A	Full service inde- pendent retirement community.

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Retirement Communities *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Number of Home Sites	Price	Fees	Services
East Cascade Retirement Community, LLC 175 NE 16th St. Madras, OR 97741	541-475-2273	541-475-4230	www.seniorhousinginvestments.net eastcascade@srhousingmgmt.com	John Wakeman	80	2009	2	Varies based on services provided.	Varies based on services provided.	Skilled nursing, memory care, assisted living & independent living
Stone Lodge Retirement 1460 NE 27th Bend, OR 97701	541-318-0450	541-317-9119	www.stonelodgeretirement.com kimberely.blackwell@holidaytouch.com	Jeff Putnam	24	1999	114	\$2,000 & up	N/A	Studio, 1 & 2 bedroom, all utilities except phone, housekeeping, panic button, kitchenette, scheduled trips, TV lounge, billiard room. 3 chef-cooked meals a day. Full activities schedule. Transportation provided. Hospital & medical facilities next door within walking distance. Forum Shopping Center close by. Holiday Travel program included.
Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702	541-383-1414	541-383-3434	www.touchmarkBend.com SDN@touchmark.com	Scott Neil	200	2001	284	\$250,000-\$600,000+	Rental, residency deposit.	Full assisted living/ 24 hr staff/ 2 restaurants/ housekeeping/ transportation/ on-site amenities/ licensed memory care/ Partners in Care on site; Awbrey Dental on site/ two full service salons
Vintage at Bend 611 NE Bellevue Dr., Ste. 500 Bend, OR 97701	541-617-3985	541-617-5025	www.vintagehousing.com	N/A	2	2005	106	\$665-\$794	\$35.00 tenant screening fee.	Commuting location, on-site hair salon, on-site laundry, exercise facility, billiard room & library/computer room. On-site massage & activity & social areas.
Whispering Winds 2920 NE Connors Ave. Bend, OR 97701	541-312-9690	541-312-1450	www.whisperingwinds.info	Carrie Kasch	50	2003	116	\$2,350-\$4,650 rent	N/A	Studio, 1 & 2 bedroom apartments, full-service dining, weekly housekeeping & linen, utilities, library, activities on & off-site, transportation services, spa room, fitness center, patio/ balcony on each apartment, technology center, beauty/barber shop, private dining room, putting green, gated parking & private garages.

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Chiropractors *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Balance Chiropractic, PC 477 NE Revere Ave. Bend, OR 97702	541-383-5156	N/A	www.jimneilson.com	N/A	2	1995	Gentle treatments, spinal massage, applied kinesiology, a balanced approach to better health.
Bemis Chiropractic Clinic 124 NW Second St. Prineville, OR 97754	541-447-1043	541-447-1784	www.bemischiropractic.net	Dr. Jill Bemis, Dr. James Bemis	3	1999	Chiropractic services. Specializing in integrated health care.
Bend We Care Chiropractic Center 932 NE Ninth St. Bend, OR 97701	541-382-8125	541-382-8127	www.bendwecare.com bendwecarechiropracticcenter@gmail.com	Christian K. Schuster	2	1982	Specific spinal reconstructive care, sports injuries & athletic performance enhancement.
Bend Whole Health Family Chiropractic 354 NE Norton Ave., Ste. 100 Bend, OR 97701	541-389-1191	541-389-1972	www.bendwholehealth.com mgr@bendwholehealth.com	Dr. Daniel Bourque	7	1995	Soft tissue & manual therapies, activator adjusting, nutritional counseling, automo- bile injuries, massage therapy, weight loss.
BodyWise Chiropractic 707 SW Ninth St. Redmond, OR 97756	541-548-5089	541-504-5353	www.redmondchiro.com bodywisec@gmail.com	Dr. Michael Wise, Dr. Laura Gardiner	7	1990	Featuring Graston technique, massage & manual manipulation.
Butler Chiropractic 537 SW Seventh St. PO Box 2294 Redmond, OR 97756	541-548-0125	541-548-0323	www.activator.com butlerdc@uci.net	Dr. David C. Butler	2	1991	Non-force chiropractic care utilizing activator methods technique, soft tissue work, nutritional support & low level laser therapy. Practices in Bend on Thursdays.
Cascade Chiropractic Center 477 NE Greenwood Ave. Bend, OR 97701	541-382-8866	541-323-2949	www.bend-oregon-chiropractor.com cascadechiro@gmail.com	Jim I. Wilkens	4	1981	Sports physician-certified utilizing numer- ous adjusting techniques & physiotherapy for spinal & extremity conditions.
Central Oregon Spine & Sports 2115 NE Wyatt Ct., Ste. 101 Bend, OR 97701	541-209-0471	541-323-6288	www.cospinensports.com jkvanduch@deschutessurgerycenter.com	Dr. Michael Wettstein	3	2019	Arthritis, back pain, Botox, plantar fisciitis, steroid injections, migraines, regenerative medicine, spinal cord simulator trials.
Chiropractic Associates 117 NW Larch Ave. Redmond, OR 97756	541-548-4014	541-548-0544	chiropractic.associates Clinic@Chiropractic.Associates	Dr. Michael Thille, Dr. Rodney Cross	6	1986	Manual medicine including varied adjust- ing techniques, physiotherapy modalities, exercise prescription & massage therapy.
Elk Ridge Chiropractic & Wellness Center 424 NE Franklin Ave. Bend, OR 97701	541-388-3588	541-388-0839	www.thebendchiropractor.com elkridgechiropractic@gmail.com	Dr. Natasha Ruegsegger	9	1986	Personal injury, gentle chiropractic ser- vices, lifestyle nutrition, sports medicine & veterinary orthopedic.
Falling Waters Injury & Health Management 55 NW Wall St., Ste.100 Bend, OR 97703	541-389-4321	541-389-4420	www.fallingwaterscenter.com amanda@fallingwatersbend.com	Amanda Guy	40	2007	Specializing in auto injuries, work comp injuries, aquatic therapy, sports, post surgical & functional & strength reha- bilitation of the back, neck, shoulder & knee. Also chiropractic, physical therapy, massage & nutritional counseling.
Freedom Wellness Center 2940 NW Terra Meadow Dr. Bend, OR 97703	541-389-0263	541-389-0676	drpamcobbs@yahoo.com	Dr. Pam Cobbs, Dr. Jeff Cobbs	7	2005	Chiropractic care, cranial chiropractic, massage therapy, nutrition, wellness talks & wellness coaching.
Hanes Chiropractic Wellness Center 446 NW Third St., Ste. 200 Prineville, OR 97754	541-447-7230	541-447-5775	www.center4wellness.comN/A	Coby L. Hanes	4	1995	Complete Chiropractic Wellness Center including; gentle chiropractic adjust- ments, mechanical flexion/distraction for disc problems, cold wave laser, massage therapy, nutritional & herbal medicine, discounted labs, Allergy treat- ment & Detox.
HealthSource of Redmond 605 NW Sixth St. Redmond, OR 97756	541-548-4086	N/A	www.healthsourcechiro.com/red- mond/#gref	Eric B. Hayden	3	1991	Chiropractic care, manual medicine, physical therapy, exercise & rehab.
High Desert Chiropractic Clinic 1551 NE Fourth St. Bend, OR 97701	541-389-9373	541-388-0650	www.highdesertchiro.com hdchiro@gmail.com	Dr. Joshua Kuhn, Dr. Brandi Kuhn	8	1994	Holistic healthcare for the whole family, certified chiropractic sports physician, nutritional, exercise & massage therapy.
Madras Chiropractic Clinic 28 NE 12th St. Madras, OR 97741	541-475-6171	541-475-6172	www.mullinsmadraschiropractic.com mmm4ecc@yahoo.com	Dr. Mark M. Mullins	1	1978	Manual manipulation of the spine & extremities, physical therapy equipment, massage therapy, x-ray facilities & special- izing in chiropractic orthopedics.
McCleery Chiropractic Health Centre PC 61573 Orion Dr. Bend, OR 97702	541-389-7103	N/A	www.drmmcleery.com mccleryoffice@bendtel.net	Dr. Daniel McCleery	2	1977	Care for many types of conditions, scoli- osis screening & care, auto accident cases, computerized insurance billing, treat patients of all ages, workers compensa- tion & private insurance.
Michael D Tobey, DC 141 NW Greenwood, Ste. 101 Bend, OR 97703	541-383-2185	541-388-2606	www.drtobey.com	Dr. Michael D. Tobey	5	1991	Chiropractic. Spinal adjustments. Find it, fix it, leave it alone.

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Chiropractors (Listed Alphabetically)

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

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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Dentists *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Alpine Dental 2078 NE Professional Ct. Bend, OR 97701	541-382-2281	541-382-1610	www.alpinedentalbend.com	Branden R. Ferguson, Taylor M. Bybee	7	1998	General dentistry.
Awbrey Dental Group 965 SW Emkay Dr., Ste. 100 Bend, OR 97702	541-383-0754	541-383-8128	www.awbreydental.com hello@awbreydental.com	Dr. John Luke Covalt, Dr. Mark Builder, Dr. Peter Yonan, Dr. Christopher Primley	22	1994	General dentistry, implants & cosmetic dentistry.
Bend Dental Group 901 NW Carlon Ave., Ste. 1 Bend, OR 97703	541-389-1884	541-330-1461	www.benddentalgroup.com smile@benddentalgroup.com	Dr. Tyler Schultze, Dr. Katherine Stahrr, Dr. Jeff Johnson	14	2003	General dentistry.
Bend Family Dentistry 660 NE Third St., Ste. 3 Bend, OR 97701	541-876-1573	541-389-1114	www.bendfamilydentistry.com marcie@bendfamilydentistry.com	Marcie Willman	40	1994	General dentistry, specializing in cosmetic dentistry, Invisalign, IV Sedation, TMJ treatment, Sleep Apnea (Vivos) & dental implants.
Bluefish Dental & Orthodontics 2565 NE Butler Market Rd. Bend, OR 97701	541-317-1887	541-678-5122	www.bluefishdental.com info@bluefishdental.com	Dr. Catherine Quas, Dr. Donna Quinby	20	2004	Pediatric dentistry & orthodontics.
Bluefish Dental & Orthodontics - Redmond 1429 SW 15th Redmond, OR 97756	541-923-1300	541-504-1325	www.bluefishdental.com info@bluefishdental.com	Dr. Donna Quinby, Dr. Catherine Quas	20	2010	Pediatric dentistry & orthodontics.
Brandon Turley, DMD 708 W Antler Ave. Redmond, OR 97756	541-548-5105	541-548-5746	www.dentistsredmondor.com turleydmd@yahoo.com	Dr. Brandon Turley	5	2013	General & family dentistry.
Brian G. Kallus 16440 Third St. La Pine, OR 97739	541-536-2175	541-536-1206	N/A	Dr. Brian G. Kallus	3	1975	General & preventative dentistry.
Cascade Endodontic Group 1590 NE Williamson Blvd. Bend, OR 97701	541-388-1500	541-388-6995	www.cascadeendodontics.com	Dr. Daniel Bitner, Dr. Patricia Paparcuri	6	2013	Endodontics.
Cascadia Family Dental 361 NE Franklin Ave., Bldg. D Bend, OR 97701	541-382-5678	541-382-5678	dentistinbendoregon.com stevenetimmdmd@bendbroadband.com	Dr. Jared Adams	7	1978	General dentistry.
Central Oregon Dental Center 1563 NW Newport Ave. Bend, OR 97703	541-389-0300	541-330-9753	www.centraloregondentalcenter.net codental@bendbroadband.com	Michael R. Hall	5	1999	General dentistry.
Central Oregon Perio, PC 1569 SW Nancy Way., Ste. 3 Bend, OR 97702	541-382-5080	541-317-0355	www.centraloregonperio.com gumdoc@centraloregonperio.com	Dr. Nicholas W. Misischia	5	1992	Periodontist.
Clark Family Dentistry 2727 SW 17th Pl. Redmond, OR 97756	541-548-3896	541-548-1859	www.clarksmile.com clarkfd@bendbroadband.com	Edward Clark	10	1995	General dentistry.
Contemporary Family Dentistry 1016 NW Newport Ave. Bend, OR 97701	541-389-1107	541-317-5958	www.contemporaryfamilydentistry.com	Jessica A. Henderson	6	1985	General dentistry, TMJ & sleep appliances to general & cosmetic dentistry.
Deschutes Dental Center 159 SW Shevlin Hixon Dr. Bend, OR 97702	541-317-1300	541-317-1351	www.freemansmiles.com	Dr. Phillippe Freeman	6	2001	General dentistry with specialty in cosmetics.
Deschutes Pediatric Dentistry 400 SW Bond St., Ste. 100 Bend, OR 97702	541-389-3073	541-389-9642	www.deschuteskids.com info@deschuteskids.com	Steve Christensen, Stephanie Christensen, Ashley Swan, Edward Christensen	11	2005	Pediatric dentistry.
Everson, Greg DMD, PC 491 E Main St. PO Box 10 Sisters, OR 97759	541-549-2011	541-549-4787	dr.everson@bendbroadband.com	Dr. Greg Everson	6	1986	General & family dentistry.
Gilmore Dental 834 SW 11th St., Ste. 2 Redmond, OR 97756	541-504-5707	541-504-0415	www.gilmoredental.com redmonddental@gmail.com	Amy Remick	9	2007	General dentistry.
Greenwood Dental Care 906 NE Greenwood Ave., Ste. 1 Bend, OR 97701	541-382-4848	541-617-9530	www.greenwooddentalcare.com info@greenwooddentalcare.com	Dr. Ken M. Shirtcliff	7	1999	General dentistry.
Greg M. Lee, DMD PC 515 NE Fourth St., Ste. H Bend, OR 97701	541-382-0414	541-382-9469	www.gregmlee.com	Dr Greg M. Lee	3	2006	General & family dentistry.
Highland Family Dental 1332 SW Highland Ave., Ste. 1 Redmond, OR 97756	541-504-3322	541-504-4346	www.highlandfamilydmd.com jparsley2@gmail.com	Dr. Tony Parsley	12	2010	General dentistry including: root canal therapy, cosmetic procedures, extractions & dentures.
James V. Bachman DMD 535 NE Greenwood Ave. Bend, OR 97701	541-388-0777	541-388-5140	www.jbachmandental.com	Dr. James V. Bachman	7	1994	General dentistry.
Jay Gronemyer, DMD 1553 NW Canal Blvd., Ste. 101 Redmond, OR 97756	541-923-2880	541-923-2881	jaygronemyerdmd.com	Dr. Jay Gronemyer	5	2012	General dentistry, cosmetic dentistry.
Juniper Dental 461 NE Greenwood Ave., Ste C Bend, OR 97701	541-318-1564	541-318-5229	www.juniperdental.com frontdesk@juniperdental.com	Dr. Chad Stephenson	5	2008	General dentistry.
Krueger & Lenox Oral & Maxillofacial Surgery 1475 SW Chandler Ave., Ste. 101 Bend, OR 97702	541-617-3993	541-617-0030	www.drkeithkrueger.com info@kruegerlenox.com	Dr. Keith E. Krueger Dr. Nathan Lenox	11	2000	Oral & maxillofacial surgery.
Krueger & Lenox Oral & Maxillofacial Surgery - Eastside Office 1475 NE Williamson Blvd Bend, OR 97701	541-382-1053	N/A	www.drkeithkrueger.com	Keith E. Krueger, Nathan Lenox	10	1997	Oral & Maxillofacial Surgery
Krueger & Lenox Oral & Maxillofacial Surgery - Westside Office 1475 SW Chandler Ave., Ste. 101 Bend, OR 97701	541-617-3993	541-617-0030	www.drkeithkrueger.com	Keith E. Krueger, Nathan Lenox	10	1997	Oral & maxillofacial surgery
La Pine Dental 51384 Hwy 97 La Pine, OR 97739	541-630-4023	541-536-2093	www.lapine-dental.com lapine.dental@yahoo.com	Stephen W. Allen	8	1981	General dentistry.



# Oregon's Healthcare

Continued from page 1

employed in a healthcare-related field, and the Oregon numbers are very similar.

Therefore, a well-functioning healthcare sector is crucial for a well-functioning economy. This begs the question: how is Oregon's healthcare doing?

In terms of labor, Oregon has seen both a rise and a decline in certain healthcare-related occupations. Counselors and therapists, physician assistants and clinical social work associates all saw the most growth: 10.4 percent, 8.6 percent and 7.4 percent, respectively. On the flip side, non-clinical social workers saw a decrease of 5.1 percent, while clinical nurse specialists saw the most significant drop of all: 7.1 percent.

Hospitals around the state and nation have reported issues during and after the COVID-19 pandemic and related shutdowns. For nurses especially, the Oregon Center for Nursing has reported difficulties with nursing students completing clinical rotations during the pandemic. While this trend is getting better and clinical rotations have become more accessible in the absence of shutdowns, it is a fact that we are still reeling from the effects.

In short, Oregon hospitals are still struggling. While COVID-19 hospitalizations in Oregon are less than half what they were at their peak last fall, hospitals are still wildly understaffed, and even those with excess beds are having trouble accepting patients due to staffing constraints.

State epidemiologist Dr. Dean Sidelinger told reporters at a press conference in July that Central and Southern Oregon have been hit the worst, especially St. Charles here in Bend. On a random Tuesday this last July, 96 percent of inpatient adult beds at St. Charles Medical Center were occupied, with several patients waiting in the emergency room for the next available bed. If the severity of the situation has not been made clear, Chief Medical Officer Doug Merrill said in a July 15 email, "Now more than ever, we must have no patient in a hospital bed who doesn't absolutely need it."

Megan Bovi, a registered nurse at St. Charles for the last 15 years, said in an interview with OPB that the working environment and staffing issues have recently gotten "horribly worse." Nurses at St. Charles and beyond have been working up to 16 hours in a single day, while many time-off requests have been denied due to staffing constraints. Combine these working conditions with the previously stated effects of the pandemic shutdowns on nurses, and it becomes clear as to why so many hospitals across Oregon and the nation are struggling to hire nurses at all.

A core hurdle in solving these staffing issues is that the issues themselves create a positive-feedback loop: low staffing results in more difficult and strenuous working conditions for the remaining workers, which makes potential new



PHOTO | BY SOYFELIZ2018 FROM PxHERE

hires less likely to apply. If new hires are less likely to apply, the issues caused by understaffing will become more challenging to fix.

A key point to be raised for non-healthcare workers is the fact that hospital struggles have persisted well after the decline of COVID-19. Many people across the state falsely assumed that these issues would fade away with the pandemic, but Becky Hultberg, president and CEO of the Oregon Association of Hospitals and Health Systems, said hospitals face a situation as bad as the delta and omicron waves of the COVID-19 pandemic in late 2021 and earlier this year when sick patients flooded hospital rooms across the state.

In short, staffing issues at hospitals were exacerbated by the pandemic, but the leading causes of the issue still persist. For example, much of the issue is actually financial. The first quarter of 2022 was the worst for Oregon hospitals since the onset of the pandemic, and St. Charles has already reported a loss of \$40 million this year.

While the state of Oregon healthcare depends on many industries, from physical therapy and podiatrists to dentists and psychologists, there is no denying that the hospital system is the cornerstone holding the entire sector together. Therefore, while Oregon's healthcare is intact and functioning, action will need to be taken and issues need to be addressed to keep healthcare available and affordable in the future.

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► CONTINUED FROM PAGE 32

Dentists *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Lisa Adams General Dentistry 155 SW Century Dr., Ste. 102 Bend, OR 97702	541-382-7708	541-382-1139	ladamsdmd@bendbroadband.com	Lisa A. Adams	5	2000	General dentistry.
Masters of Dentistry 628 NW York Dr., Ste. 101 Bend, OR 97701	541-389-2300	541-389-2301	www.mastersofdentistry.net laura@mastersofdentistry.net	Dr. Tad Hodgert	4	1974	General & implant dentistry.
Nordstrom, Marc A. DMD, PC 108 NW Newport Ave. Bend, OR 97701	541-382-0823	541-385-8665	nordstrom@bendcable.com	Dr. Marc Nordstrom	22	1970	General dentistry.
Oak Street Dental 376 NE Oak St. Madras, OR 97741	541-475-6156	541-475-6157	osd@bendbroadband.com	Dr. Adam Zangrillo	4	2005	General dentistry.
Optimal Orthodontics 710 SW Highland Ave. Redmond, OR 97756	541-923-7432	541-550-1820	www.optimalorthodontics.com	Dr. Scot Burgess	6	1995	Orthodontics for children & adults.
Pilot Butte Dental 1909 NE Neff Rd. Bend, OR 97701	541-382-3523	541-382-8129	www.pilotbuttedental.com pilotbuttedental@yahoo.com	Dr. John Wiley	5	2000	General dentistry.
PNW Dental 499 SW Upper Terrace Dr., Ste. B Bend, OR 97702	541-323-3930	541-323-3929	dentist-bend.com info@dentist-bend.com	Matthew Pavlovich	5	2015	Cosmetic & general dentistry, implates, crowns, emergencies.
Ponderosa Dental Center 2088 NE Williamson Ct. Bend, OR 97701	541-640-5234	541-382-1217	www.ponderosadentalcenter.com info@ponderosadentalcenter.com	Joshua Prentice	8	2017	General dentistry.
Prineville Dental 601 NW Third St. Prineville, OR 97754	541-447-4888	541-447-4686	www.prinevilledental.com wkmclure@hotmail.com	Dr. Paul Fairbanks	5	1980	General dentistry.
PureCare Dental 3081 N Hwy. 97, Ste. 150 Bend, OR 97703	541-647-5555	541-647-5554	www.purecaredental.com info@purecaredental.com	Dr. Eric M. Cadwell, Dr. Tyler Fix	14	2010	Family dentistry - adults & children, cosmetic dentistry, smile makeovers, porcelain veneers, implants, wisdom tooth extractions, orthodontics & teeth whitening.
Redmond Dental Group 1765 SW Parkway Dr. Redmond, OR 97756	541-548-8175	541-548-7025	www.redmondentalgroup.com	Dr. Dane Smith, Dr. Max Higbee	19	1971	General dentistry.
River Park Family Dentistry 155 SW Shelvin Hixon Dr. Bend, OR 97702	541-382-0392	541-383-7170	www.riverparkfamilydentistry.com	Dr. Ben Grieb	9	2004	Family & cosmetic dentistry.
Rockpoint Dental 2300 SW Glacier Place Redmond, OR 97756	541-923-4577	541-923-8677	www.rockpointdental.com frontdesk@rockpointdental.com	Dr. Chad Stephenson	5	2002	General dentistry.
Rosenzweig Orthodontics - Bend 502 NE Fourth St. Bend, OR 97701	541-382-6822	541-382-1263	www.centraloregonortho.com str8bite@bendcable.com	Dr. Brian J. Rosenzweig	9	1975	Orthodontics
Rosenzweig Orthodontics - Redmond 668 SW Rimrock Way Redmond, OR 97756	541-382-6822	N/A	www.centraloregonortho.com str8bite@bendcable.com	Dr. Brian J. Rosenzweig	9	1975	Orthodontics
Select Care Dental 774 SW Rimrock Way Redmond, OR 97756	541-923-7633	541-923-8733	www.selectcaredental.com office.selectcare@gmail.com	Mark T. Nuttall, Jared R. Anderson	16	1996	General dentistry, cosmetic dentistry & implants.
Shevlin Dental Center 910 SW Simpson Ave. Bend, OR 97702	541-382-8575	541-382-8681	www.shevlindental.com info@shevlindental.com	Dr. David Cauble, Dr. Christopher Huff	12	1971	General dentistry.
Skyline Dental 2137 NE Fourth St. Bend, OR 97701	541-389-4807	541-385-6883	www.skylinedentalbend.com info@skylinedentalbend.com	Dr. Natalie Buckley, Dr. Zack Porter, Dr. Mehdi Salari, Dr. Maureen Porter	21	1976	General dentistry.
Studio Nine 30 930 SW Yates Dr. Bend, OR 97702	541-317-9381	541-317-5038	www.studionine30.com smile@studionine30.com	Dr. Matthew B. Engel	4	1994	State of the art restorative, cosmetic & preventative dentistry.
The Brace Place, Central Oregon Orthodontic Specialists 569 NE Clay Ave. Bend, OR 97701	541-382-0410	N/A	www.centraloregonbraceplace.com BracePlace@CentralOregonBracePlace.com	Dr. Neil Wiater, Dr. David Kang	13	1985	Orthodontics, Invisalign preferred provider, complimentary consultations, free custom mouthguards year-round to all Central Oregon athletes.
Timm Family Dentistry 375 NE Emerson Ave. Bend, OR 97701	541-382-1991	541-330-9095	www.timmfamilydentistry.com info@timmfamilydentistry.com	Dr. Jeffrey Timm, Dr. Andrew Timm, Dr. Ryan Timm	14	1981	General dentistry.
Todd A. Schock, DMD, MD 1893 NE Neff Rd. Bend, OR 97701	541-382-7981	541-389-6953	www.drschock.com osurgery@bendbroadband.com	Dr. Todd A. Schock	8	2001	Oral & maxillofacial surgery.
West River Dental 701 NW Arizona Ave., Ste. 100 Bend, OR 97703	541-317-5732	541-388-9248	westriverdentist.com westriverdental02@yahoo.com	Dr. Dennis Holly	4	1999	General family dentistry.
Zooka! Super Tooth Care for Kids 1245 SE Third St., Ste. A-1 Bend, OR 97702	541-318-5688	541-322-5581	www.zookadental.com teamzooka@zookadental.com	Dr. Rex Gibson	11	2000	Specialized care for infants, children & young adults & special needs: emphasis on prevention & education.

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

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# Leading a Repurposed Life in Retirement

**“It’s Not What You Do. It’s Who You Become.”**  
**Jim Lee Shares his Insights**

by **DAVID ROSELL** — Rosell Wealth Management

When I think of influential members in the community, I immediately think of Jim Lee, or as I fondly know him as “Jimmy Lee.” We met 15 years ago at a Bend Chamber of Commerce function and I remember immediately feeling as if we were old friends being reunited. This would be the beginning one of the most respectful, and significant relationships in my life.

Jim is a business mentor as well as a life coach who has been retired for ten years. He’s a quiet giant who dedicated his career to the nonprofit sector to help people in need and continues to do so in retirement. He is a great example of someone who lives his retirement years by design rather than by default. One of the tools that has helped him do so is by creating his very own Vision, Mission & Values Statement for this chapter of his life. By offering his lessons learned and the surprises he encountered, he shared with me how to set yourself up for success, so you feel engaged and happy in retirement and why a transition into a re-purposed life is important. Jim was also a guest on my podcast, *Recession Proof Your Retirement*, for those of you who’d like to hear more.

**Here’s some words of wisdom from Jim:**

“The word ‘retirement’ comes from the Latin word ‘retir’ which means to end or be put out of use. This makes sense as only a couple of generations ago, people would retire and a few years later they had passed on. Today people are often retiring earlier and living longer — and let’s face it — no one wants to be put out of use! Over the last ten years when people ask if I am retired, I often state that I am repurposed or repositioned. This often brings some additional interesting questions and conversations to the forefront. Before I explain what I mean by those terms, let me provide some additional context.

“In 1889, German Chancellor Otto Van Bismarck put the concept of retirement into play in order to address the extreme rates of unemployment of younger people at that time. To do so they began to pay people aged 70 and older to leave the workplace. Other countries began to follow this practice, including the U.S.A. in 1935 with the advent of Social Security as a safety net. Some best-selling authors, including Neil Pasricha, believe retirement is an outdated Western concept from days gone by that’s based on broken assumptions that we want and can afford to do nothing. In addition, other present cultures — including Okinawa, Japan — have no word for retirement in their culture. The closest phrase they have is *ikigai* (icky-guy), or “the reason you get up in the morning.”

“So repurposed for me means that I am retired from obligated work, but have not retired from life or my God-given purpose. During our work years, we can often neglect some of the more important things in life as we navigate the never-ending hectic schedules that seem to hold us hostage. When people ask me what I enjoy most about my retirement, I often say the absence of obligation and a hectic and hurried lifestyle dominated by work. One of my favorite mentors and author, Dallas Willard, captures this sentiment best: “You must relentlessly eliminate hurry from your life. The most important thing in your life is not what you do, it’s who you become.”

“Staying true to my personal vision, mission and values statements has been the key for me in this stage of life to maintain both my balance and focus day to day. When I waiver from these I can get off track and become harried, just like in my past full-time work life. My vision represents my why, my mission represents my what (my overarching purpose) and my values represent my distinct how. Simply put, my vision aspires to fully live out my life beliefs on a daily basis that is evidenced more through my behavior and reputation than the spoken word. My mission is just to sit in the full presence of those brought before me and to lift up, support, encourage, challenge and celebrate. I also have three distinct values; Integrity, how I would like people to describe me; Compassion, how I would like people to experience me; and Commitment, to give my best to each opportunity and try and bring about positive change in my spheres of influence. When I live out my life this way, I have found that most opportunities find me versus me finding them, whether consulting or volunteering.

“I often share with people that HOW we move into retirement (a repurposed life) is more important than being able to retire financially. This to me is the “Now What Question.” To be the most fulfilled person you want to be, your repurposed years are more than about finances — more freedom and fun! These new realities indeed need to be celebrated, but our universal needs do not go away when we quit working full time. Let me share just three of my needs, and I know yours may be different and just as important as these are to me. My first is belonging, or the universal longing for human connections that nurture relationships. The second one is mastery, or the inborn thirst for learning that builds on your core competencies and passions, and perhaps explores some new ones! My third is generosity, or the ongoing character development that continues through social responsibility and the concern for others — a person can say, “I have purpose for my life.” Now before we leave these important needs, let’s look at their opposite; or isolation, stagnation, self-absorption or even selfishness. Regardless of what needs are most critical to you, usually the opposite of their fulfillment in your life is not where you want to be, whether you’re still working or repurposed.

“People often ask me about how to transition into retirement with intention and care. In a transition, something is



ending and there is a new beginning ahead — but there is an essential in-between where “the ground lays fallow for a period of time,” and where the work of healthy change takes place. A Rite of Passage if you will — some have called this period “halftime” and some have referred to it as the “neutral zone.” It is where we choose to slow down and ask those thought-provoking questions of yourself and explore how having a mentor or coach work with you might help you stay in this period long enough to make your move into a repurposed life more fulfilling. Let me offer just a few of the questions you might want to consider before leaping into retirement.

- If I choose to continue to work full time vs. retiring in the near future, what might I lose with all that perceived gaining? How much money is enough?
  - What do I want my life to look like five to ten years from now?
  - What do I truly believe and what do I want to do now with what I believe? The vision, mission, values question. I often share, ‘what’s in your “suitcase” now and what needs to come out, and what new things would I like to include?’
  - Do I view the vulnerability and anxiety I feel moving into retirement as a weakness or strength to build on? Who do I respect and admire that has traveled this path before me and what might I learn from them?
  - How do I make sure that my new beginning is not just an abandonment of my neutral zone (transition work) or just avoiding an ending? Am I starting something new or just replaying an old pattern?
  - What is it at this point in my life that is waiting patiently backstage for an entrance cue?
  - At the end of my life, how will others describe their life experiences with me?
- “It can be challenging to move from “human doing” (the natural quest for success) to more of “human being” (more longing for significance post career). Richard Rohr, a favorite author of mine, once said, “The first half of life we write the script, build our



JIM LEE | PHOTO COURTESY OF ROSELL WEALTH MANAGEMENT

Continued on Page 38 ►



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who's who who's who who's who who's who who's who who's who



At its July meeting, the **Central Oregon Community College (COCC)** board of directors elected member **Bruce Abernethy** of Bend to serve as chair for the 2022-23 year. Representing Zone 6 of the college's district — north Bend and northwest Deschutes county — Abernethy will hold the leadership post through June of 2023, the culmination of his third four-year term.

The role of COCC's board chair is to ensure the integrity of the board's processes and sometimes represent the board to outside parties. At the same meeting, the board appointed Joe Krenowicz, representing Jefferson County, as vice chair.

A Bend resident since 1992, Abernethy is a grant writer for the Bend-La Pine School District. In addition to being a former Bend mayor and a 12-year city council member, he is a past board member of the Bend Park & Recreation District. Abernethy is also a longtime advocate for affordable housing in Central Oregon, serving as chairperson for the Homeless Leadership Coalition. He serves on the board of the Oregon Environmental Council and is a past board member of the Central Oregon Intergovernmental Council.

Abernethy holds a master in Public Policy from the Harvard Kennedy School and a bachelor's degree in economics from Swarthmore College.

**Awbrey Glen Golf Club** announces **David Quattrone's** third Hole N One — however, first one at Awbrey Glen Golf Club — on Hole #8, 122 yards using his 9 iron, witnessed by Greg Larson and John Melvin.



**Les Schwab Tire Centers** has announced **Mike Broberg**, the company's chief financial officer for the past four years, will become its next CEO in early 2023. Jack Cuniff, who became CEO in 2018, earlier announced his plan to retire at the end of 2022. Cuniff will become Chair of Les Schwab's Board when the transition is complete.

The Board launched a national search for Les Schwab's next CEO after Cuniff shared his intention to retire earlier this year.

**Postal Connections** recently held its 20th annual franchisee convention in conjunction with the 2022 Retail Shippers Expo & Trade Show at the Hyatt Regency Dallas.

During the convention, Postal Connections announced a strategic co-

branding partnership with PackageHub Business Centers, which provides the Postal Connections/iSOLD It franchise system a complementary line of business services and expanded shipping carrier offerings. PackageHub currently operates more than 620 units throughout the United. The alliance improves customer online search convenience in identifying nearby locations and adds availability of more services to Postal Connections locations.

Pete and Nick Pierce, franchisees of Postal Connections in Bend, were presented the prestigious National Top Sales Award and learned more about benefits as a PackageHub member.



After four years at the **Sunriver Police Department** and more than 34 years serving in law enforcement, Chief **Cory Darling** is retiring at the end of August.

On August 18, The Sunriver Service District (SSD) Board unanimously voted to appoint **Michael Womer** as the new police chief effective September 1, 2022. Womer has more than 28 years of experience in law enforcement and began with the Sunriver Police Department in January 2014. He has worked his way through

the chain of command as an officer, acting in capacity sergeant, and most recently as lieutenant.

Womer joined the U.S. Navy in 1991 and spent most of his enlistment in the Naval Security Police and airport operations. He started his career at Washington County Sheriff's Office in 1995. A portion from his long list of professional accomplishments and honors includes graduating from the FBI National Academy in 2019 and currently serving as the president of the FBI National Academy Associates Oregon Chapter; supervising both the multi-agency Hostage Negotiation Team and High Intensity Drug Trafficking Areas (HIDTA) Drug Task Force; being awarded the WCSO Silver Medal of Valor, Oregon State Sheriff's Association (OSSA) Distinguished Action Award and both the Oregon Peace Officers Association (OPOA) and OSSA Lifesaving Awards.

Womer is married and has four children, two grandchildren and a beagle named Murphy. He enjoys golfing, paddleboarding, fishing, mountain biking and traveling.

**Kelly Sparks**, associate vice president for finance and strategic planning at **Oregon State University – Cascades** has been appointed chief business officer and vice president of finance at the University of Maine.

Sparks, who has served in her current role since 2013, played a significant role in establishing and expanding the OSU-Cascades campus. Her last day with OSU-Cascades will be September 30. At the University of Maine, she'll oversee business and finance operations for campuses with nearly 12,000 enrolled students.

Now a 128-acre campus, Sparks oversaw the purchases of the complex properties that comprise it, a former pumice mine and former county-owned demolition landfill. She built the construction and engineering teams that developed plans that used fill from the former landfill to raise the floor of the pumice mine to developable levels, saving 30,000 one-way truck trips.

Sparks led the creation of a long range development plan for the campus that engaged more than 1,600 community members and outlined goals for a net zero energy, water and waste campus.

She steered the construction of \$186.4 million in capital projects at OSU-Cascades including 228,000 square feet of academic, research, dining and student residential buildings. She also initiated collaborative planning for a Student Success Center that will open in 2024, a health and recreation center, for which campus officials now seek state funding, and a 24-acre



More Who's Who Next Page ►



(L-R) NICK PIERCE; BRANDON GALE, PRESIDENT OF PACKAGEHUB BUSINESS CENTER; AND PETE PIERCE | PHOTO COURTESY OF POSTAL CONNECTIONS

who's who who's who who's who

New hires, promotions,  
accolades, awards, retiring?  
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Who's Who!

Send a high resolution head shot and a short,  
100- to 150-word writeup to  
CBN@CascadeBusNews.com to be seen in  
the next edition of *Cascade Business News*.

who's who who's who who's who



Who's Who  
Continued from previous page

innovation district.

Sparks oversaw departments at OSU-Cascades including the business office, human resources, campus safety, facilities management, operations and technology, as well as in units including child care, dining, transportation and the Innovation Co-Lab.

Ketsdever anticipates announcing plans for Spark's replacement in the coming weeks.

Sparks served on the Governor's Regional Solutions Center Advisory Committee, on the board of Bend 2030, the COIC Broadband Action team, the Deschutes Public Library Expansion Advisory Committee and on the boards of the Bend FC Timbers and the Cascade School of Music.

**Washington Trust Bank** announces the addition of **Mark Griffin** to its growing Home Loan Division at the Bend Financial Center as a mortgage loan officer. Griffin brings over 16 years of experience in mortgage loans, from sales and customer service to loan origination. He is passionate about serving his clients to help them realize their dreams of homeownership — especially first-time homebuyers.

Griffin joins Washington Trust Bank from Cross Country Mortgage in Bellevue, Washington, where he worked as a loan originator. He also has experience working as a loan originator at five other lending companies in Washington State, spanning his 16-year career in the mortgage industry.

Prineville resident **Westley Winks** is among the first **Peace Corps** volunteers to return to overseas service since the agency's unprecedented global evacuation in March 2020. The Peace Corps suspended global operations and evacuated nearly 7,000 volunteers from more than 60 countries at the onset of the COVID-19 pandemic.

Winks is a graduate of Oregon State University with a bachelor's degree in chemical engineering. He will serve as a volunteer in Morocco in the youth in development sector.

The volunteer cohorts are made up of both first-time volunteers and volunteers who were evacuated in early 2020. Upon finishing a three-month training, volunteers will collaborate with their host communities on locally prioritized projects in one of Peace Corps' six sectors — agriculture, community economic



Mark Griffin

development, education, environment, health or youth in development — and all will engage in COVID-19 response and recovery work.



Brendan Dixon

**BendTel** welcomes Telecommunications Lineman Technician **Brendan Dixon** to their team.

Dixon brings with him an impressive resume of exceptional leadership skills and knowledge of the tools, procedures and safety required for working in the telecommunications industry. He takes great satisfaction in the challenges, adventure and physical activity that comes with working outdoors. Dixon also appreciates the variety of work he gets to perform on a day-to-day basis and the camaraderie he is developing with other local telecom and power employees within the industry.

As a local Central Oregonian Dixon enjoys hunting, fly fishing, showing cattle and livestock, playing soccer and golf and is a Redmond High School alumnus. He proudly served in the United States Army for four years, and won various awards while enlisted. Dixon then went on to earn an Electrical Lineworker certification from the Northwest Lineman College in Oroville, California and has training in operating, maintaining and constructing safe and reliable power grids.

As a Telecommunications Lineman technician, Dixon is delivering state-of-the-art telecommunication services to customers and building BendTel's fiberoptic internet footprint for the future of all Central Oregonians.

Next week, the Bend City Council will formally appoint Angela Ruocco as Municipal Court Judge. The public is invited to attend a swearing-in ceremony and reception at 5pm on September 8 in the Bend Municipal Court room at 555 15th Street. This also an opportunity to thank Gwen Moore for her service as Municipal Court Judge.

From Baltimore, Maryland, Ruocco began her career representing asylum seekers fleeing persecution from countries across the globe. She continued her advocacy in community development as an Assistant City Solicitor for the City of Baltimore before a period of time working in law firms and returning to public service as an Assistant Attorney General for the State of Maryland where she primarily assisted in protecting and restoring lands and waters around Chesapeake Bay.

In addition to her legal career, Ruocco has been a teacher, professor and mentor with hopes of sparking interest in social justice and principles of equality, fairness and freedom in the next generation of students and new lawyers. Judge Ruocco is currently an Administrative Law Judge with the State of Oregon and is excited to add on the role as Municipal Court Judge for the City of Bend.

# Businesses Serving Community



WATERCRESS TOWNHOMES UNDER CONSTRUCTION | PHOTO BY EXPLORE MARKETING

**BEND-REDMOND HABITAT FOR HUMANITY**

Bend-Redmond Habitat for Humanity received a \$10,000 grant from the U.S. Bank Foundation to fund the construction of eight Watercress Townhomes in Bend.

Bend-Redmond Habitat for Humanity plans to complete the Watercress Townhomes and welcome 8 families into their new homes in early 2023. This is Bend-Redmond Habitat's third site using a permanent affordability model, leaving a legacy of affordable homeownership by ensuring that the homes are only available for resale to low-to-moderate income families forever. When Watercress Townhomes are complete, there will be 39 Habitat homes permanently affordable in Bend and Redmond, 12 more to be added in late 2023 and many more in the early planning stages.

The Watercress Townhomes are being built with green building and energy-efficient practices such as heat pumps, high-efficiency windows and insulation and solar panels. These homes will contribute less overall greenhouse gas to the atmosphere, but also drastically reduce utility bills for the homeowners for years to come.

**STREET DOG HERO**

Street Dog Hero, a Bend-based animal welfare nonprofit, teamed up with Central Oregon Veterinarians Dr. Cierra Buer and Dr. Tabitha Johnson, as well as Fences For Fido, Warm Springs Fire and Safety and volunteers from all over Oregon to host a wellness & vaccine clinic in Warm Spring on August 13.

This clinic provided free physical exams, vaccinations, flea and tick medications, treatment for minor wounds and infections (like cheat grass), and prescription medications to 86 dogs and cats owned by members of the Warm Springs community.

On the same day, Fences for Fido hosted a pet food bank — providing free food for community pets — and Street Dog Hero took in 15 surrendered puppies and dogs, including a nursing mother dog and her pups. These dogs will be available for adoption soon. All of Street Dog Hero's adoptable dogs can be found on their website.

**FAMILY ACCESS NETWORK**

The Family Access Network (FAN) received a generous \$25,000 grant from Marie Lamfrom Charitable Foundation to support services across Central Oregon. FAN places advocates directly in schools throughout Crook, Deschutes and Jefferson counties to connect families who are low-income, unhoused or experiencing poverty to basic-needs services. Through a single advocate, children and their family members can connect to a variety of resources, including food, school supplies, clothing, rent/utility relief, health care and more, so that they can regain stability and self-sufficiency.

The Marie Lamfrom Charitable Foundation was established in 1998 to honor the life of Marie Lamfrom by continuing her support for Oregon causes. They aim to support and empower nonprofits financially, creatively and strategically; facilitate and nurture human connection, learning, healing and joy; pursue partnerships that value and empower those involved; to yield ongoing positive outcomes, alleviate human suffering and promote thriving communities. The Marie Lamfrom Charitable Foundation prioritizes support in service to education and mentorship, arts and creativity, and health and well-being in Oregon and Washington State.



**BVC**  
*Continued from page 3*

**In-Person & Virtual Tickets Now Available for the 19th Annual Bend Venture Conference**

And don't miss the Central Oregon PubTalk: Road to BVC on Thursday, September 22, 2022, in-person and virtual. Mark your calendar for the biggest

PubTalk of the year as we decide the Early Stage companies advancing to BVC! EDCO's Central Oregon PubTalk brings together different facets of the business community to network, share ideas, and thoughtfully further local growth.

The 19th Annual Bend Venture Conference will take place Thursday, October 20-Friday, October 21. Register at [edcoinfo.com](http://edcoinfo.com).  
[bendvc.com](http://bendvc.com) • [edcoinfo.com](http://edcoinfo.com)

**Energy Conference**  
*Continued from page 3*

Charging and equipment choices will help guide your decisions. Discover CPACE, Commercial Property Assessed Clean Energy, a new, game-changing, finance tool now available in Deschutes and Multnomah Counties. CPACE helps clean energy, efficiency and water conservation projects to pencil out and create cash flow. Explore options for living wage, jobs and meet hiring influencers who will present their options in rapidly growing green careers. People may attend LIVE at Central Oregon Community College, or VIRTUAL.

**2 Tracks: Commercial/Business/Government & Individuals**

**Host: 350 Deschutes**, a nonprofit organization working on a just transition for all people to a clean low carbon economy.

**LIVE and Virtual**

**Schedule:** [gocleanenergy.org/2021-schedule-2](http://gocleanenergy.org/2021-schedule-2)

**Speakers:** [gocleanenergy.org/2021-speakers-2](http://gocleanenergy.org/2021-speakers-2)

**When:** October 6, 2022 9am-4:30pm, followed by social hour

**Tickets:** \$50, \$29 for veterans.

**Register:** at [gocleanenergy.org](http://gocleanenergy.org). High school or Central Oregon Community College students and faculty go free with valid ID.

**Photo and Keynote Opps:** A trio of LIVE and Virtual Keynotes at Start, Lunch and End of Day brings an outstanding roster of thought leaders. They include Laura Jay, North America Regional Director of C40 Cities Climate Group, Dr Melanie Plaut of Physicians for Social Responsibility, Bob Keefe of E2 Environmental Entrepreneurs, Scott Bolton of Pacific Power and Brian Stewart of Electrify Now.

**Something for Everyone:**

The Clean Energy Transition and Green Mobility is for everyone. One track has content for Commercial, Business and Government, and the other for individuals.

**Our Generous Sponsors make this Conference Possible:**

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

**OSU-Cascades**  
*Continued from page 3*

The scholarship honors Johnson and Elkin's support of OSU-Cascades students with financial need through personal gifts to programs such as the student-run food pantry.

"Becky's leadership of OSU-Cascades and OSU has been transformative, and now we'll see many OSU-Cascades students' lives transformed because of her impact and her vision for an innovative branch campus," said Andrew Ketsdever, interim vice president of OSU-Cascades. "We owe Becky and Lori, and so many generous donors, our thanks and appreciation."

Gifts to the scholarship fund have ranged from \$5 to \$50,000. Scholarship match programs offered through the OSU Provost's Office will provide an additional \$12,000 for every new \$50,000 gift contributed to the Johnson and Elkins scholarship fund and other qualifying scholarship funds at OSU.

"Lori and I are very grateful for the incredible generosity of so many donors and supporters for OSU-Cascades students in need," said Johnson. "During my many years at OSU and OSU-Cascades, I saw firsthand how scholarships made higher education possible for students and transformed their lives. We couldn't be more pleased that this scholarship in

our names will help deserving students gain access to OSU-Cascades."

Johnson led OSU-Cascades from 2009 to 2021 and championed efforts to secure state and philanthropic funding that helped transform it from a degree transfer program to a four-year university campus that opened in 2016. During her tenure, enrollment at OSU-Cascades nearly tripled to almost 1,400 students. The campus is planned to serve a projected 3,000 to 5,000 students.

She also oversaw a campus expansion plan that involved designing and developing a 128-acre campus that is transforming a former pumice mine and landfill that were once considered unusable lands.

"Becky, with her calm demeanor, lack of pretense, her faith in her colleagues and her proclivity to always look forward, led the establishment of a successful four-year university in Central Oregon and helped guide OSU during transitions when we needed her most," said Shawn L. Scoville, president and CEO of the OSU Foundation. "We are forever grateful to Becky and Lori, and to the donors who honored them in such a meaningful way by establishing this endowed scholarship to support OSU-Cascades students."

To make a gift to the Becky Johnson and Lori Elkins Endowed Scholarship Fund for OSU-Cascades students visit [beav.es/johnson-elkins-scholarship](http://beav.es/johnson-elkins-scholarship).  
[osucascades.edu](http://osucascades.edu)

**Retirement**  
*Continued from page 35*

container and identity, and the second half of life we write the commentary on the text and rediscover what our container was meant to hold, and have the opportunity to redefine or reframe our identity."

"All the best in your continued journey!"  
~Jim Lee

*David Rosell is president of Rosell Wealth Management in Bend. Rosell Wealth Management. com. He is the host of 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 at local bookstores, Amazon, Audible as well as the Redmond Airport.*

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**RECENT TRANSACTIONS**  
*Continued from Page 3*

**CCIM** with **Compass Commercial Real Estate Services** represented the seller, **EDIM, LLC**, in the sale of 184 NE Franklin Avenue in bend. **Compass Commercial Real Estate Services** brokers **Jay Lyons, SIOR, CCIM, Bruce Churchill** and **Grant Schultz** represented the buyer, **Taylor Development, LLC**. The 3,840 SF retail building on 0.11 acres sold for \$2,900,000.

**Compass Commercial Real Estate Services** brokers **Pat Kesgard, CCIM** and **Kristie Schmitt** represented the buyer, **AWS Holdings, LLC**, in the acquisition of 1598 S Highway 97 in Redmond. The 10,890 SF industrial building on 0.99 acres was purchased for \$1,700,000.

Brokers **Pat Kesgard, CCIM** and **Kristie Schmitt** with **Compass Commercial Real Estate Services** represented both the seller, **Morgan Rev Liv Trust**, and the buyer in the sale of 63327 Nels Anderson Rd in Bend. The 1.11-acre industrial parcel sold for \$820,000.

**Compass Commercial Real Estate Services** broker **Terry O'Neil, CCIM** represented the seller, **Paul Hebb Sr Credit Shelter Trust**, in the sale of 6.46 acres located along 1st Avenue in Culver. The commercial land sold for \$500,000.

Watch for Upcoming Editions of <b>CASCADE BUSINESS NEWS</b>		
2022 EDITORIAL CALENDAR		
ISSUE DATE	SPECIAL SECTIONS	INDUSTRY LISTS
September 21 <small>Deadline Sept 14</small>	Sisters Profile	Financial Planners, Stock Brokers
October 5 <small>Deadline Sept 28</small>	Nonprofit Profiles	Nonprofit Organizations, Accountants, Bookkeepers



Central Oregon Business Calendar

Email Your Upcoming Business Events to CBN@CascadeBusNews.com

Event Details at CascadeBusNews.com/Business-Events

BUSINESS  
EVENTS



- September 8**  
8-9am Sunriver Chamber Coffee Klatch at Muddy Hut Pet Store, Sunriver.
- September 8**  
9am La Pine Rural Fire Protection District Regular Board Meeting at 51550 Huntington Road, La Pine.
- September 10**  
9am-4pm La Pine Sportsmen’s Show at La Pine Senior Activity Center.
- September 10**  
10am-6pm La Pine Lions Club Foundation Oktoberfest at La Pine Community Center.
- September 11**  
9am-3pm La Pine Sportsmen’s Show at La Pine

- Senior Activity Center.
- September 14**  
5-7:30pm Bend Chamber State Legislative Forum at Open Space Studios, Bend.
- September 19**  
5-7:30pm Bend Chamber Bend City Council and Mayor Forum at Open Space Studios, Bend.
- September 21**  
Noon-1pm Sunriver Chamber Lunch & Learn at Sunriver Library.
- September 22**  
5-7:30pm EDCO Hybrid PubTalk, Road to BVC, at Silver Moon Brewing.
- September 28**  
5:15-6:30pm Sunriver Chamber After Business Hours at Alpine Entertainment, The Village at Sunriver.
- October 11**  
6:30-10am Hybrid First Annual Central Oregon

- Business Forum, Navigating 2023 - Strategies for Turbulent Times, at Riverhouse on the Deschutes.
- October 20-21**  
EDCO Hybrid 19th Annual Bend Venture Conference.

WORKSHOPS  
& TRAINING



- September 14**  
7-8:30pm Envision Bend Virtual Workshop, Listen & Envision.
- September 17**  
9am-1:30pm and 6-8:30pm Deschutes Soil and Water Conservation District and OSU Extension Service Virtual and In-Person Irrigation Water Management Workshop Series: Adapting to Drought Conditions at Deschutes County OSU Extension Office, Redmond.
- (Ongoing)**  
COCC Small Business Development Center Classes.

Building Permits

COMMERCIAL PERMITS WEEK ENDING 8-12-2022

- City of Bend**  
\$1,500,000.00 - Commercial (New) 8,153 sf. at 60931 SE Ambassador Dr. Bend 97702 OR  
Owner: Pahlisch Homes at Easton Caldera Dr. Bend, OR 97702 541-293-5121 Permit # PRNC202200300
- Deschutes County**  
\$15,000.00 - Commercial (Tenant Improvement) at 20950 Limestone Ave. Bend 97703 OR Owner: T-Mobile 139 White Oak Ln. Oak Bridge, NJ 8857 Permit # 247-21-007038
- City of Redmond**  
\$6,675,939.00 - Commercial (Addition) 62,360 sf. at 3001 SW Obsidian Ave. Redmond 97756 OR Owner: Redmond School District 2J 145 SE Salmon Ave. Redmond, OR 97756  
Builder: Griffin Construction, LLC 541-447-7237 Permit # 711-22-001236

COMMERCIAL PERMITS WEEK ENDING 8-19-2022

- Deschutes County**  
\$4,101,082.00 - Commercial (New) 48,880 sf. at 690 W Three Peaks Dr. Sisters 97759 OR Owner: Sisters 12, LLC 85 Glade Hollow Dr. Las Vegas, NV 89135  
Builder: Centrex Construction, Inc. 503-684-0443 Permit # 247-22-004159  
\$550,848.00 - Commercial (New) 4,800 sf. at 16691 Assembly Way La Pine 97739 OR Owner: Bath Properties, LLC 21070 Scottsdale Rd. Bend, OR 97701  
Builder: Jesse Douglas Bath 541-357-1127 Permit # 247-22-002597  
\$136,500.00 - Commercial (Alteration) 400 sf. at 395 NW Pershall Way Redmond 97756 OR Owner: T-Mobile 139 White Oak Ln. Oak Bridge, NJ 8857 Permit # 247-22-004385  
\$20,000.00 - Commercial (Alteration) at 70400 McAllister Rd. Sisters 97759 OR Owner: Freund Living Trust 63026 NE Lower Meadow Dr. #200 Bend, OR 97701 Permit # 247-22-004309  
\$35,000.00 - Commercial (New) at 1015 NW Pershall Way Redmond 97756 OR Owner: 4-R Equipment, LLC PO Box 1669 Redmond, OR 97756 Permit # 247-22-005347
- City of Redmond**  
\$2,576,146.00 - Commercial (Multi Family) 16,000 sf. at 3025 NW 7th St. Redmond 97756 OR Owner: VDV Properties, LLC 16298 Skyline Dr. Bend, OR 97703  
Builder: Christiansens Contracting Company, LLC 541-526-0195 Permit # 711-22-000799  
\$2,576,146.00 - Commercial (Multi Family) 16,000 sf. at 3030 NW 7th St. Redmond 97756 OR Owner: VDV Properties, LLC 16298 Skyline Dr. Bend, OR 97703  
Builder: Christiansens Contracting Company, LLC 541-526-0195 Permit # 711-22-000805
- City of Bend**  
\$640,000.00 - Commercial (Alteration) 19,624 sf. at 42 NW Greenwood Ave. Bend 97703 OR Owner: Ogen, LLC Permit # PRRE202109187

COMMERCIAL PERMITS WEEK ENDING 8-26-2022

- Deschutes County**  
\$1,652,544.00 - Commercial (New) 14,400 sf. at 63205 Gibson Air Rd. Bend 97701 OR Owner: Aero Facilities, LLC 62765 Powell Butte Hwy Bend, OR 97701  
Builder: Ray Hayes Construction, Inc. 541-420-4751 Permit # 247-22-004173  
\$75,000.00 - Commercial (Alteration) at 61667 Somerset Dr. Bend 97702 OR Owner: Ament Family Trust 17797 Camino De Yatasto Pacific Palisades, CA 90272 Permit # 247-22-004693  
\$30,000.00 - Commercial (Alteration) at 61525 Ward Rd. Bend 97702 OR Owner: American Tower Dish 10 Presidential Way Woburn, MA 97701 Permit # 247-22-000528
- City of Bend**  
\$250,000.00 - Commercial (New) 7,052 sf. at 2550 NE Butler Market Rd. Bldg A Bend 97701 OR Owner: Trinity Evangelical Lutheran Church Permit # PRNC202204796
- City of Redmond**  
\$527,896.00 - Commercial (New) 6,000 sf. at 4040 SW 21st St. Redmond 97756 OR Owner: Paul Cahill 63765 Deschutes Market Rd. Bend, OR 97701 Permit # 711-22-000945  
\$436,088.00 - Commercial (New) 6,000 sf. at 4040 SW 21st St. Redmond 97756 OR Owner: Paul Cahill 63765 Deschutes Market Rd. Bend, OR 97701 Permit # 711-22-000943  
\$27,534.00 - Commercial (New) 3,584 sf. at 2731 SW Airport Way Redmond 97756 OR Owner: Central Christian School PO Box 639 Redmond, OR 97756 Permit # 711-22-001927  
\$13,767.00 - Commercial (New) 1,792 sf. at 2731 SW Airport Way Redmond 97756 OR Owner: Central Christian School PO Box 639 Redmond, OR 97756 Permit # 711-22-001940





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