The Bahnsen Group Opens New Pacific Northwest Office
Sheppard Wealth Joins The Bahnsen Group

by NICK DALLY

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

Annual Healthcare Supplement — Pages 9-34
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.

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.

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.

alonescoutagency.com • 503-577-3119

Think you can’t open your own restaurant?

Yes, you can.

You want to go from passion to profession. We’re here to help make it happen. Because at Washington Trust Bank, we believe you can do anything you set your mind to.

Visit watrust.com to get started.
To apply, please visit neighborimpact.org/wellfare or contact rebate@neighborimpact.org, 541-323-0399.

Funding for the program was provided through SB 5561. The County received $38 million in ARPA funds. To date, the County has located more than $37.7 of those funds. To learn more about the County’s ARPA investments, visit deschutes.org/arpa.

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. To date, the County has located more than $37.7 of those funds. To learn more about the County’s ARPA investments, visit 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 while listening to the public and can make reasonable decisions with the affected parties in attendance.

• 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 $45 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. Duties for 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 Beckey Nelson with the Deschutes County Clerk’s Office at 541-388-6548.

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.

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From the Legislative Desk

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.”
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.
Five Strategies to Hire & Retain Quality Talent

Hiring and retaining quality talent has been a challenge for businesses in today's marketplace. A competitive benefits packages goes a long way in helping companies combat this issue. Below are five new strategies businesses can implement now to offer better benefit options to their employees and reduce company costs.

1. Cost-Saving Strategies — replacing a traditional low-deductible health plan with alternative options that include high-deductible health plans with gap policies, they can save money on their benefits and give employees better coverage.

2. Partially Self-Funded Health Plans — benefit plans that give you the potential to receive a refund from an insurance company if your claim utilization is low, without risking additional liability.

3. Robust Health Provider Networks — making sure that you are offering a plan with the widest network is very important to employees, especially those living in remote areas. Using large national networks can alleviate the problem of a limited network and give your employees a wider range of access to the providers that they want and need.

4. Offering Multiple Health Plans — traditionally, companies are used to offering one health plan option. However, as times have changed, employees want more options. The good news for a company is that they can offer multiple plans without any additional impact to their budget.

5. Enhancing Benefit Packages at No Cost — in today's day and age, offering a basic medical, dental and vision package is no longer sufficient for most companies. Employees want options and employers are looking for ways to offer additional benefits. Adding ancillary plans to your package can help you do just that. These options can be employee paid and therefore do not add a cost to the business.

To learn more about the strategies above, please contact our recommended benefits specialist, Darren, and schedule a free consultation today!

capstonecpas.com • darren.handley@ampf.com • 801-232-8483

Empower Employees by Recognizing their Strengths!

Empowering employees is essential to growth—that of your company and the professional development of your team members. If you don’t feel comfortable turning over the reins of day-to-day decision-making to your team members, you’ll never free yourself to focus on long-term strategies to keep your company healthy and growing.

Foster an Entrepreneurial Culture

Employees who are encouraged and willing to take ownership of their part of the business feel empowered and engaged. They are able to make decisions that focus on the best interests of the company. They are not concerned solely with their own success but also with the long-term success of the organization. This can only occur if managers are willing to delegate responsibility to their team members and trust them to follow through.

Be Willing to Train

Employee training typically focuses mainly on tasks. Empowering employees requires considerable time upfront, but it pays off in the long run. Leaders from top-level on down must commit to empowering employees. Share company goals, model the behavior you want to see and celebrate successes. Mistakes should be viewed as a teaching opportunity, not a failure. Take the time to discuss what went wrong and what would have been a better solution rather than taking over-even if that’s much quicker.

Clearly Define Parameters

Communicate which decisions employees can make without manager input and when they should escalate for approval. Give them confidence in their strengths, such as problem-solving skills, the ability to analyze issues and accurate risk assessment. When employees see that you have faith in their abilities, they feel empowered and willing to be accountable for their own successes.

Looking for Strategies to Strengthen Your Team?

PrideStaff can help you hire the self-motivated employees and servant-leaders your company needs to thrive and grow. Contact the tenured recruitment specialist at your local PrideStaff office today.

pridestaff.com/bend

Business For Sale

Locally Owned, Small eCommerce Business
Featuring Skincare

Huge Growth Potential
Inventory
Goodwill
Email List
Social Media Following

Could be located in Bend ~ or use a fulfillment center and run remotely from anywhere!

Contact info@enmarie.com
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.

watrust.com • CAAllen@watrust.com
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.

“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.”

Hightower Advisors, LLC is an SEC registered investment adviser. Securities are offered through Hightower Securities, LLC, Member FINRA/SIPC.

thebahnsengroup.com
541-604-8603
Home Assistance & Care Services (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
<th>Area Covered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almost Family, LLC</td>
<td>541-389-1886</td>
<td>541-389-1886</td>
<td>nelsonfamily@ almostfamily.com</td>
<td>Kenzie Waker</td>
<td>81</td>
<td>1992</td>
<td>Medication management, registered nursing services, 24 hr. companion, homemaking services, personal &amp; respite care. IDEI Daytime attend care.</td>
<td>Deschutes, Jefferson &amp; Grant Counties.</td>
</tr>
<tr>
<td>At Home Care Group</td>
<td>541-312-0977</td>
<td>541-312-0977</td>
<td>athomecargroup.com</td>
<td>Kenzie Waker</td>
<td>8</td>
<td>1998</td>
<td>Services offered include home assistance, companionship, personal care &amp; nursing services.</td>
<td>Deschutes, Jefferson &amp; Grant Counties.</td>
</tr>
<tr>
<td>Heart2Home Hospice &amp; Palliative Care, LLC</td>
<td>541-536-7599</td>
<td>541-536-7599</td>
<td>heart2homehospice.com</td>
<td>Diana Hinsinger</td>
<td>10</td>
<td>2004</td>
<td>Services include on call nursing support, hospice, personal care, social worker, respite care.</td>
<td>Central Oregon.</td>
</tr>
<tr>
<td>La Pine Home Health Care</td>
<td>541-324-6900</td>
<td>541-324-6900</td>
<td>homehealthcarebend.com</td>
<td>Rita Buono</td>
<td>Mary Valley</td>
<td>25</td>
<td>2017</td>
<td>Periodic one-on-one in-home care service for seniors with disabilities. From running errands to grocery shopping to bathing &amp; medication administration.</td>
</tr>
<tr>
<td>Hospice of Redmond</td>
<td>541-548-1992</td>
<td>541-548-1992</td>
<td>hospiceofredmond.org</td>
<td>Jean McGin</td>
<td>23</td>
<td>1991</td>
<td>Hospice, Palliative Care &amp; Transitions programs, Medical Directors Hospice &amp; Palliative Care certified, licensed registered nurses, social workers, licensed chaplains, home infusion support, Veteran’s support &amp; trained volunteers. Call 1-800-272-2273.</td>
<td>Redmond, Bend, Sisters, Prineville, Terrebonne, Redmond, Bend, Tumalo.</td>
</tr>
<tr>
<td>SummerCare - Hospice Home Health Transitions Palliative Care</td>
<td>541-382-9883</td>
<td>541-382-9883</td>
<td><a href="mailto:careplanner@summersum.com">careplanner@summersum.com</a></td>
<td>Tina Bailey</td>
<td>200</td>
<td>1979</td>
<td>Medicare-certified home health, hospice &amp; palliative care. Non-medical transitional home care services for adults with disabilities. Skilled nursing, physical, occupational, speech therapy, medical social work, personal care, certified nursing assistants. Home delivered services in Bend, Redmond, Prineville.</td>
<td>Central Oregon.</td>
</tr>
<tr>
<td>Right at Home Home Care, Central Oregon</td>
<td>541-635-7934</td>
<td>541-635-7934</td>
<td>rightathomemc.com</td>
<td>Julie Barlet</td>
<td>80</td>
<td>2009</td>
<td>One-on-one in-home care service for seniors &amp; disabled adults. Caregivers are experienced, carefully screened through criminal background checks, drug testing &amp; in-person interviews. Right at Home, Inc. has been in business since 1997. The company’s offices are based in Prineville. They have been franchising since 2006.</td>
<td>Deschutes, Jefferson &amp; Grant Counties.</td>
</tr>
<tr>
<td>St. Charles Health Services</td>
<td>541-786-9989</td>
<td>541-786-9989</td>
<td>stcharleshealthsystem.org/hosptals/stcharlesbend</td>
<td>Julie Norton</td>
<td>78</td>
<td>1984</td>
<td>Skilled nursing, certified home health aides, medical social work, physical, occupational &amp; speech therapy, including orthopedic &amp; neurological rehabilitation, cancer &amp; chronic disease management. Hospice, Adventist Medical Center &amp; St. Charles Hospice.</td>
<td>Deschutes, Jefferson, Crook &amp; Klamath Counties.</td>
</tr>
<tr>
<td>St. Charles Hospital</td>
<td>541-788-0880</td>
<td>541-788-0880</td>
<td>stcharleshospital.org</td>
<td>Laurie Jackson</td>
<td>45</td>
<td>1958</td>
<td>Physician services, skilled nursing care, medical equipment &amp; supplies as appropriate, drug delivery, physical, occupational, speech, respiratory, pain management, patient education, health maintenance, general care, home health aides.</td>
<td>Klamath, Jackson, Siskiyou, Joseph, Klamath Counties.</td>
</tr>
<tr>
<td>Troutfork at Mount Bachelor Village</td>
<td>541-324-1414</td>
<td>541-324-1414</td>
<td><a href="mailto:sdb@troutfork.com">sdb@troutfork.com</a></td>
<td>Kim DeHoeve, Scott Neal</td>
<td>28</td>
<td>2004</td>
<td>Home care.</td>
<td>Deschutes, Jefferson &amp; Grant Counties.</td>
</tr>
<tr>
<td>Visiting Angels, Living Assistance Services</td>
<td>541-370-5649</td>
<td>541-370-5649</td>
<td>visitingangels.com/bend, oregon</td>
<td>Karen Clark</td>
<td>75</td>
<td>2007</td>
<td>Visiting Angels is proud to be the autism training provider for senior home care services. One Angels provides in-home care, medication management, custodian care, personal care &amp; companion care services.</td>
<td>Deschutes, Jefferson, Crook &amp; Klamath Counties.</td>
</tr>
</tbody>
</table>

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

(541) 382-5882 | PartnersBend.org

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)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Doctors</th>
<th>Other Area Locations</th>
<th>Patients Per Month</th>
<th>Services</th>
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</thead>
<tbody>
<tr>
<td>Bend Dermatology Clinic, LLC</td>
<td>541-382-3712</td>
<td>541-382-2005</td>
<td><a href="http://www.bendderm.com">www.bendderm.com</a> <a href="mailto:susanem@bendderm.com">susanem@bendderm.com</a></td>
<td>Suzanne Martian</td>
<td>45</td>
<td>1990</td>
<td>5</td>
<td>Central Oregon</td>
<td>3,300</td>
<td>Diseases &amp; surgery of the skin.</td>
</tr>
<tr>
<td>Bend Hemice Center 2400 Mary Rose Pl, Ste 260 Bend, OR 97770</td>
<td>541-363-2200</td>
<td>541-363-5170</td>
<td><a href="http://www.bendhemicecenter.com">www.bendhemicecenter.com</a> <a href="mailto:steven@bendhemiceassociates.com">steven@bendhemiceassociates.com</a></td>
<td>Michael J. Manirango</td>
<td>6</td>
<td>2003</td>
<td>1</td>
<td>N/A</td>
<td>200-250</td>
<td>Laparoscopic &amp; Robotic surgery. All types of hernia repair &amp; general surgery.</td>
</tr>
<tr>
<td>Bend Surgery Center 1342 NE Cushing Dr, Ste 170</td>
<td>541-318-0580</td>
<td>541-318-6740</td>
<td><a href="http://www.bendsurgery.com">www.bendsurgery.com</a> <a href="mailto:info@bendsurgery.com">info@bendsurgery.com</a></td>
<td>Todd Carrier</td>
<td>100</td>
<td>1997</td>
<td>N/A</td>
<td>N/A</td>
<td>1,900</td>
<td>Ambulatory surgery.</td>
</tr>
<tr>
<td>Bend Urology Associates, LLC 2200 West 25th St. 101 Bend, OR 97701</td>
<td>541-382-6447</td>
<td>541-382-0662</td>
<td><a href="http://www.bendurology.com">www.bendurology.com</a> <a href="mailto:pamniati@bendurology.com">pamniati@bendurology.com</a></td>
<td>Patrick Parker</td>
<td>50</td>
<td>1964</td>
<td>4</td>
<td>Redmond</td>
<td>1,900</td>
<td>Male, female &amp; pediatric disorders of the urinary tract, comprehensive incontinence treatment, board certified &amp; board eligible surgeons.</td>
</tr>
<tr>
<td>Cascade Direct Care 198 NE Combs Flat Rd. Prineville, OR 97754</td>
<td>541-362-8688</td>
<td>541-550-7779</td>
<td><a href="http://www.cascadedirectcare.com">www.cascadedirectcare.com</a> <a href="mailto:cascade.reception@gmail.com">cascade.reception@gmail.com</a></td>
<td>Lindsey G. McKay PA-C</td>
<td>4</td>
<td>2013</td>
<td>Lindsey McKay, PA-C</td>
<td>N/A</td>
<td>N/A</td>
<td>Family medicine clinic &amp; primary direct care office that offers primary care services to its members for a monthly fee including minor in-office procedures &amp; many labs. Insurances accepted as well.</td>
</tr>
<tr>
<td>Cascade Surgeon and 2200 NE Neil Rd, Ste 100 Bend, OR 97701</td>
<td>541-322-2391</td>
<td>541-322-2394</td>
<td><a href="http://www.cascadesc.com">www.cascadesc.com</a></td>
<td>Cammy Gilmore</td>
<td>45</td>
<td>2006</td>
<td>Staff doctors from The Center &amp; Central Oregon Doctors.</td>
<td>N/A</td>
<td>500</td>
<td>Outpatient surgeries by The Center physicians, as well as pre- &amp; post-operative care. Specialty areas include minimally invasive upper &amp; lower extremity orthopedics, cancer surgery, pain management injections &amp; other outpatient surgical procedures.</td>
</tr>
<tr>
<td>Central Oregon Clinical Genetics Center 146 NW Shevlin Hixon Dr, Ste 205 Bend, OR 97702</td>
<td>541-678-5417</td>
<td>541-678-5466</td>
<td><a href="http://www.coxgpc.org">www.coxgpc.org</a> <a href="mailto:oschirripa@hipaamail.us">oschirripa@hipaamail.us</a></td>
<td>Osvaldo A. Schirripa</td>
<td>1</td>
<td>2010</td>
<td>1</td>
<td>Grants Pass</td>
<td>40</td>
<td>Identification, management &amp; prevention of genetic disor-ders/diseases.</td>
</tr>
<tr>
<td>Central Oregon Dermatology 208 NE Will Dr. Bend, OR 97701</td>
<td>541-678-0404</td>
<td>541-382-2174</td>
<td><a href="http://www.coxmedicaldermatology.com">www.coxmedicaldermatology.com</a> <a href="mailto:info@coxmedicaldermatology.com">info@coxmedicaldermatology.com</a></td>
<td>Mark A. Hall</td>
<td>9</td>
<td>2000</td>
<td>1</td>
<td>Bend, La Pine, Redmond, Madras</td>
<td>450</td>
<td>General dermatology &amp; specializes in skin cancer diagnosis &amp; skin cancer surgery. Has various cosmetic procedures involving Botox, Juvederm, Radiesse, laser treatment, phototherapy &amp; photodynamic therapy.</td>
</tr>
<tr>
<td>Central Oregon Ear, Nose &amp; Throat, LLC 2400 NE Mary Rose Pl., Ste 120 Bend, OR 97701</td>
<td>541-326-1133</td>
<td>541-385-4935</td>
<td><a href="http://www.coxent.com">www.coxent.com</a></td>
<td>Dr Ryan P. Gallivan</td>
<td>20</td>
<td>1970</td>
<td>3</td>
<td>Physical, Audiolo-gists N/A</td>
<td>2,000</td>
<td>Ear, nose, throat &amp; hearing.</td>
</tr>
<tr>
<td>Central Oregon Family Medicine, PC 645 NW Fourth St. PO Box 469 Redmond, OR 97756</td>
<td>541-923-0119</td>
<td>541-923-3228</td>
<td><a href="http://www.cofm.net">www.cofm.net</a></td>
<td>Lori Wells</td>
<td>10</td>
<td>1981</td>
<td>3</td>
<td>N/A</td>
<td>900</td>
<td>Family medicine.</td>
</tr>
<tr>
<td>Central Oregon Pediatric Associates (COPA) 760 NW York Dr. 2nd Floor Bend, OR 97701</td>
<td>541-389-6313</td>
<td>541-389-8766</td>
<td><a href="http://www.copakids.com">www.copakids.com</a> <a href="mailto:milner@copakids.com">milner@copakids.com</a></td>
<td>Wade Miller</td>
<td>104</td>
<td>1973</td>
<td>15 Board Certified Pediat-ricians MDs, plus 6 PA/PNP.</td>
<td>East Bend, South Bend, Redmond</td>
<td>4,200</td>
<td>Pediatric &amp; adolescent medicine.</td>
</tr>
<tr>
<td>Central Oregon Radiology &amp; 1460 NE Medical Center Dr., Ste 180 Bend, OR 97701</td>
<td>541-382-6633</td>
<td>541-382-6653</td>
<td><a href="http://www.coxmedicalradiology.com">www.coxmedicalradiology.com</a> <a href="mailto:ssmarkle@cmillc.org">ssmarkle@cmillc.org</a></td>
<td>Sara Sprinkle</td>
<td>280</td>
<td>1947</td>
<td>35+</td>
<td>Redmond &amp; Bend South Side</td>
<td>7,900</td>
<td>MRI, CT, ultrasound, nuclear medicine, PET, mammography, CT, ultrasound, nuclear medicine, PET, mammography, 3D, DSA, vascular/interven-tional radiology.</td>
</tr>
<tr>
<td>Central Oregon Regional Pathology Services 1348 NE Cushing Dr. Bend, OR 97701</td>
<td>541-382-7096</td>
<td>541-389-5723</td>
<td><a href="http://www.copc.net">www.copc.net</a> jdovery@copcnet</td>
<td>Brad Bryan</td>
<td>19</td>
<td>2000</td>
<td>7</td>
<td>N/A</td>
<td>N/A</td>
<td>Pathology services.</td>
</tr>
<tr>
<td>Deschutes Oncosurgery Center 2200 NE Neil Rd, Ste 302 PO Box 469 Bend, OR 97701</td>
<td>541-388-3978</td>
<td>541-278-8166</td>
<td><a href="http://www.deschutesoncopsurgery-center.com">www.deschutesoncopsurgery-center.com</a></td>
<td>Dr. Molly Ominco</td>
<td>2</td>
<td>2010</td>
<td>1</td>
<td>N/A</td>
<td>35</td>
<td>Care for oncopsoriasis &amp; bone health.</td>
</tr>
<tr>
<td>Deschutes Rheumatology 2200 NE Neil Rd, Ste 302 Bend, OR 97701</td>
<td>541-388-3978</td>
<td>541-278-8166</td>
<td><a href="http://www.bendrheumasis.com">www.bendrheumasis.com</a></td>
<td>Mark Silverstein</td>
<td>14</td>
<td>2012</td>
<td>3</td>
<td>N/A</td>
<td>400</td>
<td>Rheumatology services.</td>
</tr>
<tr>
<td>Desert Orthopedics LLP 1303 NE Cushing Dr, Ste 100 Bend, OR 97701</td>
<td>541-388-2333</td>
<td>541-388-0930</td>
<td><a href="http://www.deserthoporthopedics.com">www.deserthoporthopedics.com</a></td>
<td>Michael Ryan</td>
<td>60</td>
<td>1995</td>
<td>27</td>
<td>Redmond</td>
<td>1,900</td>
<td>Joint reconstruction &amp; replacement surgery spine disorders &amp; diseases pediatric orthopedics adult &amp; adolescent sports medicine hand &amp; upper extremity disorders foot &amp; ankle rehab phy-sical medicine trauma &amp; orthopedic surgery.</td>
</tr>
<tr>
<td>Doctors Park Surgery Center 2300 Wyeth Ct., Ste 102 Bend, OR 97701</td>
<td>541-389-3931</td>
<td>541-389-3932</td>
<td><a href="http://www.cascadesurg.org">www.cascadesurg.org</a> <a href="mailto:jeffsw@deschutesomed.com">jeffsw@deschutesomed.com</a></td>
<td>Jeff Stewart</td>
<td>36</td>
<td>1994</td>
<td>8</td>
<td>N/A</td>
<td>Over 2,000</td>
<td>OR/GYN</td>
</tr>
<tr>
<td>Endocrinology Services Northwest 929 SW Simpson Ave., Ste 220 Bend, OR 97702</td>
<td>541-317-5660</td>
<td>541-317-5676</td>
<td><a href="http://www.endocrinewest.com">www.endocrinewest.com</a></td>
<td>Patrick McCarthy</td>
<td>5</td>
<td>2012</td>
<td>2 M.D.'s, 2 P.A.'s</td>
<td>Redmond</td>
<td>1,200</td>
<td>Diabetes, Thyroid &amp; Cholesterol Disorders, Endomterial Immunology &amp; Testosterone Deficiencies.</td>
</tr>
<tr>
<td>Gastroenterology of Central Oregon 2239 NE Doctors Dr., Ste 100 Bend, OR 97701</td>
<td>541-728-0581</td>
<td>541-647-5125</td>
<td><a href="http://www.cascadedigstinetgastro.com">www.cascadedigstinetgastro.com</a></td>
<td>Dr. Glenn Koren</td>
<td>2</td>
<td>2007</td>
<td>1</td>
<td>N/A</td>
<td>120</td>
<td>Specializing in liver disease, diagnosis, therapeutic, GI &amp; endoscopy.</td>
</tr>
</tbody>
</table>
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.

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.

BendDerm.com • 541-382-5712

Expert care for women... where you need it!
We're here for you. It's been our mission for over 40 years to provide the best possible healthcare to women in our communities. From adolescence to menopausal years, we offer a full range of women's healthcare services, including obstetrics, gynecology, midwifery and more—in Bend, and now in our new Redmond office.

ACCEPTING NEW REDMOND PATIENTS IN SEPTEMBER

SERVING WOMEN IN REDMOND

Janelie Strom, MD
Cheryl Osada, MD
Jena Smith, MD
Cara Thomas, CRNP
Kathryn Beam, MD

EAST CASCADE WOMEN'S GROUP
413 NW Larch Avenue, Redmond
(541) 309-3300 | www.ecw.net

PHOTO | COURTESY OF BEND DERMATOLOGY

Annual Skin Exams
The Importance of Having Them

provided by BEND DERMATOLOGY
### Physician Groups & Clinics (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Doctors</th>
<th>Other Area Locations</th>
<th>Patients Per Month</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Lakes Health Care - Bend-Upspring Medical Group, 929 NW Simpson Ave., Ste. 300 Bend, OR 97702</td>
<td>541-389-7741</td>
<td>541-278-8375</td>
<td><a href="http://www.highlakeshealthcare.com">www.highlakeshealthcare.com</a></td>
<td>Dan McCarthy</td>
<td>286</td>
<td>1996</td>
<td>16</td>
<td>Bend Medical Clinic, Bend Hospital District, Sisters, Redmond</td>
<td>4,000</td>
<td>Primary care; family practice, internal medicine, physical medicine &amp; rehabilitation, pediatrics, CNV, cardiology.</td>
</tr>
<tr>
<td>InFocus Eye Care 2401 NE Mary Rose Pl, Ste 110 Bend, OR 97701</td>
<td>541-318-8388</td>
<td>541-318-7143</td>
<td><a href="http://www.infocus-eyecare.com">www.infocus-eyecare.com</a> <a href="mailto:info@infocus-eyecare.com">info@infocus-eyecare.com</a></td>
<td>Dr. Elizabeth Perry, Dr. Patricia Buehler, Dr. Joe Aik, Dr. Winter Lewis</td>
<td>38</td>
<td>1998</td>
<td>6</td>
<td>N/A</td>
<td>1,800</td>
<td>Specialty in advanced cataract surgical techniques, LASIK, surgery &amp; retinal surgery &amp; more. Additional providers: Dr. Meryl Sundy, Dr. Emily Kuhner &amp; Dr. Emily Kuhner.</td>
</tr>
<tr>
<td>Inovia Vein Specialty Center 2235 SW Nelk Rd., Ste 204 Bend, OR 97701</td>
<td>541-382-8346</td>
<td>541-382-5796</td>
<td>inoviavein.com <a href="mailto:liftin@inoviavein.com">liftin@inoviavein.com</a></td>
<td>Bobs Jones</td>
<td>22</td>
<td>1973</td>
<td>6</td>
<td>N/A</td>
<td>1,400</td>
<td>Family practice.</td>
</tr>
<tr>
<td>Madras Medical Group 78 NE St. Maddox St., Madras, OR 97741</td>
<td>541-475-3874</td>
<td>541-475-3810</td>
<td><a href="http://www.madamamedicgroup.com">www.madamamedicgroup.com</a> <a href="mailto:info@madadamamedicgroup.com">info@madadamamedicgroup.com</a></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Center 2235 NW Nelk Rd., Ste. 200 Bend, OR 97701</td>
<td>541-382-3342</td>
<td>541-382-1681</td>
<td><a href="http://www.thecenterwreno.com">www.thecenterwreno.com</a> <a href="mailto:info@thecenterwreno.com">info@thecenterwreno.com</a></td>
<td>Mike Gonzales</td>
<td>220</td>
<td>1954</td>
<td>22</td>
<td>Redmond, La Pine, Burns, John Day, Sisters, Prineville</td>
<td>4,000</td>
<td>Disease &amp; injuries of the brain, spinal cord &amp; nerves; neurosurgery; comprehensive spine care; sports medicine; foot &amp; more.</td>
</tr>
</tbody>
</table>

CBN has made every effort to ensure that all information is accurate and up-to-date. We cannot, however, guarantee it. Please contact us immediately if you know that certain information is not correct or you would like to be added to a list, 541-388-5665 or email cbn@cascadebusnews.com.
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
Focus Physical Therapy, Inc. - Old Mill Clinic
61615 Athletic Club Dr.
2200 NE Neff Rd., Ste. 202, Bend, OR 97701
541-388-7738
541-312-0121
www.therapeuticassociates.com/bend

Madras Physical Therapy
625 N Arrowleaf Trail, Bldg. G, Sisters, OR 97759
541-588-6848
541-588-6607
www.stepandspine.com

Redmond, OR 97756
1305 SE Armour Rd., Ste. 10, Bend, OR 97702
1590 NE Third St., Ste. B
Bend, OR 97702
1160 SW Simpson Ave., Ste. 200
Bend, OR 97701
1342 NE Medical Center Dr., Ste. 150
Prineville, OR 97754
2100 NE Neff Rd., Ste. A
Bend, OR 97702

55 NW Wall St., Ste. 100
Alpine Physical Therapy & Spine Care
Sunriver, OR 97707
541-389-5665 or email cbn@cascadebusnews.com.

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Physical & Occupational Therapy
(Listed Alphabetically)

Appointments@focusptbend.com
Amy Royce
Active wellness & lifestyle physical therapy clinic with a reputation for combining hands on manual therapy with cutting edge exercise & sport programs.

Appointments@focusptbend.com
Jonathan Sampson,
Morag Sampson
Personalized one-to-one manual therapy in a supportive environment. Emphasize education & home management & work conditioning/ergonomic consulting with fitness exercise prescription for the public.

Appointments@therapymoves.com
Barrett Ford
15 2010 Creating individualized functional plan that incorporates patients to achieve positive outcomes, long term results through appropriate division & treatment via manual & physical therapies.

Appointments@therapymoves.com
Barrett Ford
24 2011 Creating individualized functional plan that incorporates patients to achieve positive outcomes, long term results through appropriate division & treatment via manual & physical therapies.

Appointments@therapymoves.com
Barrett Ford
14 2008Maximizing physical & mental recovery through a collaborative approach to treatment.

Appointments@therapymoves.com
Barrett Ford
17 1995 Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehabilitation, hand therapy, custom orthotics & braces, with emphasis on return to life & sports.

Appointments@therapymoves.com
Barrett Ford
13 2006 Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehabilitation, hand therapy, custom orthotics & braces, with emphasis on return to life & sports.

Appointments@therapymoves.com
Barrett Ford
19 2006 Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehabilitation, hand therapy, custom orthotics & braces, with emphasis on return to life & sports.

Appointments@therapymoves.com
Barrett Ford
12 2005 Creating individualized therapeutic plans & education that empowers patients to achieve positive outcomes, long term results through appropriate division & treatment via mechanical diagnosis & therapy on the spine & extremities.

Appointments@therapymoves.com
Barrett Ford
11 2005 Creating individualized therapeutic plans & education that empowers patients to achieve positive outcomes, long term results through appropriate division & treatment via mechanical diagnosis & therapy on the spine & extremities.

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Barrett Ford
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17 1995 Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehabilitation, hand therapy, custom orthotics & braces, with emphasis on return to life & sports.

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Barrett Ford
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Appointments@therapymoves.com
Barrett Ford
19 2006 Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehabilitation, hand therapy, custom orthotics & braces, with emphasis on return to life & sports.

Appointments@therapymoves.com
Barrett Ford
12 2005 Creating individualized therapeutic plans & education that empowers patients to achieve positive outcomes, long term results through appropriate division & treatment via mechanical diagnosis & therapy on the spine & extremities.

Appointments@therapymoves.com
Barrett Ford
11 2005 Creating individualized therapeutic plans & education that empowers patients to achieve positive outcomes, long term results through appropriate division & treatment via mechanical diagnosis & therapy on the spine & extremities.

Appointments@therapymoves.com
Barrett Ford
15 2010 Creating individualized functional plan that incorporates patients to achieve positive outcomes, long term results through appropriate division & treatment via manual & physical therapies.

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Barrett Ford
13 2010 Creating individualized functional plan that incorporates patients to achieve positive outcomes, long term results through appropriate division & treatment via manual & physical therapies.

Appointments@therapymoves.com
Barrett Ford
17 1995 Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehabilitation, hand therapy, custom orthotics & braces, with emphasis on return to life & sports.

Appointments@therapymoves.com
Barrett Ford
13 2006 Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehabilitation, hand therapy, custom orthotics & braces, with emphasis on return to life & sports.

Appointments@therapymoves.com
Barrett Ford
19 2006 Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehabilitation, hand therapy, custom orthotics & braces, with emphasis on return to life & sports.
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.

reboundoregon.com
Hospitals (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Website/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Number of Beds</th>
<th>Number of Doctors</th>
<th>Number of Nurses</th>
<th>Operating Expenditures</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. Charles Bend 2500 NE Neff Rd.</td>
<td>541-382-4321</td>
<td>541-388-5807</td>
<td><a href="https://www.stcharleshealthcare.org">Website/Email</a></td>
<td>Iman Simmons</td>
<td>3,408</td>
<td>1918</td>
<td>256</td>
<td>175</td>
<td>979</td>
<td>$555.3 million</td>
</tr>
<tr>
<td>St. Charles Madras 479 NE A St.</td>
<td>541-473-3882</td>
<td>541-475-6633</td>
<td><a href="https://www.stcharleshealthcare.org">Website/Email</a></td>
<td>John Bishop</td>
<td>198</td>
<td>1967</td>
<td>25</td>
<td>7</td>
<td>58</td>
<td>$33.5 Million</td>
</tr>
<tr>
<td>St. Charles Prineville 383 NE Condon Flats Rd</td>
<td>541-447-6254</td>
<td>541-447-6705</td>
<td><a href="https://www.stcharleshealthcare.org">Website/Email</a></td>
<td>John Bishop</td>
<td>228</td>
<td>1990</td>
<td>16</td>
<td>18</td>
<td>62</td>
<td>$35.9 million</td>
</tr>
<tr>
<td>St. Charles Redmond 1251 N Canal Blvd.</td>
<td>541-548-8331</td>
<td>541-526-6504</td>
<td><a href="https://www.stcharleshealthcare.org">Website/Email</a></td>
<td>Iman Simmons</td>
<td>378</td>
<td>1992</td>
<td>48</td>
<td>69</td>
<td>175</td>
<td>$92.30</td>
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Emergency Transportation (Listed Alphabetically)

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<thead>
<tr>
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<th>Phone</th>
<th>Fax</th>
<th>Website/Email</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>AirLink Critical Care Transport</td>
<td>541-233-6355</td>
<td>N/A</td>
<td><a href="https://www.airlinkcct.org">Website/Email</a></td>
<td>Kristin Lingman</td>
</tr>
<tr>
<td>Bend Fire &amp; Rescue</td>
<td>541-322-6210</td>
<td>541-322-6321</td>
<td><a href="https://www.bendoregon.gov/fire">Website/Email</a></td>
<td>Todd Riley</td>
</tr>
<tr>
<td>Crook County Fire &amp; Rescue</td>
<td>541-447-6011</td>
<td>541-416-2653</td>
<td><a href="https://www.crookcountyfireandrescue.com">Website/Email</a></td>
<td>Matt Smith</td>
</tr>
<tr>
<td>La Pine Rural Fire Protection District</td>
<td>541-536-2935</td>
<td>541-536-2627</td>
<td><a href="https://www.lapinefire.org">Website/Email</a></td>
<td>Mike Saphis</td>
</tr>
<tr>
<td>Life Flight Network</td>
<td>541-280-1224</td>
<td>541-678-4689</td>
<td><a href="https://www.lifeflight.org">Website/Email</a></td>
<td>Cindy McGrath</td>
</tr>
<tr>
<td>MASWA Medical Transport Solutions</td>
<td>541-848-8124</td>
<td>N/A</td>
<td><a href="https://www.maswa.com">Website/Email</a></td>
<td>Tony Urruty</td>
</tr>
<tr>
<td>Redmond Fire &amp; Rescue</td>
<td>541-504-5000</td>
<td>541-526-1254</td>
<td><a href="https://www.redmondfireandrescue.org">Website/Email</a></td>
<td>Diana Cox</td>
</tr>
<tr>
<td>Summit Service District</td>
<td>541-693-6022</td>
<td>541-593-2768</td>
<td><a href="https://www.summitretd.org">Website/Email</a></td>
<td>Mindy Holliday</td>
</tr>
</tbody>
</table>

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

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
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 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...
Friends – Central Oregon

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 enrollment in post-secondary education, serve our country, or become employed in a living wage job.

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 to low-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

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

www.synergyhealthbend.com

541-323-3488

Harvest Box Fundraiser Helps
Fund Food Access for All

HDFFA’s Harvest Box Fundraiser is Friday, October 7!

Pre-Order a Locally Sourced Meal Kit to Help Support Local Food Access

The High Desert Food & Farm Alliance (HDFFA) 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-orders.

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 Chimichurri, 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.

“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.”

HDFFA 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

2022 Class Dates:

- Wednesdays ~ 5:30-7:30pm
  - Oct 5th-26th (In Person Bend)
- Thursdays ~ 5:30-7:30pm
  - Oct 6th-27th (Virtual Class)
- Saturdays ~ 9-11am
  - Oct 8th-29th (In Person Bend)

www.synergyhealthbend.com

541-323-3488
## Eye Care Surgery Clinics & Examinations (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff CO Year Est.</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpine Eyecare</td>
<td>541-386-2013</td>
<td>541-317-1202</td>
<td><a href="mailto:alpineeyecare@bendbroadband.com">alpineeyecare@bendbroadband.com</a></td>
<td>Dr. Tom S Thompson</td>
<td>2</td>
<td>2000</td>
</tr>
<tr>
<td>Cascade Eyecare</td>
<td>541-382-3004</td>
<td><a href="http://www.cascadiereye.com">www.cascadiereye.com</a></td>
<td>Terry L. Steckman</td>
<td>6</td>
<td>1952</td>
<td>Comprehensive eye examinations, laser eye surgery co-management, medical eye care, custom contact lens fitting, special vision testing &amp; more.</td>
</tr>
<tr>
<td>Central Oregon Eyecare - Bend</td>
<td>541-647-2760</td>
<td>541-647-2763</td>
<td><a href="http://www.centraloregoneyecare.com">www.centraloregoneyecare.com</a></td>
<td>Michelle Lima</td>
<td>4</td>
<td>2009</td>
</tr>
<tr>
<td>Coffman Vision Clinic</td>
<td>541-389-3971</td>
<td><a href="http://www.coffmanvision.com">www.coffmanvision.com</a></td>
<td>Dr. Kirsten C. Scott</td>
<td>23</td>
<td>1998</td>
<td>Comprehensive vision exams, high fashion frames, newest technology lenses, one hour service, 3-D animal imaging.</td>
</tr>
<tr>
<td>High Desert Vision Source</td>
<td>541-925-2221</td>
<td>541-925-3776</td>
<td><a href="http://www.highdesertvisionsource.com">www.highdesertvisionsource.com</a></td>
<td>Dr. Alan J. Hudson, Dr. Keith S. Adamson, Dr. Celeste L. Chudwick, Dr. Audley H. Brunke</td>
<td>11</td>
<td>1983</td>
</tr>
<tr>
<td>InFocus Eye Care</td>
<td>541-318-7145</td>
<td><a href="http://www.infofocus-eye.com">www.infofocus-eye.com</a></td>
<td>Dr. Elizabeth Potter, Dr. Winter Lewis, Dr. Parrizia Rehler, Dr. Iris Niel</td>
<td>35</td>
<td>1998</td>
<td>Specializing in advanced cataract surgical techniques, LASIK, surgery &amp; cataract surgery &amp; more. Additional providers: Dr. Meryl Sandy, MD, Dr. Emily Karben, OD &amp; Dr. Emily Karben, OD.</td>
</tr>
<tr>
<td>Integral EyeCare</td>
<td>541-382-5701</td>
<td>541-382-5702</td>
<td><a href="http://www.iebend.com">www.iebend.com</a></td>
<td>Dr. Kirsten C. Scott, MS, Dr. Kit Carpenter, Dr. Lindsey Singer</td>
<td>15</td>
<td>1935</td>
</tr>
</tbody>
</table>

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**Paying Too Much for Your Printer’s Maintenance?**

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**Continued on Page 24**
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 with technology companies like Peloton which provided exercise services in the home, 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 use 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.

enderlegroup.com 408-272-8560 renderle@enderlegroup.com

New Applied Technologies in Health Care

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.
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<thead>
<tr>
<th>Company / Address</th>
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<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
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</thead>
<tbody>
<tr>
<td>Lifetime Vision Care LLC</td>
<td>541-382-3242</td>
<td>541-317-3579</td>
<td><a href="http://www.lobend.com">www.lobend.com</a> <a href="mailto:info@lobend.com">info@lobend.com</a></td>
<td>Dr. Brock Karben, Dr. Dori Sandberg, Dr. Matt Simon</td>
<td>13</td>
<td>1995</td>
<td>General lifetime optronomy care.</td>
</tr>
<tr>
<td>Ochoco Vision Source</td>
<td>541-416-2030</td>
<td>541-447-2618</td>
<td><a href="http://www.ochocovision.com">www.ochocovision.com</a> <a href="mailto:ovc@bendmemban.com">ovc@bendmemban.com</a></td>
<td>Dr. Audley H. Brunley, Dr. Gresham J. Chadwick, Dr. Khalid S. Almson, Dr. Matt J. Hudson</td>
<td>7</td>
<td>1981</td>
<td>Ophthalmic services including corrective eyewear, eye health evaluations, pre &amp; post-operative surgical care.</td>
</tr>
<tr>
<td>Oregon Vision Center - Madras 155 S Hwy. 97 Madras, OR 97741</td>
<td>541-475-2700</td>
<td>N/A</td>
<td><a href="http://www.oregonvisioncenters.com">www.oregonvisioncenters.com</a> <a href="mailto:ovc.2020@yahoo.com">ovc.2020@yahoo.com</a></td>
<td>Dr. Tom Thomsen</td>
<td>2</td>
<td>2009</td>
<td>Thorough vision examinations for prescribing eye-glasses &amp; any type of contact lenses.</td>
</tr>
<tr>
<td>Oregon Vision Center - Prineville 155 NE Third St. Prineville, OR 97756</td>
<td>541-447-3937</td>
<td>N/A</td>
<td><a href="http://www.oregonvisioncenters.com">www.oregonvisioncenters.com</a> <a href="mailto:ovc.3937@yahoo.com">ovc.3937@yahoo.com</a></td>
<td>Dr. Tom Thomsen</td>
<td>4</td>
<td>2001</td>
<td>Thorough vision examinations for prescribing eye-glasses &amp; any type of contact lenses.</td>
</tr>
<tr>
<td>Oregon Vision Center - Redmond 632 SW Sixth St. Redmond, OR 97756</td>
<td>541-923-2010</td>
<td>541-923-2082</td>
<td><a href="http://www.oregonvisioncenters.com">www.oregonvisioncenters.com</a> <a href="mailto:ovc.2020@yahoo.com">ovc.2020@yahoo.com</a></td>
<td>Dr. Tom Thomsen</td>
<td>6</td>
<td>1960</td>
<td>Thorough vision examinations for prescribing eye-glasses &amp; any type of contact lenses.</td>
</tr>
<tr>
<td>Oregon Vision Center - Bend 1475 SW Chamber Ave., Ste. 102 Bend, OR 97702</td>
<td>541-548-7170</td>
<td>541-548-3842</td>
<td><a href="http://www.orioneyecenter.com">www.orioneyecenter.com</a></td>
<td>Dr. Lisa Constantine, Dr. Lisa Kohais, Dr. Brian Desmond</td>
<td>30</td>
<td>1993</td>
<td>Specializes in retina &amp; cornea, cataract surgery &amp; medical diseases of the eye. Our in-house ambulatory surgical facility offers a low stress approach to surgery.</td>
</tr>
<tr>
<td>Riverbend Eyecare 141 SW Sheila Hines Dr., Ste. 101 Bend, OR 97702</td>
<td>541-317-9747</td>
<td>541-317-1818</td>
<td><a href="http://www.riverbendeye.com">www.riverbendeye.com</a> <a href="mailto:info@riverbendeye.com">info@riverbendeye.com</a></td>
<td>Patrick Ayres, Kristen Gas</td>
<td>5</td>
<td>1999</td>
<td>Adult &amp; child vision care, therapy for muscle disorders &amp; visually-related reading disorders, nutritional therapy for eye diseases.</td>
</tr>
<tr>
<td>Summit Family Eyecare 1290 NE Third St., Ste. B100 Bend, OR 97701</td>
<td>541-382-0105</td>
<td>541-385-6851</td>
<td><a href="http://www.summitfamilyeyecare.com">www.summitfamilyeyecare.com</a> <a href="mailto:sfeye@gmail.com">sfeye@gmail.com</a></td>
<td>Dr. Raymond F. Hardy</td>
<td>5</td>
<td>1975</td>
<td>Eye examinations, prescription lenses, glasses frames.</td>
</tr>
<tr>
<td>Summit Medical Group - Eastside Clinic 1591 NE Medical Center Dr. Bend, OR 97701</td>
<td>541-317-4299</td>
<td>N/A</td>
<td><a href="http://www.bendmemorialclinic.com">www.bendmemorialclinic.com</a> N/A</td>
<td>Dr. Robert Mathews, Dr. Hayley McCo, Dr. Thomas Fitzsimmons, Dr. Scott O'Connor, MD</td>
<td>29</td>
<td>1990</td>
<td>Cataract surgery, glaucoma specialty care, contact lenses &amp; glasses, low vision evaluation &amp; retinal specialty care, scopolametics.</td>
</tr>
<tr>
<td>Summit Medical Group - Redmond 805 SRE Veterans Way Redmond, OR 97756</td>
<td>541-382-2811</td>
<td>N/A</td>
<td><a href="http://www.bendmemorialclinic.com">www.bendmemorialclinic.com</a></td>
<td>Dr. Thomas Fitzsimmons, Dr. Robert Mathews, Dr. Brian Desmond, Dr. Scott O'Connor</td>
<td>6</td>
<td>1990</td>
<td>Cataract surgery, glaucoma specialty care, contact lenses &amp; glasses, low vision evaluation &amp; retinal specialty care, scopolametics.</td>
</tr>
<tr>
<td>Summit Medical Group - Old Mill Dental Clinic 812 SW Bond St. Bend, OR 97701</td>
<td>541-382-2811</td>
<td>N/A</td>
<td><a href="http://www.bendmemorialclinic.com">www.bendmemorialclinic.com</a></td>
<td>Dr. Scott O'Connor, Dr. Thomas Fitzsimmons, Dr. Robert Mathews, Dr. Michael Majerczyk</td>
<td>25</td>
<td>1990</td>
<td>Cataract surgery, glaucoma specialty care, contact lenses &amp; glasses, low vision evaluation &amp; retinal specialty care, scopolametics.</td>
</tr>
<tr>
<td>VisionWorks 6305 NE Hwy. 97 Ste. 75 Bend, OR 97701</td>
<td>541-389-5207</td>
<td>541 389 2718</td>
<td><a href="http://www.visionworks.com">www.visionworks.com</a></td>
<td>Dr. Eric Hinds</td>
<td>7</td>
<td>2006</td>
<td>Designer &amp; exclusive brand frames, lenses, contact lenses, accessories, sunglasses &amp; vision correction.</td>
</tr>
</tbody>
</table>

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Cascades Business News does not verify the accuracy of the information submitted.

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.
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.

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 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 541-388-8857x12 or Peter@parch.biz parch.biz

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*According to 2021 end of year COAR MLS.
### Audiologists (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
<th>Locations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Connect Hearing - Bend</td>
<td>541-382-3308</td>
<td>541-318-0767</td>
<td><a href="mailto:info@connecthearing.com">info@connecthearing.com</a></td>
<td>Katiein Morris</td>
<td>2</td>
<td>2014</td>
<td>Audiology &amp; hearing aid services.</td>
<td>Bend, Redmond</td>
</tr>
<tr>
<td>Connect Hearing - Redmond</td>
<td>541-548-7011</td>
<td>541-548-7023</td>
<td><a href="mailto:info@connecthearing.com">info@connecthearing.com</a></td>
<td>Paige Canfield</td>
<td>2</td>
<td>2014</td>
<td>Audiology &amp; hearing aid services.</td>
<td>Bend, Redmond</td>
</tr>
<tr>
<td>Kenyon Audiology</td>
<td>541-317-1265</td>
<td>541-317-1273</td>
<td><a href="mailto:kenyonaudiology@gmail.com">kenyonaudiology@gmail.com</a></td>
<td>Janet Kenyon</td>
<td>4</td>
<td>1993</td>
<td>Audiology &amp; hearing aid services.</td>
<td>N/A</td>
</tr>
<tr>
<td>Pacific Northwest Audiology</td>
<td>541-678-5698</td>
<td>541-306-4551</td>
<td><a href="http://www.pnwaudiology.com">www.pnwaudiology.com</a></td>
<td>Dr. Li-Korotky</td>
<td>7</td>
<td>2012</td>
<td>From initial consulting, diagnosis &amp; hearing aid fitting to follow-up speech mapping, counseling &amp; rehabilitation, we are Clinical Doctors of Audiology &amp; we have more than 1000 5-Star reviews. Our services include a wide range of diagnostic &amp; treatment options for hearing loss, tinnitus, cochlear implants &amp; other hearing disorders, using cutting-edge hearing technology &amp; hearing enhancement tools.</td>
<td>Bend</td>
</tr>
</tbody>
</table>

### Cosmetic Surgery (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
</tr>
</thead>
</table>
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 or call 541-323-3860.

thereserfamilyfoundation.org • 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. For questions related to the event, contact Anna Contreras at 541-788-2940 or acontreras@stcharleshealthcare.org.

HeavenCanWait.org

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## Assisted Living Facilities (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Units</th>
<th>Fees</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Absolute Serenity Senior Care</td>
<td>541-848-3194</td>
<td>541-549-1726</td>
<td><a href="mailto:absolutecessretryinfo@absolutecessretry.com">absolutecessretryinfo@absolutecessretry.com</a></td>
<td>David &amp; Leah Tolle</td>
<td>8</td>
<td>2009</td>
<td>N/A</td>
<td>N/A</td>
<td>Provision of care in a home atmosphere &amp; promotion of independence with activities of daily living.</td>
</tr>
<tr>
<td>Aspen Ridge Memory Care Community 1035 NE Parcel 11 Blvd. Bend, OR 97701</td>
<td>541-385-8500</td>
<td>541-312-6674</td>
<td><a href="http://www.aspenglenmemcorycare.com">www.aspenglenmemcorycare.com</a> <a href="mailto:admintractor@aspenglenmemcorycare.com">admintractor@aspenglenmemcorycare.com</a></td>
<td>Simon</td>
<td>32</td>
<td>1999</td>
<td>42</td>
<td>Upon request. Meeting the needs of residents &amp; families dealing with dementia &amp; Alzheimers.</td>
<td></td>
</tr>
<tr>
<td>Aspen Ridge Retirement Community 3010 NE Parcel 11 Blvd. Bend, OR 97701</td>
<td>541-385-8500</td>
<td>541-330-6687</td>
<td><a href="http://www.aspenglenretirementcommunity.com">www.aspenglenretirementcommunity.com</a> <a href="mailto:marketing@aspenglenretirementcommunity.com">marketing@aspenglenretirementcommunity.com</a></td>
<td>Angela Doms</td>
<td>55</td>
<td>1999</td>
<td>167</td>
<td>Upon request. Independent retirement living, assisted &amp; specialized Alzheimers/ memory care with the ability to transition from one to the other as needed.</td>
<td></td>
</tr>
<tr>
<td>Bend Transitional Care 908 NE 27th St. Bend, OR 97701</td>
<td>541-382-0479</td>
<td>541-389-7054</td>
<td><a href="http://www.bendtransitionalcare.com">www.bendtransitionalcare.com</a></td>
<td>Ron Odermott</td>
<td>75</td>
<td>1954</td>
<td>49</td>
<td>Upon request. Primary focus on skilled nursing care &amp; long-term care.</td>
<td></td>
</tr>
<tr>
<td>Brooksdale Bend 5099 Wain Way Bend, OR 97701</td>
<td>541-210-8892</td>
<td>541-389-1165</td>
<td><a href="http://www.brooksdaledaliding.com">www.brooksdaledaliding.com</a> <a href="mailto:candace.nonnemacher@brooksdale.com">candace.nonnemacher@brooksdale.com</a></td>
<td>Candace Nonnemacher</td>
<td>35</td>
<td>2000</td>
<td>46</td>
<td>Upon request. Unique building design with specialized life enrichment program to enhance quality of life for the memory impaired.</td>
<td></td>
</tr>
<tr>
<td>Cascades of Bend Assisted Living 1801 NE Lotus Dr. Bend, OR 97701</td>
<td>541-389-0046</td>
<td>N/A</td>
<td><a href="http://www.cascadesofbend.com">www.cascadesofbend.com</a></td>
<td>Jamie Mail</td>
<td>70</td>
<td>1981</td>
<td>121</td>
<td>Upon request. Onsite &amp; in-home care agency &amp; assisted living.</td>
<td></td>
</tr>
<tr>
<td>Juniper Springs 595 NW 224th St. Redmond, OR 97756</td>
<td>541-632-6423</td>
<td>N/A</td>
<td><a href="http://www.junipersprings.com">www.junipersprings.com</a> <a href="mailto:sayhello@junipersprings.com">sayhello@junipersprings.com</a></td>
<td>Andrea Fingerle</td>
<td>N/A</td>
<td>2017</td>
<td>N/A</td>
<td>N/A</td>
<td>Full service assisted &amp; independent living.</td>
</tr>
<tr>
<td>Prairie House Assisted Living &amp; Memory Care Community 51850 Morton St. La Pine, OR 97739</td>
<td>541-536-8559</td>
<td>541-536-1737</td>
<td><a href="http://www.prairiehouse.com">www.prairiehouse.com</a> <a href="mailto:director@prairiehouse.com">director@prairiehouse.com</a></td>
<td>Love Pearson</td>
<td>44</td>
<td>1999</td>
<td>61</td>
<td>61</td>
<td>Assisted Living &amp; Memory care units.</td>
</tr>
<tr>
<td>Regency Pineville Rehabilitation &amp; Nursing Center 595 NE Elm Street Pineville, OR 97754</td>
<td>541-447-7667</td>
<td>541-447-6665</td>
<td><a href="http://www.regency-pacific.com/senior-living/or/">www.regency-pacific.com/senior-living/or/</a> pineville/regency Aaron Manson</td>
<td>45</td>
<td>N/A</td>
<td>36</td>
<td>Assisted &amp; Independent living.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702</td>
<td>541-383-3414</td>
<td>541-383-3414</td>
<td><a href="http://www.touchmarkbend.com/SKIN@Touchmark.com">www.touchmarkbend.com/SKIN@Touchmark.com</a> Scott Neil</td>
<td>200</td>
<td>2007</td>
<td>284</td>
<td>Full assisted living/ 24 hr staff/ 2 restaurants/ housekeeping/ transportation/ on site amenities/ licensed memory care/ Partners in Care on Mt. Bachelor. Dental on site/ two full service salons.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whispering Winds 2520 NE Contours Ave. Bend, OR 97701</td>
<td>541-312-9699</td>
<td>541-312-1490</td>
<td><a href="http://www.whisperingwindsinfoinfo@whisperingwindsinfo.com">www.whisperingwindsinfoinfo@whisperingwindsinfo.com</a> Angela Vanderspool</td>
<td>80</td>
<td>2003</td>
<td>N/A</td>
<td>Full service independent retirement community.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Number of Home Sites</th>
<th>Price</th>
<th>Fees</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Cascade Retirement Community, LLC</td>
<td>541-475-2273</td>
<td>541-475-4230</td>
<td><a href="http://www.seniorhousinginvestments.net/eastcascade@srhousingmgmt.com">www.seniorhousinginvestments.net/eastcascade@srhousingmgmt.com</a></td>
<td>John Wakeman</td>
<td>80</td>
<td>2009</td>
<td>2</td>
<td>Varies based on services provided</td>
<td>Varies based on services provided</td>
<td>Skilled nursing, memory care, assisted living &amp; independent living</td>
</tr>
<tr>
<td>Stone Lodge Retirement</td>
<td>541-318-0450</td>
<td>541-317-9119</td>
<td><a href="http://www.stonelodgeretirement.com">www.stonelodgeretirement.com</a></td>
<td>Jeff Putnam</td>
<td>24</td>
<td>1999</td>
<td>114</td>
<td>$2,000 &amp; up</td>
<td>N/A</td>
<td>Full assisted living/24 hr staff/2 reunions/housekeeping/transportation/on-site amenities/licensed memory care/Partners in Care on site; Aubrey Dental on site; two full service salons</td>
</tr>
<tr>
<td>Touchmark at Mount Bachelor Village</td>
<td>541-383-1414</td>
<td>541-383-3434</td>
<td><a href="http://www.touchmarkbend.com">www.touchmarkbend.com</a></td>
<td>Scott Neil</td>
<td>200</td>
<td>2001</td>
<td>284</td>
<td>$250,000-$600,000+</td>
<td>N/A</td>
<td>Commuting location, on-site hair salon, on-site laundry, exercise facility, billiard room &amp; library/computer room. On-site massage &amp; activity &amp; social areas</td>
</tr>
<tr>
<td>Vintage at Bend</td>
<td>541-617-3985</td>
<td>541-617-5025</td>
<td><a href="http://www.vintagehousing.com">www.vintagehousing.com</a></td>
<td>N/A</td>
<td>2</td>
<td>2005</td>
<td>106</td>
<td>$665-$979</td>
<td>N/A</td>
<td>Studio, 1 &amp; 2 bedroom apartments, full-service dining, weekly housekeeping &amp; linen, utilities, library, activities on &amp; off-site, transportation services, spa room, fitness center, panic button on each apartment, technology center, beauty/hair, 10 - 12 hour, private dining room, putting green, gated parking &amp; private garages</td>
</tr>
<tr>
<td>Whispering Winds</td>
<td>541-312-9609</td>
<td>541-312-1458</td>
<td><a href="http://www.whisperingwinds.info">www.whisperingwinds.info</a></td>
<td>Carrie Kach</td>
<td>30</td>
<td>2003</td>
<td>116</td>
<td>$2,500-$4,650 rent</td>
<td>N/A</td>
<td>Studio, 1 &amp; 2 bedroom apartments, full-service dining, weekly housekeeping &amp; linen, utilities, library, activities on &amp; off-site, transportation services, spa room, fitness center, panic button on each apartment, technology center, beauty/hair, 10 - 12 hour, private dining room, putting green, gated parking &amp; private garages</td>
</tr>
</tbody>
</table>

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

---

Not listed?

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---

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NIGHTLY BUSINESS PATROLS

28 YEARS

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541-548-1992
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---

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---

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---

Celebrating 28 Years 1994 - 2022

NIGHTLY BUSINESS PATROLS

OREGON DPSST # 858
<table>
<thead>
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<th>Phone</th>
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<td>Bend Chiropractic</td>
<td>541-447-1043</td>
<td>541-447-1784</td>
<td><a href="http://www.bendchiropractic.net">www.bendchiropractic.net</a></td>
<td>Dr. Jill Bemis, Dr. James Bemis</td>
<td>3</td>
<td>1999</td>
<td>Chiropractic services. Specializing in integrated health care.</td>
</tr>
<tr>
<td>Chiropractic</td>
<td>541-382-8125</td>
<td>541-382-8127</td>
<td><a href="http://www.benchiropracticcenter@gmail.com">www.benchiropracticcenter@gmail.com</a></td>
<td>Christian K. Schuster</td>
<td>2</td>
<td>1982</td>
<td>Specific spinal-reconstructive care, sports injuries &amp; athletic performance enhancement</td>
</tr>
<tr>
<td>&amp; Wellness</td>
<td>541-588-3089</td>
<td>541-504-3533</td>
<td><a href="http://www.redmondchiro@gmail.com">www.redmondchiro@gmail.com</a></td>
<td>Dr. Michael Wise, Dr. Laura Gandiner</td>
<td>7</td>
<td>1990</td>
<td>Featuring Graston technique, massage &amp; manual manipulation.</td>
</tr>
<tr>
<td>Chiropractic &amp; Wellness Center</td>
<td>541-382-5156</td>
<td>N/A</td>
<td><a href="http://www.jimneilson.com">www.jimneilson.com</a></td>
<td>N/A</td>
<td>2</td>
<td>1995</td>
<td>Chiropractic services. Specializing in auto injuries, massage therapy, weight loss, &amp; veterinary orthopedic.</td>
</tr>
<tr>
<td>HealthSource of Redmond</td>
<td>541-388-0486</td>
<td>N/A</td>
<td><a href="http://www.healthsourceofredmond.com">www.healthsourceofredmond.com</a></td>
<td>Dr. Pam Cobb, Dr. Jeff Cobb</td>
<td>7</td>
<td>2005</td>
<td>Chiropractic care, manual medicine, physical therapy, exercise &amp; wellness coaching.</td>
</tr>
<tr>
<td>HealthSource of Redmond</td>
<td>541-389-0373</td>
<td>541-389-0630</td>
<td><a href="http://www.highdesertchiro.com">www.highdesertchiro.com</a></td>
<td>Dr. Joshua Kuhn, Dr. Brandi Kahn</td>
<td>8</td>
<td>1994</td>
<td>Holistic healthcare for the whole family, certified chiropractic sports physician, nutritional, exercise &amp; physical therapy.</td>
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**Not listed?**

Call 541-388-5665 & get your company on a list!
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<thead>
<tr>
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<td>NorthWest Crossing Chiropractic &amp; Health Center</td>
<td>541-388-2429</td>
<td>541-388-2439</td>
<td><a href="http://www.nwhealthdc.com">www.nwhealthdc.com</a> <a href="mailto:nwchealth@gmail.com">nwchealth@gmail.com</a></td>
<td>Katrina Goulet, Dr. Terry Rubadeau-Doi</td>
<td>10 2005</td>
<td>Acupuncture Steven A. Foster-Weiser., chiropractic care by Theresa Ruba-</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>dauer DC, DC, CCSP, massage therapy by Cinda Smuth LMT, neurologic care</td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>&amp; liver chiropractic by Laura Steger NE, Dr. Jordan T-Duc MD, DC, CCSP.</td>
</tr>
<tr>
<td>Pangea Chiropractic 409 NE Greenwood Ave., Ste. 120 Bend, OR 97702</td>
<td>541-728-0954</td>
<td>541-728-0956</td>
<td>pangeachiropractic.com <a href="mailto:info@pangeachiropractic.com">info@pangeachiropractic.com</a></td>
<td>Dr. Andrew Turchin, Dr. Ashley Campbell</td>
<td>5 2013</td>
<td>Specializing in corrective chiropractic care with an emphasis on pediatris</td>
</tr>
<tr>
<td></td>
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<td></td>
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<td>&amp; pregnancy care with a mission to help families achieve their true innate</td>
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<td></td>
<td></td>
<td></td>
<td>health potential.</td>
</tr>
<tr>
<td>Richmond Wellness &amp; Chiropractic 305 NE Highland Ave., Ste. 6 3 Richmond, OR 97756</td>
<td>541-923-2019</td>
<td>855-279-8333</td>
<td><a href="http://www.richmondwellness.com">www.richmondwellness.com</a> <a href="mailto:rwc.clinic@gmail.com">rwc.clinic@gmail.com</a></td>
<td>Adam Mazzaferr, Karie Burford</td>
<td>5 1999</td>
<td>Hands-on Spinal Manipulation &amp; other Chiropractic techniques, DTS Spinal</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Decompression, Therapeutic Massage, Softwave Regenerative Therapy.</td>
</tr>
<tr>
<td>Rex &amp; McClain Chiropractic Center 711 NE Irving Ave, Bend, OR 97701</td>
<td>541-388-0496</td>
<td>N/A</td>
<td>N/A</td>
<td>Dr. McClain</td>
<td>3 1983</td>
<td>Family chiropractic care. Treatment is a non-force adjustment using an in</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>strument (activator) that gives a quick thrust to the vertebrae.</td>
</tr>
<tr>
<td>Slater Chiropractic 230 NW Claypool St. Prineville, OR 97754</td>
<td>541-447-6627</td>
<td>541-447-6193</td>
<td>slaterchiropractic.com <a href="mailto:clinich@slaterchiropractic.com">clinich@slaterchiropractic.com</a></td>
<td>Paul J. Slater DC</td>
<td>12 1996</td>
<td>General chiropractic services.</td>
</tr>
<tr>
<td>Snow Creek Chiropractic &amp; Natural Health Center 152 N. Larch St. PO Box 1956, Sisters, OR 97759</td>
<td>541-549-0624</td>
<td>541-549-3565</td>
<td><a href="mailto:slctgiv@outlawnet.com">slctgiv@outlawnet.com</a></td>
<td>Irving Givott</td>
<td>1 1992</td>
<td>Light force adjustment, laser-assisted kinesiology, bio-stimualtion therapy,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td>supplements, herbs &amp; botanical remedies, treatment of chronic disease &amp;</td>
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<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>herbal &amp; nutritional therapy.</td>
</tr>
<tr>
<td>Sport + Spine 134 NE Kearney Ave. Bend, OR 97701</td>
<td>541-383-4585</td>
<td>541-383-9902</td>
<td><a href="http://www.sportandspinebend.com">www.sportandspinebend.com</a> <a href="mailto:info@sportandspinebend.com">info@sportandspinebend.com</a></td>
<td>Dr. Bradley Pfieffer</td>
<td>5 1999</td>
<td>Specializing in treatment of automobile accident &amp; on the job injuries, pre</td>
</tr>
<tr>
<td></td>
<td></td>
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<td></td>
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<td>ferred provider for most insurance, corporate health workshops / lectures.</td>
</tr>
<tr>
<td>Teichela Chiropractic 198 SE Third St. Bend, OR 97702</td>
<td>541-383-3101</td>
<td>541-383-3101</td>
<td><a href="mailto:teichela@gmail.com">teichela@gmail.com</a></td>
<td>Dr. Christine Teichela, Dr. Todd Teichela</td>
<td>2 1991</td>
<td>Chiropractic health care, certified animal chiropractor, Diplomat Gonstrad</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Specific technique.</td>
</tr>
<tr>
<td>Three Sisters Chiropractic Clinic 270 S Spruce St, Sisters, OR 97759</td>
<td>541-549-3581</td>
<td>Same as phone</td>
<td>threesisterschiropractic.com <a href="mailto:threesisterschiropractic@gmail.com">threesisterschiropractic@gmail.com</a></td>
<td>Dr. Inice Gough</td>
<td>1 1991</td>
<td>Gentle techniques, pain relief, physical therapy &amp; rehab.</td>
</tr>
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<tr>
<td>Total Life Chiropractic Clinic 230 NE Third St, Ste. 105 Bend, OR 97702</td>
<td>541-312-4470</td>
<td>541-312-4430</td>
<td><a href="mailto:totallifechiropractic@gmail.com">totallifechiropractic@gmail.com</a></td>
<td>Dr. James R. Marion</td>
<td>1 1991</td>
<td>Daily examination &amp; adjusting hours, auto &amp; work related injury care, thera</td>
</tr>
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<td></td>
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<td></td>
<td></td>
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<td>puous massage, spine &amp; community care, spinal traction &amp; rehabilitation,</td>
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<td>pediatric chiropractic &amp; kinesio-taping.</td>
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<tr>
<td>Alpine Dental</td>
<td>541-382-2281</td>
<td>541-382-1610</td>
<td><a href="http://www.alpinefamilydentistry.com">www.alpinefamilydentistry.com</a></td>
<td>Branden R. Ferguson, Taylor M. Bybee</td>
<td>7</td>
<td>1998</td>
</tr>
<tr>
<td>Bend Dental Group</td>
<td>541-389-1864</td>
<td>541-389-1461</td>
<td><a href="http://www.benddentalgroup.com">www.benddentalgroup.com</a></td>
<td>Dr. Tyler Schultze, Dr. Katherine Stahrr, Dr. Jeff Johnson</td>
<td>14</td>
<td>2003</td>
</tr>
<tr>
<td>Bend Family Dentistry</td>
<td>541-876-1575</td>
<td>541-389-1114</td>
<td><a href="http://www.bendfamilydentistry.com">www.bendfamilydentistry.com</a></td>
<td>Marcie Willman</td>
<td>40</td>
<td>1994</td>
</tr>
<tr>
<td>Central Oregon Perio, PC</td>
<td>541-923-1300</td>
<td>541-384-1325</td>
<td><a href="http://www.centraloregonperiocenter.com">www.centraloregonperiocenter.com</a></td>
<td>Dr. Catherine Quas, Dr. Donna Quinby</td>
<td>20</td>
<td>2004</td>
</tr>
<tr>
<td>Bend Dental Orthodontics - Redmond</td>
<td>541-923-1300</td>
<td>541-384-1325</td>
<td><a href="http://www.centraloregonperiocenter.com">www.centraloregonperiocenter.com</a></td>
<td>Dr. Catherine Quas, Dr. Donna Quinby</td>
<td>20</td>
<td>2004</td>
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<tr>
<td>Bend Family Dentistry</td>
<td>541-923-1300</td>
<td>541-384-1325</td>
<td><a href="http://www.centraloregonperiocenter.com">www.centraloregonperiocenter.com</a></td>
<td>Dr. Catherine Quas, Dr. Donna Quinby</td>
<td>20</td>
<td>2004</td>
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<tr>
<td>Brian G. Kallus</td>
<td>541-336-2175</td>
<td>541-336-1206</td>
<td>N/A</td>
<td>Dr. Brian G. Kallus</td>
<td>3</td>
<td>1975</td>
</tr>
<tr>
<td>Cascade Endodontic Group</td>
<td>541-388-1560</td>
<td>541-388-6995</td>
<td><a href="http://www.cascadedentists.com">www.cascadedentists.com</a></td>
<td>Dr. Daniel Binner, Dr. Patricia Papacri</td>
<td>6</td>
<td>2013</td>
</tr>
<tr>
<td>Cascade Pediatric Dentistry</td>
<td>541-382-5678</td>
<td>541-382-5678</td>
<td>dentalinvendOregon.com</td>
<td>Dr. Jarod Adams</td>
<td>7</td>
<td>1978</td>
</tr>
<tr>
<td>Deschutes Dental Center</td>
<td>541-389-3073</td>
<td>541-389-9642</td>
<td><a href="http://www.deschuteskids.com">www.deschuteskids.com</a></td>
<td>Dr. Christopher Primley</td>
<td>11</td>
<td>2005</td>
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<tr>
<td>Deschutes Pediatric Dentistry</td>
<td>541-389-3073</td>
<td>541-389-9642</td>
<td><a href="http://www.deschuteskids.com">www.deschuteskids.com</a></td>
<td>Dr. Christopher Primley</td>
<td>11</td>
<td>2005</td>
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<tr>
<td>Everson, Greg DMD, PC</td>
<td>541-549-2011</td>
<td>541-549-4787</td>
<td><a href="mailto:dr.everson@bendbroadband.com">dr.everson@bendbroadband.com</a></td>
<td>Dr. Greg Everson</td>
<td>6</td>
<td>1986</td>
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<tr>
<td>Highland Family Dental</td>
<td>541-904-3322</td>
<td>541-904-4346</td>
<td><a href="http://www.highlandfamilydentistry.com">www.highlandfamilydentistry.com</a></td>
<td>Dr. Tony Parsley</td>
<td>12</td>
<td>2010</td>
</tr>
<tr>
<td>Jay Genoecamy, DMD</td>
<td>541-382-2880</td>
<td>541-382-2880</td>
<td><a href="http://www.jagendodontics.com">www.jagendodontics.com</a></td>
<td>Dr. Jay Genoecamy</td>
<td>5</td>
<td>2012</td>
</tr>
<tr>
<td>Juniper Dental</td>
<td>541-382-5104</td>
<td>541-382-9469</td>
<td><a href="http://www.juniperpedodontics.com">www.juniperpedodontics.com</a></td>
<td>Dr. Chad Stephenson</td>
<td>5</td>
<td>2008</td>
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<tr>
<td>Juniper Dental</td>
<td>541-382-0414</td>
<td>541-382-9469</td>
<td><a href="http://www.juniperpedodontics.com">www.juniperpedodontics.com</a></td>
<td>Dr. Chad Stephenson</td>
<td>5</td>
<td>2008</td>
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</tbody>
</table>

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Annual Healthcare Supplement

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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 hirers less likely to apply. If new hirers 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.
<table>
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<tr>
<th>Company / Address</th>
<th>Phone</th>
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<tr>
<td>Lisa Adams General Dentistry</td>
<td>541-382-7708</td>
<td>541-382-1139</td>
<td><a href="mailto:ladadamslmd@bendbroadband.com">ladadamslmd@bendbroadband.com</a></td>
<td>Lisa A. Adams</td>
<td>5</td>
<td>2000</td>
<td>General dentistry.</td>
</tr>
<tr>
<td>Oak Street Dental</td>
<td>541-475-6156</td>
<td>541-475-6137</td>
<td>ostd}@bendbroadband.com</td>
<td>Dr. Adam Zarelli</td>
<td>4</td>
<td>2005</td>
<td>General dentistry.</td>
</tr>
<tr>
<td>Rockpoint Dental</td>
<td>541-923-4577</td>
<td>541-923-8677</td>
<td><a href="http://www.rockpointdental.com">www.rockpointdental.com</a></td>
<td>Dr. Chad Stephenson</td>
<td>5</td>
<td>2002</td>
<td>General dentistry.</td>
</tr>
<tr>
<td>Skyline Dental</td>
<td>541-382-8575</td>
<td>541-382-8681</td>
<td><a href="http://www.skylineidental.com">www.skylineidental.com</a></td>
<td>Dr. David Cashelle</td>
<td>12</td>
<td>1971</td>
<td>General dentistry.</td>
</tr>
<tr>
<td>The Brice Place, Central Oregon Orthodontic Specialists</td>
<td>541-302-0410</td>
<td>N/A</td>
<td><a href="http://www.centronline">www.centronline</a> orthodontics.com</td>
<td>Dr. Neff Winter</td>
<td>14</td>
<td>1961</td>
<td>General dentistry.</td>
</tr>
<tr>
<td>Todd A. Schook, DMD, MD</td>
<td>541-382-7861</td>
<td>541-389-6933</td>
<td><a href="http://www.wennduck.com/osurger@bendbroadband.com">www.wennduck.com/osurger@bendbroadband.com</a></td>
<td>Dr. Todd A. Schook</td>
<td>8</td>
<td>2001</td>
<td>Oral &amp; maxillofacial surgery.</td>
</tr>
<tr>
<td>West River Dental</td>
<td>541-317-3732</td>
<td>541-388-9248</td>
<td><a href="mailto:westriverdental2@yahoo.com">westriverdental2@yahoo.com</a></td>
<td>Dr. Dennis Holly</td>
<td>4</td>
<td>1999</td>
<td>General family dentistry.</td>
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“It’s Not What You Do. It’s Who You Become.”

Jim Lee Shares his Insights

by DAVID ROSELL — Rosell Wealth Management

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hen 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. For me, he became the beginning of 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 has lived 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 can feel energized and happy in retirement. And why a transition into a re-purposed life is important. Jim was also a guest on my podcast, “Rcession Proof Your Retirement,” for those of you who’d like to hear more.

Here are some words for consideration:

“The word ‘retirement’ comes from the Latin word ‘remit’ 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 in many cases — let’s face it — someone 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 to solve 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 swept away by the days gone by that was 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 future. 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 waive 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 how. Simply put, my vision is 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

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leading 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.

• What is it at this point in my life that is waiting patiently backstage for an encore 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
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.

The Board launched a national search for Les Schwab’s 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/Goldilocks 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 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
innovation district.

Sparks oversees 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.

Ketende announced 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 County Libraries Board, Bend Community 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 homeowners.

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

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 Dovre, 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 telecommunications 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 the 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.

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 featuring 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 9 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.

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; and pursue partnerships that value and empower those involved; and 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.

BRENDA RUIZ/CONTRIBUTED PICTURES

FAMILY ACCESS NETWORK

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Businesses Serving Community
### 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

Speakers: 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. 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 Electricity Now.

**Something for Everyone:**

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

Our Generous Sponsors make this Conference Possible:

We thank our generous top tier sponsors, Onpoint Community Credit Union, and Merete Hotels/Element Bend, and other sponsors Pace Loan Group, Deschutes Solid Waste, Dividend Finance, Energy Trust of Oregon, Pacific Power, First Interstate Bank, GS, Greensavers, Midstate Electric, Shasta Power, Cascade Financial Services, Sov Energy, Central Electric Cooperative, Cascade Financial Strategies, Neal Kelly, Perennial Building, SkyClimbers, Republic Services, Roost Development, SunWest Builders, DHP Energy LLC, Compass Commercial, Counterpoint Sustainable Real Estate, Green Portfolio Solutions, Green Cap Energy, Vocal Booth, Central Oregon Association of Realtors and Republic Services.

gocleanenergy.org

### 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, SIDR, 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 Lit 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’Neill, 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.
Central Oregon Business Calendar
Email Your Upcoming Business Events to CBN@CascadeBusNews.com
Event Details at CascadeBusNews.com/Business-Events

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 841-293-5121 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: 12, LLC 85 Glade Hollow Dr. Las Vegas, NV 89135 Builder: Centrex Construction, Inc. 503-684-0443 Permit # 247-22-004159

City of Bend
$550,848.00 - Commercial (New) 4,800 sf at 1669 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

City of Redmond
$316,500.00 - Commercial (Alteration) 400 sf at 395 NW Pershall Way Redmond 97756 OR Owner: Ament Family Trust 17797 Camino De Yatasto Pacific Palisades, CA 90272 Permit # 247-22-004385

City of Bend
$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 # 711-22-000805

City of Redmond
$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 # PRRE202190187

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 # 247-22-000945

City of Bend
$75,000.00 - Commercial (Alteration) at 61667 Somersett Dr. Bend 97702 OR Owner: Ament Family Trust 17797 Camino De Yatasto Pacific Palisades, CA 90272 Permit # 247-22-004693

City of Redmond
$30,000.00 - Commercial (Alteration) at 61525 Ward Rd. Bend 97732 OR Owner: American Tower Dish 10 Presidential Way Woburn, MA 97701 Permit # 247-22-000532

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 # 711-22-000943

BUILDING PERMITS WEEK ENDING 8-26-2022

Deschutes County
$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

City of Bend
$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

City of Redmond
$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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