



Ask  
the Experts  
at COCC  
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Enhancing & Promoting the Economic Vitality of Central Oregon Since 1994

## La Pine Community Health Celebrates New Wellness Center

by ANDREA HINE — CBN Feature Writer



"CONGRATULATIONS TO LA PINE COMMUNITY HEALTH CENTER ON THIS INCREDIBLE DAY," SAID COMMISSIONER PHIL CHANG | PHOTO COURTESY OF CODY RHEAULT, CODY ROUX MEDIA

"Congratulations to La Pine Community Health Center on this incredible day," said Deschutes County Commissioner Phil Chang, speaking at the recent groundbreaking for its new 27,000-square-foot Wellness Center. "South County is an underserved area. The demand is there to make a much larger facility and a much larger staff to keep that facility busy."

"The Wellness Center will be so impactful for the community, which needs and deserves the services it will bring," said CEO Erin Trapp, emphasizing that La Pine Community Health Center's "commitment to ensuring access to health care for all, regardless of income, is the driving force behind the project."

Trapp added that while the Wellness Center project began two years ago, "the vision goes much further back" to Charla DeHate, previous CEO, who was among the speakers. Said DeHate: "This project will increase access to necessary healthcare services for residents of south Deschutes County as well as for those in the surrounding areas of north Klamath and northwest Lake counties — a total of 25-30,000 people. So, as the community grows, La Pine Community Health Center also needs to grow."

La Pine Community Health Center (LCHC) is a nonprofit community health center that was designated as a Federally Qualified Health Center (FQHC) in 2009. As such, it is eligible for federal funds and grants to offset costs of uncompensated care for an underserved population in a largely rural area who have low household incomes and lack access to health care.

Last year, approximately 39 percent of LCHC's patients were covered under the Oregon Health Plan and Medicaid, with 35 percent covered by Medicare,

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## The Central Oregon Healthcare Industry Trends, Challenges & Lessons Learned

by NOAH NELSON — CBN Feature Writer

The healthcare industry in Oregon often reflects many of the challenges and trends seen in the industry across the nation, and this last year was no different. The industry is still recovering from the COVID-19 pandemic, in terms of both financial instability and staffing issues. The pandemic exacerbated issues that had been growing for years, resulting in our current situation: many rural communities lacking sufficient, or in some cases, any, health services.

In addition, healthcare in Oregon has been a hot topic in Salem. Governor Tina Kotek and Oregon legislators signed House Bill 2002 and House Bill 2697 during this 2023 legislative session; the first bill aims to protect access to reproductive healthcare across the state, while the latter aims to alleviate staffing issues and healthcare worker burnout while also increasing the standard of care for patients, despite facing some initial backlash from some voices in the healthcare industry who saw the regulations as unrealistic and dangerous.

Now, the Oregon Legislature is reexamining the eligibility



PHOTO | COURTESY OF ST. CHARLES HEALTH SYSTEMS

for every person on the Oregon Health Plan, the state's version of Medicaid. According to a report by the Oregon Capital Chronicle, coverage will continue only for people whose income level is at most 138 percent of the federal

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## Annual Healthcare Supplement — Pages 9-33

## Les Schwab Tires to Launch New Redmond Store Additional Location Set to Open Next Year as Population Booms

by SIMON MATHER — CBN Feature Writer

In a sign of population growth driving market dynamics, Les Schwab Tire Centers has announced it will open a second Redmond location on the south part of town next year.

Chief Marketing Officer Dale Thompson said the independent retail chain has homed in on a 1.72-acre site fronting Highway 97 and Pumice, next to Central Oregon Ranch Supply, to keep pace with a robust increase in residents over the last decade, which has seen the city's population expand by 27 percent.

Most recent studies report Redmond now has a population of close to 40,000 and is currently growing at a rate of 5.31 percent annually.

Thompson said, "The main thing is as the city has grown it makes sense to keep up with that growth to maintain our levels of customer service."

"Our stores get very busy, and we always want to take opportunities to increase customer service. We are excited to add capacity to reach that goal."

The store, on the east side of Hwy. 97, will be on the larger than average size at 12,000 square feet with nine bays, to go along with the original location on NW Sixth Street, and will be the company's eighth in Central Oregon, including three in Bend.

Two previously occupied buildings on site have been



RENDERING | COURTESY OF CUSHING TERRELL ARCHITECTURE, ENGINEERING & DESIGN

demolished to make way for the project, with construction on the new development estimated to begin soon and an opening anticipated toward the end of the second quarter 2024.

The independent tire business industry leader now has 520 stores across 11 Western Mountain states and beyond, including newer locations in Montana, North and South Dakota, several in Colorado, and one in Minnesota, as the firm footprint expands.

Thompson said the new locations for the company — which along with the core business of tires, does brakes, alignment,

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RECENT TRANSACTIONS

**Compass Commercial Real Estate Services** brokers **Dan Kemp, CCIM** and **Peter May, CCIM** represented the seller, **Priday Family Trust**, in the sale of 1271 NW Wall Street in Bend. **Compass Commercial** brokers **Jay Lyons, SIOR, CCIM, Russell Huntamer, CCIM, Grant Schultz, CCIM**, and **Eli Harrison** represented the buyer, **Starr Pacific Holdings, LLC**. The 14,948 SF retail building on 1.05 acres sold for \$2,900,000.

Brokers **Jay Lyons, SIOR, CCIM** and **Grant Schultz, CCIM** with **Compass Commercial Real Estate Services** represented the sublessor, **Courier Plus Inc.**, in the sublease of a 13,054 SF office suite located in District 2 East at 2728 NW Potts Court in Bend.

**Compass Commercial Real Estate Services** brokers **Russell Huntamer, CCIM, Jay Lyons, CCIM, SIOR**, and **Eli Harrison** represented the landlord, **JKC Redmond Cascade, LLC**, in the lease of a 3,381 SF retail suite located in the Redmond Cascade Plaza at 2498 S Highway 97 in Redmond.

Brokers **Russell Huntamer, CCIM, Peter May, CCIM**, and **Eli Harrison** with **Compass Commercial Real Estate Services** represented the landlord, **Franks Landing, LLC**, in the lease of a 4,723 SF retail suite located in Franks Landing at 3853 SW 21 Street in Redmond. **Compass Commercial** brokers **Graham Dent, SIOR** and **Jay Lyons, CCIM, SIOR** represented the tenant,

Continued on Page 38 ▶

San Diego Investor Buys  
228-Unit Apartment Complex in Bend

CBRE has facilitated the sale of the Seasons at Farmington Reserve, a 228-unit multifamily community in Bend to ColRich.

CBRE's Josh McDonald, Joe Nydahl, and Phil Oester represented the seller, Seattle-based Security Properties.

Located at 61560 Aaron Way, the garden-style community was built in 2017 and spans nine, three-story residential buildings and a clubhouse. It comprises one- and two-bedroom floorplans averaging 916 sq. ft. The units feature nine- and ten-foot ceilings, chef's kitchens with designer appliances and quartz countertops, full-size stackable washers and dryers, soaking tubs, private deck or patios in most units, and walk-in closets in select units. Community amenities include a fitness



SEASONS AT FARMINGTON RESERVE II | PHOTO COURTESY OF CBRE

studio, resident clubhouse, outdoor community patio, bike repair and storage facility, and controlled building access. The property includes 51 carports and 280 open parking spaces.

"More and more remote workers have decided to call Bend home because of its relatively low cost of living, reputation

Continued on Page 38 ▶

Business Growth Conference  
to Build Acquisition Strategies

If you are a business owner interested in growth, we invite you to join professionals and peers to learn the best ways to build a strong acquisition strategy. The Dealer Growth Conference at Sunriver Resort on September 11 and 12, is open to all industries. You will learn legal considerations to protect your growth, how to secure optimal capital funding, merger and acquisition guidelines, and tax mitigation.

"Rather than providing advice on day-to-day operations, this conference is meant for business owners focused on long-term strategies and growth," explains Laura Lemco, conference coordinator and owner of Dealership Valuation Services, LLC and Cascade Valuation Services. "Participants will

Continued on Page 38 ▶

Central Oregon Employer's Council  
Paid Leave Oregon Event

Join Central Oregon Employer's Council as they host a panel discussion on Paid Leave Oregon on September 21 in Bend.

Paid Leave Oregon

Thursday, September 21, 2023

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Panelist: Laura Ayala, Paid Leave Oregon Employment Department; Tyler Kreig, The Standard, Equivalent Plan

Options; Kurt Barker, BB&K Employment Law Attorney; and Brad Guthrie, Tetherow Human Resources.

7:50am — Announcements

and Introductions

8-10am — Panel Discussion

**Location:** Hampton Inn,

730 SW Columbia St., Bend

Oregon's PFML program is a broad

Continued on Page 38 ▶

Maineer Introduces the Mini Mach Desktop CNC Mill Kit

Maineer has launched the Mini Mach CNC Mill, the world's first affordable desktop CNC kit for home or business.

The Mini Mach CNC Mill is designed to be easy to assemble and use, even for those new to CNC machining. With a compact size and powerful motor, the Mini Mach is perfect for small workshops, garages, or even home use. The Mini Mach can mill a variety of materials including stainless steel, aluminum, brass, and plastics with high

accuracy and repeatability.

The team at Maineer developed the Mini Mach CNC Mill due to the scarcity of affordable, capable CNC mills. Their team of engineers and machinists embarked on a mission to create a quality, user-friendly mill that could generate the power necessary for many small business, STEM, or DIY projects.

Continued on Page 38 ▶



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# Dirty Freehub

## Biking Nonprofit Celebrates 10th Anniversary

by NOAH NELSON — CBN Feature Writer

Dirty Freehub is a nonprofit created back in 2013 that tracks gravel roads, bike trails and quiet paved roads to create curated bike route guides. This year, the nonprofit celebrates their tenth anniversary.

Dirty Freehub was founded by Kevin English after he was injured on a mountain biking trip in Moab, Utah. While he was injured, his wife Linda English decided that he would make a great driver for her and her friends as they biked paved roads in rural Oregon.

“While supporting a road ride from Prineville to Post to Paulina, Kevin continued to notice the amazing gravel roads with no traffic that cut through the Ochoco National Forest,” Linda said. “So he purchased two gravel bikes, one for himself and one for me, and started riding. Finding routes was not so easy as there are very few signs that tell you where to go and some routes are much better than others.”

With the mission of organizing these bikeways to make future trips easier to plan and safer to accomplish for riders, the first Dirty Freehub website was born. Now, with over 15,000 followers on social media, Dirty Freehub tracks over 13,000 miles of curated route guides across the Western United States, Western Canada and Tasmania.

“So much of the Western United States has roads that were created for farming, logging or access to recreation, which are often great places for cyclists to ride,”



JEN JORDAN AND LINDA ENGLISH ON A SNACK RUN IN TYGH VALLEY, OREGON | PHOTOS COURTESY OF DIRTY FREEHUB

Linda said. “Through our free guides, we inspire people to ride places that are scenic, fun to ride and have a lot less traffic. Our routes use gravel roads, quiet paved roads and bike trails that already exist.”

Dirty Freehub has many social missions. Aside from just being a very helpful planning tool for bikers looking to plan a ride, they also encourage people who use their website to connect with and appreciate rural parts of the West.

“We encourage people to ride to places that are often in rural or remote parts of the Western United States,” said Linda. Using Paisley, Oregon as an example, she continued and said, “Our hope is that cyclists enjoy these places, but also spend money by staying at hotels and eating at the local restaurants.”

This is inspired by Linda and Kevin’s



A GROUP OF CYCLISTS BUZZING THE BACK ROADS NEAR CAMP SHERMAN | PHOTO BY TREVOR LYDON

greater mission; to help ease the divide between rural and urban communities. Linda mentioned how most of their followers are people from metropolitan areas like Portland, San Francisco, Seattle and a few other cities. A service like Dirty Freehub helps get people from these places out to more rural parts of America.

Education also plays a role in the mission of Dirty Freehub, “We educate cyclists on where they ride by including podcasts and stories about culture, history and the environment in the route guides,” Linda said. “For example, we want cyclists to learn about the Oregon Trail, to understand their impact on Sonoran pronghorn survival, or possibly to meet the artist who created the statue of a bear in Madras.”

In celebrating their tenth anniversary, Linda and Kevin see a bright future ahead for Dirty Freehub, listing out plenty of goals to help maintain and expand their service. These goals include; building and maintaining route guide across the Western United States while increasing their depth of educational materials for these regions; expanding the Dirty Roads Crew, which maintains popular routes by removing fallen trees and other debris; continuing to create “mashup routes” like the Read and Ride program where cyclists read a specific book that is tied to the region or route; and lastly, they are always striving to improve the Dirty Freehub website.

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

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by Expert KEITH SHERRILL

**Q:** I know my outdoor camping product has great potential. I’ve obtained my LLC, am already making sales, and I’m lining up distribution opportunities. But I have zero idea of how to run a business. What can you suggest?

**A:** Well done! I applaud your progress in implementing your business idea! Engaging with your customers and consistently delivering value are crucial. Here are some next steps to maximize your success as a small business:

- 1) Empathize with your customer.** For most of us, that means discovering insights by “getting out of the building” and interacting with customers in their natural habitat.
- 2) Create systems to ensure consistency.** Put processes in place for ordering, selling, delivering the products to the customer, tracking inventory, scheduling your time and ensuring customer satisfaction. Record your activities and keep track of your expenses. Your systems don’t have to be complex, they just need to help you work efficiently.
- 3) Good businesses require great people to thrive.** What if you’re the “only employee”? Take time to audit your strengths and weaknesses and daily tasks to determine when it’s time to outsource or hire.
- 4) Maintain a growth mindset.** You may consider some local programs for

entrepreneurs to help build your skills:

Central Oregon Community College (COCC) has a Small Business Development Center that offers free, confidential professional business advising and a variety of low-cost courses to help entrepreneurs through the business lifecycle: [cocc.edu/sbdc](http://cocc.edu/sbdc).

The Small Business Management Program at COCC is another great option. This nine-month program is offered in a small cohort setting with class sessions and one-on-one coaching. Topics include market and financial analyses, growth planning, design thinking, and social innovation — among many others. The next cohort starts October 11. Visit [cocc.edu/sbdc](http://cocc.edu/sbdc) to learn more.

**About the Expert:**

*Keith Sherrill is a former U.S. Army Ranger, MEDEVAC helicopter pilot and 160th SOAR Night Stalker. He has filled a range of leadership roles during nine combat tours of duty in Iraq & Afghanistan. Upon separation from the U.S. Army, Sherrill chaired a municipal board in Washington State, cofounded a Seattle-based nonprofit, and built a beer brand from the ground up in the Deep South. With an advanced business degree and Stanford Graduate School of Business Ignite Program achievements, Sherrill is COCC’s Small Business Management Program coordinator.*

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# Expanding Your Generational Awareness

by MICHAEL SIPE, President — CrossPointe Capital

With five generations represented now, the marketplace is decidedly different than it was five or ten years ago. In a post-COVID world, it's a business development that has sort of snuck up on some leaders. Five different age demographics make the job of a leader immensely more complex, as effectiveness with each age range requires different background listening, different insights, different language, different tools and different approaches. Although individuals within a given demographic range are unique and may vary in perspectives in some ways from the generalized norm, we have all been shaped by the generation we're in. Understanding the overall differences between the generations is essential for effective leadership and communication.



The five age groups currently active in the marketplace are:

- 1. The Silent Generation — also known as Builders:** Born 1925-1945 and ages 78-98. At first glance, one might think this group is retired and out of the marketplace, but there are still a few spry 80-year-olds active in the workforce. In addition, this generation still represents a large market for certain products and services, like financial services, travel, medical care, housing, groceries and basic needs, to name a few. In general, this is a relatively conservative population. However, you might be surprised to discover that Silents are more tolerant of current social and cultural trends than you might expect. After all, many cultural viewpoints that might be considered by some to be socially "liberal," such as the equal rights movement, actually got their start with members of the Silent Generation. So, even though, in general, Silents might be financially conservative, it would be a mistake to assume they are also all socially conservative.
- 2. Baby Boomers:** Born 1946-1964 and ages 59-77. Much has been written about this 76,000,000-person strong generation, and Boomers are still very much an active part of the economy. The "bulge" of the Boom is about 66 years of age. As a whole, they possess massive buying power, and they actively spend. Boomers hold many leadership and decision-making roles. Even though the leading edge of the generation is approaching the age of Silents, it's an active generation with a unique set of perspectives and decision-making processes. Leading, marketing, selling to and communicating with Boomers requires significantly different approaches than with other generations. And we'll make sure you know it!
- 3. Generation X:** Born 1965-1979 and ages 44-58. Although this generation is about 10 million members smaller than the Boomer generation and has been a somewhat low-profile group that was culturally overshadowed by Boomers and the larger Millennial Generation that follows, this is a powerhouse generation that is really coming into prominence. Gen Xers will become increasingly influential in the marketplace, and as inheritance wealth

transfers to them from Silents and Boomers, they will become financially powerful. Independence, self-reliance, pragmatism and a degree of cynicism are commonly applied descriptors. It's a generation that has often described itself by what it is not...namely not Boomers and not Millennial. Therefore, working effectively with GenX employees, customers and vendors requires approaches tailored to their perspectives.

- 4. Millennials:** Born 1980-1994 and ages 29-57. Comprising about 20 percent of the U.S. population at 67.9 members, the Millennial Generation has perhaps been the most talked and written about generation in our lifetimes... especially by their parents, the Boomers. If you consider the age range, you'll see that this generation is right in the sweet spot to have major influence on business, culture and politics. They have and they are doing so. Millennial attitudes have shaped much of our society, with startups that revolutionized the economy, tastes that have shifted culture and an insatiable appetite for social media. A major mistake Boomers make is to think Millennials are still kids. They may be our children (I have five Millennial-aged children), but they are most definitely adults. Regardless of what generation you are in, understanding Millennial perspectives is critical. Underestimating the power of this demographic would be a serious error.
- 5. Generation Z (aka iGen):** Born 1995-2012 and ages 11-27. At 75.9 million strong, this is the first generation that has never known a world without the internet. Their entire adolescence was spent in the age of the smart phone. GenZ has been shaped by online social interaction, severe recession, sharp political division and COVID. It's the most racially, ethnically and culturally diverse generation in American history and it's bringing an unprecedented amount of attention to diversity in gender identity and sexual orientation. I have one leading edge GenZ daughter at age 29. Although she's on the cusp of GenZ and Millennial, she definitely has primarily GenZ perspectives. At the risk of over-generalization, here's GenZ in summary: concerned with authenticity, confronting free speech issues, pushing the norms of gender and struggling with mental health. GenZ is a market force, a cultural force, an emerging part of the entry level workforce and for many in their late 20's like my daughter, potent young leaders in their own right. Learning to market to and lead GenZ should be at the top of mind for every business.

We live in what is arguably the most complex time to be a business leader in American history. Failure to understand and embrace generational differences is a serious hindrance to business success. That's one of the reasons that we'll be addressing **Generational Staffing Challenges** at the upcoming Central Oregon Business Forum. Join us for a stimulating discussion. Register at: BusinessForum23.Eventbrite.com. If you lead in the marketplace, it's time and beyond time to expand your Generational Awareness.

Michael Sipe is a local business coach and mergers and acquisitions advisor.  
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# Demystifying the Magic of Mushrooms in Oregon

## Psilocybin & the Workplace

by **ANDREW SCHPAK, Co-Managing Partner & BECKY ZUSCHLAG, Law Clerk — Barran Liebman LLP**

In 2020, Oregon voters passed Measure 109 which established a regulatory framework for the use of psilocybin (pronounced as: [SY] + [LOH] + [SY] + [BIN], sy-lə-SY-bin). This measure is now codified as ORS 475A.200 *et seq.* and the Oregon Health Authority (OHA) is authorized to license and regulate all aspects of psilocybin services. The first licensed service center opened in May, in Eugene, providing people with the opportunity to legally access psilocybin and consume the psychedelic drug under the supervision of trained professionals.



Andrew Schpak



Becky Zuschlag

In Oregon, cannabis can be purchased at a dispensary and taken home for consumption. Conversely, the Oregon Psilocybin Services Act is not a dispensary model. Oregon has not legalized the retail sale of psilocybin. Thus, psilocybin cannot be purchased and then taken offsite for personal consumption. Rather, taking psilocybin as treatment for mental illness, pursuant to the Oregon Psilocybin Services Act, must be done at a licensed treatment center and under the supervision of a licensed professional. The Oregon psilocybin services model focuses on clients accessing services as a health and wellness option.

### What is Psilocybin?

Psilocybin is a naturally occurring psychedelic compound found in over two hundred species of naturally growing mushrooms. For centuries, communities around the world have used psilocybin for spiritual, ceremonial, and other purposes. The research suggests that psilocybin could be helpful in addressing depression, anxiety, trauma, and addiction. Psilocybin's effects on the brain's serotonin receptors are responsible for decreased depression and suicidal behaviors, as well as increased memory and learning.

Psilocybin can cause changes in perception, thought, and mood. As a psychedelic, people who take psilocybin experience hallucinations and an inability to discern fantasy from reality. Other signs a person is on this drug may include sweating, chills, headache, facial flushing, dilation of the pupils, tremors, quick breathing, and tremors. The body metabolizes psilocybin relatively quickly and will likely have left a person's system within 24 hours of ingesting the drug.

### What is Legal in Oregon & How is it Different from Cannabis?

Under Oregon's law, psilocybin is administered through a service center model. Psilocybin services consist of three sessions — preparation, administration, and integration — to be held at a licensed service center location. The preparation covers several logistics, including creating a travel plan post-session and signing all necessary forms. A licensed facilitator must review a client's medical history and prescription medication prior to approving the person to move forward in the program. The preparation session occurs 24 hours prior to an administration session, where the individual takes psilocybin in the presence of a licensed facilitator. The integration session is optional, providing clients with information about additional peer support and resources. While the integration session is not required for participation in psilocybin services, it must be offered to all clients.

### What Are the Impacts on the Workplace?

Tension between state and federal law places therapeutic psilocybin users and their employers in a difficult position. Under federal law, all types of psilocybin remain illegal, and a zero-tolerance drug use workplace policy might trigger discipline even if the substance was taken offsite, outside work hours, and under the supervision of a licensed professional.

However, because the law does not permit home or recreational use of psilocybin, the impact on the workplace will likely be minimal. Nevertheless, employers should be aware of the signs of psilocybin intoxication, as some employees may return to work after a session and before the drug has been metabolized. Additionally, if an employer becomes aware of such use, the employer should not only apply their drug and alcohol policy (if any), but also consider whether the employee is taking the substance to treat a disability, in which case, the employer will need to explore whether a reasonable accommodation may be available by engaging in the interactive process pursuant to the Americans with Disabilities Act (ADA) and state disability law.

Although Oregon was the first state to pass such a law, other states have been investigating the use of psilocybin and some have passed laws. For example, Colorado passed a law in 2022 and the Washington State Health Care Authority is currently discussing what a law would look like in that state.

Oregon's Psilocybin Services Act adds another layer of complexity to the workplace as well as to many employers' drug and alcohol policies. Reach out to trusted legal counsel with questions or concerns about how this law may impact your workplace.

Andrew Schpak is the co-managing partner and Becky Zuschlag is a law clerk and future attorney at Barran Liebman LLP. For questions about substances and the workplace, contact Andrew at 503-276-2156 or [aschpak@barran.com](mailto:aschpak@barran.com). [barran.com](http://barran.com)



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Les Schwab  
*Continued from page 1*

shocks, and more — have been well received, adding, “Our roots are in Prineville, and these are the types of communities we identify with.

“Our approach to the market is somewhat unique. We are in a number of markets and always strive to provide superior customer service as well as getting involved with the local community.

“We are excited to add capacity in Redmond. Our origins are in Central Oregon — we love it here and continue to find opportunities for growth.”

The home-grown Central Oregon success story began in 1952, driven by its founder’s vision and bearing his name. Born in 1917 in Bend, Les Schwab came from humble beginnings and attended grade school in a boxcar in a logging camp.

Orphaned at 15, he was a self-made man, known for his belief in old-fashioned hard work, and built his business from one store — when he bought OK Rubber Welders in Prineville — to hundreds of locations across the western states, making Les Schwab Tire Centers one of the largest independent tire businesses in the US.

Today the private company employs over 7,000 people across a large swathe of the country.

Mr. Schwab became one of the most recognizable figures in the West, appearing with his trademark cowboy hat and folksy demeanor in many of the company’s television commercials. From 1964 until 2011, the firm offered an innovative February Free-Beef promotion, to boost sales during slow late-winter months, and he was particularly known for his intense commitment to customer service.

He also created a profit-sharing program that returns half of each store’s profits to the employees who work there through annual bonuses and a trust that can make retirees wealthy.

The iconic tycoon made sure people knew he did not do it alone. He valued partnerships — he was married to his high school sweetheart, Dorothy Harlan for over 70 years — and provided his employees training and opportunities to grow and succeed, both financially and personally, with a belief in “treating customers like family.”

Although Schwab passed away in 2007, his vision

remains at the core of the company’s culture expressed as, “Give people more for their money... reward employees for their expertise and hard work... earn people’s trust and everyone benefits.”

The company is also well known for helping its neighbors and repaying the loyalty of customers by reinvesting in hometowns, feeling strongly about serving communities and recognizing others who demonstrate that same commitment, including supporting activities “that instill in youngsters a sense of responsibility, respect, and hard work.”

Support for local organizations also extends to events that build character, help those in need and promote vibrant, healthy communities.

The company had been privately held by Les Schwab’s grandchildren and their families until agreeing to sell to California investment firm the Meritage Group in 2020.

At the time, Les Schwab CEO Jack Cuniff said, “The decision to sell has always been about securing the long-term success of the company. Meritage Group has a history of preserving culture and values while growing its companies with investment over time.”

Les Schwab Tire Centers moved its corporate headquarters to Bend in 2008, though there is still a significant distribution and production presence in Prineville.

Modern Tire Dealer has called Les Schwab “arguably the most respected independent tire store chain in the United States.” The company closes all of its stores on Sundays, and employees were formerly known for running to customer vehicles when they pull in to park.

“We see Les Schwab Tires as an ideal investment,” said Aubrey Barth, managing director of Meritage. “The company’s exceptional employees and programs, strong financials, and respected, customer-focused brand set it up for success for years to come.”

“It only took reading 50 pages of Les’ book (*Les Schwab, Pride in Performance, Keep it Going! Bend, Ore.: 1986*) to realize the company was a great cultural fit for Meritage,” added Alex Magaro, co-president and senior managing director of Meritage.

In August 2019, leading national consumer magazine Consumer Reports rated Les Schwab Tire Centers — which calls itself “the nation’s highest-ranked, most customer-focused tire retailer” — the No. 1 tire retailer. Also in 2019, J.D. Power awarded Les Schwab No. 1 in Customer Satisfaction in both the Tire Replacement and

Aftermarket General Maintenance surveys.

Les Schwab is recognized for several innovative business practices. It pioneered the concept of offering a supermarket selection of tires in its showrooms — allowing customers the opportunity to inspect and select the exact tires they want.

For over 70 years, the company has stood behind its products and services by providing customers with written warranties on tires, brakes, and other products.

Other innovations include industry-leading employee recruitment and retention programs.

The company established its first profit share program in 1954, and today shares approximately half of its profits with employees through generous health benefits, bonus, and retirement programs.

When Les Schwab was recognized as *Modern Tire Dealers* magazine’s Tire Dealer of the Year in December 2000, his policy of sharing more than 51 percent of his company’s profits with employees through annual bonuses and a trust that can make retirees wealthy was mentioned and applauded.

All employees, including executives and store managers, start out changing tires.

Les Schwab Tire Centers was represented in the new Redmond location transaction by local broker of record Walt Ramage of Bend-based NAI Cascade, who scouted for two years to find the optimal site for his client. Two tax lots were combined through a lot line adjustment to accommodate the project’s development, on a ground lease basis.

Ramage added, “This is a prime site with good visibility and accessibility. Les Schwab Tire Centers is known as a great business operator and community partner, and this will be a terrific addition for the people of Redmond.”  
[lesschwab.com](http://lesschwab.com)



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September 6, 2023  
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Home Assistance & Care Services *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services	Area Covered
Almost Family, LLC 233 SW Wilson Ave., Ste. 1 Bend, OR 97702	541-389-0006	541-389-0906	www.almostfamilycare.net kristy@almostfamilycare.com	Kristy Walters	80	1982	Medication management, registered nursing services, 24-hr. companion & homemaking services, personal & respite care. IDD/DD attendant care	Deschutes, Jefferson & Crook Counties
At Home Care Group 856 NW Bond St., Ste. 230 Bend, OR 97703	541-312-0051	541-312-0077	www.athomecaregroup.com edbend@athomecareonyx.com	Customer Service	8	1999	Services offered include home assistance, companionship, personal care & nursing services.	Deschutes, Jefferson & Crook Counties
Heart 'n Home Hospice & Palliative Care, LLC 745 NW Mt. Washington Dr., Ste. 205 Bend, OR 97703	541-508-4036	541-508-4037	www.gohospice.com billyge@gohospice.com	Billy Gehm	15	2004	Services include on-call nursing support, hospice CNAs, medical social services, spiritual counseling, trained volunteers, physician support, grief & loss support, veteran services & recognition.	Central Oregon.
Heart 'n Home Hospice & Palliative Care, LLC - La Pine 51681 Huntington Rd. La Pine, OR 97739	541-536-7399	541-536-9312	www.gohospice.com dianah@gohospice.com	Diana Hergenrader	10	2004	Services include on-call nursing support, hospice CNAs, medical social services, spiritual counseling, trained volunteers, physician support, grief & loss support, veteran services & recognition.	Central Oregon.
Helping Hands Home Care 61396 S Hwy. 97, Ste. 107 Bend, OR 97702	541-241-1950	458-206-7377	www.helpinghandshomecare.com elizabeth@helpinghandshomecare.com	Pamela Breuer, Mary Galley	25	2017	Personalized one-on-one in-home care services for seniors & people with disabilities. From running errands & grocery shopping, to bathing & medication administration.	Deschutes, Jefferson & Crook Counties
Home Instead 20380 Halfway Rd., Ste. C Bend, OR 97703	541-330-6400	541-330-7362	www.homeinsteadbend.com may.mobbs@homeinstead.com	May Mobbs, Jonathan Mack, Cole Mack	104	2000	Non-medical companionship & home care for seniors, specializing in 24 hour care, personal care, homemaking, respite care, nursing services & Alzheimer. Licensed & insured.	Deschutes, Jefferson & Crook Counties
Hospice of Redmond 732 SW 23rd St. Redmond, OR 97756	541-548-7483	541-548-1507	www.hospiceofredmond.org info@hospiceofredmond.org	Jane McGuire	21	1979	Hospice, Palliative Care & Transitions programs, Medical Director Hospice & Palliative Care certified, licensed registered nurses, social workers, hospice aides, licensed therapists, bereavement support, Veterans' support & trained volunteers. 24/7 nurse on call.	Redmond, Bend, Sisters, Tumalo, Crooked River Ranch, Powell Butte, Culver, Terrebonne, Black Butte Ranch, Camp Sherman & Prineville.
Lincare, Inc. 63076 NE 18th St., Ste. 100 Bend, OR 97701	541-382-8303	541-382-8358	www.lincare.com	Michael Sheldon	12	2000	Respiratory care & durable medical equipment.	All of Central Oregon.
Norco Medical 63024 Sherman Rd. Bend, OR 97703	541-388-2273	541-383-5996	www.norco-inc.com wayneb@norco-inc.com	Wayne Barker	40	1987	Home delivery of medical supplies including all respiratory, durable medical equipment, incontinence, diabetic & rehabilitation products. 24-hr. on-call service.	Central & Eastern Oregon.
Partners In Care - Hospice-Home Health-Transitions-Palliative Care 2075 NE Wyatt Ct. Bend, OR 97701	541-382-5882	N/A	www.partnersbend.org lisamhurley@partnersbend.org	Lisa Hurley	200	1979	Medicare-certified home health, hospice & palliative care. Non-medical transitions & bereavement for adults & children. Skilled nursing; physical, occupational, speech therapy; medical social work; certified nursing assistants & spiritual care. Hospice House is a 12-bed, in-patient unit. On-call 24/7. Nonprofit.	Headquarters in Bend & branch offices in Redmond & La Pine; drop-in locations in Madras & Prineville for local support. Serving Central Oregon from Madras & Prineville in the north to Christmas Valley & Chemult in the south.
Right at Home In-Home Care, Central Oregon 2195 NE Professional Ct., Ste. 15 Bend, OR 97701	541-633-7436	541-633-7438	www.rightathomeco.com julie@rightathomeco.com	Julie Burket	80	2009	One-on-one in-home care & assistance for seniors & disabled adults. Caregivers are experienced & carefully screened through criminal background checks, drug testing & motor vehicle records. Right at Home, Inc. has been in business since 1995. The corporate office is based in Omaha. They have been franchising since 2001.	Deschutes, Jefferson & Crook Counties
St. Charles Home Health Services 63031 NE Layton Bend, OR 97701	541-706-7796	541-706-4996	www.stcharleshealthcare.org jnewton@stcharleshealthcare.org	Julie Newton	78	1984	Skilled nursing, certified home health aides, medical social workers, physical, occupational & speech therapy, including orthopedic & neurological rehabilitation, collect & deliver lab specimens, fall prevention education, medication, post-operative & pain management, evaluation & treatment, wound /ostomy care, lifeline emergency response, nutritional evaluation & counseling, I.V. therapy, specializing in chronic disease management including diabetes, congestive heart failure, chronic obstructive pulmonary, disease, hypertension.	Deschutes, Jefferson, Crook, Wasco & Northern Klamath Counties.
St. Charles Hospice 2500 NE Neff Rd. Bend, OR 97701	541-706-6700	N/A	stcharleshealthsystem.org hospice@stcharleshealthcare.org	Laurie Jackson	45	1988	Physician services, skilled nursing care, medical equipment & supplies as appropriate, drugs for symptom management & pain relief, complementary therapies short-term inpatient & respite care, homemaker services & hospice aides, physical & other therapies, counseling, chaplain & social work, volunteer support, bereavement support.	Deschutes, Jefferson & Crook Counties
Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702	541-383-1414	541-312-7080	www.touchmarkbend.com SDN@Touchmark.com	Kaitlin Dahlquist, Scott Neil	28	2004	Home care.	Deschutes, Jefferson & Crook Counties
Visiting Angels, Living Assistance Services 376 SW Bluff Dr., Ste. 9 Bend, OR 97702	541-617-3868	541-330-5645	www.visitingangels.com/bend nturk@VisitingAngels.com	Nancy Turk	75	2007	Visiting Angels is proud to be the nation's leading provider of senior home care services. Our Angels provide in-home care, medication management, elder care, respite care, senior personal care & companion care services. With our senior home care services, elderly adults can continue to live independently in their own homes.	Central Oregon


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

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Physician Groups & Clinics *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Doctors	Other Area Locations	Patients Per Month	Services
Bend Dermatology Clinic, LLC 2747 NE Conners Ave. Bend, OR 97701	541-382-5712	541-382-2605	www.bendderm.com suzanne@bendderm.com	Suzanne Maitland	45	1980	5	Central Oregon	3,300	Diseases & surgeries of the skin.
Bend Hernia Center 2450 Mary Rose Pl., Ste. 210 Bend, OR 97701	541-383-2200	541-383-5170	www.bendherniacenter.com wimel@bendsurgicalassociates.com	Michael J. Mastrangelo	6	2003	1	N/A	200-250	Laparoscopic & Robotic surgery. All types of hernia repair & general surgery.
Bend Surgery Center 1342 NE Cushing Dr., Ste. 170 Bend, OR 97701	541-318-0858	541-318-6740	www.bendsurgery.com info@bendsurgery.com	Todd Currier	100	1997	N/A	N/A	1,000	Ambulatory surgery.
Bend Urology Associates, LLC 2090 Wyatt Ct., Ste. 101 Bend, OR 97701	541-382-6447	541-388-6862	www.bendurology.com patriciap@bendurology.com	Patricia Parker	50	1964	4	Redmond	1,900	Male, female & pediatric disorders of the urinary tract, comprehensive incontinence treatment, board certified & board eligible surgeons.
Cascade Direct Care 198 NE Combs Flat Rd. Prineville, OR 97754	541-362-8688	541-550-7779	www.cascadedirectcare.com cascade.reception@gmail.com	Lindsey G. McKay	4	2013	Lindsey McKay, PA-C	N/A	N/A	Family medicine clinic & primary direct care office that offers primary care services to its members for a monthly fee including minor in-office procedures & many labs. Insurances accepted as well.
Cascade Surgicenter 2200 NE Neff Rd., Ste. 100 Bend, OR 97701	541-322-2395	541-322-2394	www.cascadesc.com	Cammy Gilstrap	45	2006	Staff doctors from The Center & Central Oregon Doctors.	N/A	500	Outpatient surgeries by The Center physicians, as well as pre- & post-operative care. Specialty areas include minimally invasive knee & shoulder arthroscopy, carpal tunnel surgery, pain management injections & other outpatient surgical procedures.Pediatric dentist , podiatry.
Central Oregon Clinical Genetics Center 143 SW Shevlin-Hixon Dr., Ste. 203 Bend, OR 97702	541-678-5417	541-678-5466	www.cocgc.org oschirripa@hipaamail.us	Osvaldo A. Schirripa	1	2010	1	Grants Pass	40	Identification, management & prevention of genetic disorders/diseases.
Central Oregon Dermatology 388 SW Bluff Dr. Bend, OR 97702	541-678-0020	541-323-2174	www.centraloregondermatology.com info@centraloregondermatology.com	Mark A. Hall	9	2000	1	Bend, La Pine, Redmond, Madras	450	General dermatology & specializes in skin cancer diagnosis & skin cancer surgery & various cosmetic procedures involving Botox, Juvederm, Restylane, Radiesse, laser treatment, phototherapy & photodynamic therapy.
Central Oregon Ear, Nose & Throat, LLC 2450 NE Mary Rose Pl., Ste. 120 Bend, OR 97701	541-526-1133	541-385-4935	www.coent.com	Dr. Ryan P. Gallivan	20	1970	5 Physicians, 2 Audiologists	N/A	2,000	Ear, nose, throat & hearing.
Central Oregon Family Medicine, P.C. 645 NW Fourth St. PO Box 460 Redmond, OR 97756	541-923-0119	541-923-3228	www.cofm.net	Lori Wells	10	1981	3	N/A	900	Family medicine.
Central Oregon Pediatric Associates (COPA) 760 NW York Dr., 2nd Floor Bend, OR 97703	541-389-6313	541-389-8760	www.copakids.com wjackson@copakids.com	Wendy Jackson	104	1975	16 Board Certified Pediatrician MD's, plus 6 PA/PNP's	East Bend, South Bend, Redmond,	4,200	Pediatric & adolescent medicine.
Central Oregon Radiology Assoc. PC 1460 NE Medical Center Dr., Ste. 180 Bend, OR 97701	541-382-6633	541-382-6635	www.centraloregonradiology.com sstuemke@cmillc.org	Sara Stuemke	280	1947	35+	Redmond & Bend South Side	7,500	MRI, CT, ultrasound, nuclear medicine, PET, mammography, x-ray, DXA, vascular/ interventional radiology.
Central Oregon Regional Pathology Services 1348 NE Cushing Dr. Bend, OR 97701	541-382-7696	541-389-5723	www.copc.net jdover@copc.net	Brad Bryan	19	2000	7	N/A	N/A	Pathology services.
Central Oregon Spine & Sports 2115 NE Wyatt Ct., Ste. 101 Bend, OR 97701	541-209-0471	541-323-6288	www.cospinensports.com kgrimmnett@cospinensports.com	Kara Grimmnett	3	2019	N/A	N/A	N/A	Arthritis, back pain, Botox, plantar fasciitis, steroid injections, migraines, regenerative medicine, spinal cord simulator trials.
Dermatology Health Specialists 1693 SW Chandler Ave., Ste. 250 Bend, OR 97702	541-382-8819	541-797-7971	derm-health.com info@derm-health.com	Matt Zullo, Tammy Wisco	24	2019	6 (2 physicians, 3 PAs, 1 NP)	Redmond, La Pine, Madras, John Day, Burns	800 (Bend)	General (medical) dermatology, Mohs surgery, aesthetic dermatology.
Deschutes Osteoporosis Center 2200 NE Neff Rd., Ste. 302 PO Box 490 Bend, OR 97701	541-388-3978	541-278-8366	www.deschutesosteoporosiscenter.com	Dr. Molly Omizo	2	2010	1	N/A	35	Care for osteoporosis & bone health.
Deschutes Rheumatology 2200 NE Neff Rd., Ste. 302 Bend, OR 97701	541-388-3978	541-278-8366	www.bendarthritis.com	Merilee Silverstein	14	2012	3	N/A	400	Rheumatology services.
Desert Orthopedics, LLP 1303 NE Cushing Dr., Ste. 100 Bend, OR 97701	541-388-2333	541-388-0930	www.desertorthopedics.com	Michael Ryan	60	1995	27	Redmond	1,900	Joint reconstruction & replacement surgery spine disorders & diseases pediatric orthopedics adult & adolescent sports medicine hand & upper extremity disorders foot & ankle rehab physical medicine trauma & orthroscopic surgery.
Doctors Park Surgery Center 2090 Wyatt Ct., Ste. 102 Bend, OR 97701	541-389-5931	541-389-5932	N/A	N/A	14	2002	5	N/A	300	Outpatient ambulatory surgery.
East Cascade Women's Group 2400 NE Neff Rd., Ste. A Bend, OR 97701	541-389-3300	541-389-8115	www.eastcascadewomensgroup.com	Jeff Stewart	36	1994	8	N/A	Over 2,000	OB/GYN.
Endocrinology Services Northwest 929 SW Simpson Ave., Ste. 220 Bend, OR 97702	541-317-5600	541-317-5676	www.endonorthwest.com	Patrick McCarthy	5	2012	2 MD's, 2 P.A.'s	Redmond	1,200	Diabetes, thyroid & cholesterol disorders, hormonal imbalances & testosterone deficiencies.
Gastroenterology of Central Oregon 2239 NE Doctors Dr., Ste. 100 Bend, OR 97701	541-728-0535	541-647-5125	N/A	Dr. Glenn Koteen	2	2007	1	N/A	120	Specializing in liver disease, diagnostic, therapeutic, GI & endoscopy.
High Lakes Health Care - Bend-Upper Mill 929 SW Simpson Ave., Ste. 300 Bend, OR 97702	541-389-7741	541-278-8375	www.highlakeshealthcare.com	Dan McCarthy	296	1996	16	Bend-Shevlin Park, Bend-Hospital District, Sisters, Redmond Primary Care & Specialty Care	4,000	Primary care/family practice, internal medicine, physical medicine & rehabilitation, pediatrics, GYN, cardiology.
InFocus Eye Care 2450 NE Mary Rose Pl., Ste. 110 Bend, OR 97701	541-318-8388	541-318-7145	www.infocus-eyecare.com info@infocus-eyecare.com	Tona Buck	30	1998	5	N/A	1,800	Specializing in cataract & eyelid surgery, LASIK refractive surgery & more. Ophthalmologists: Ida Alul, MD; Patricia Buehler, MD; Meryl Sundy, MD. Optometrists: Winter Lewis, OD; Elizabeth Potvin, OD.



# East Cascade Women’s Group

## A Legacy of Care for Generations

by GEORELL BRACELIN

For over four decades, East Cascade Women’s Group has offered trusted, compassionate care for women in Central Oregon. Since its founding in 1980, the medical practice group has been an unwavering source of quality healthcare, providing personalized attention and expert care to our communities.

With a clear mission in mind over 40 years ago, East Cascade Women’s Group began its journey with a vision to provide comprehensive and holistic healthcare services specifically tailored to the unique needs of women. From the beginning, the clinic has upheld a commitment to excellence, fostering an environment of trust and support that has resonated with women throughout Central Oregon.

Over the years, the clinic has evolved to meet the changing needs of women across generations and has grown to become a family of fifteen dedicated physicians and providers. From high and low-risk obstetrics to gynecology, health maintenance, menopausal care, pelvic surgery, contraceptive support, family planning, infertility treatment and more, the clinic’s diverse expertise ensures that women receive the specialized care they deserve, all under one roof.

“While Central Oregon has grown over the years so have we,” said Dr. Janelle Strom. “Our scope of services goes far beyond medical treatment — it truly encompasses a lifelong partnership in health as we care for women through numerous phases of their lives. Whether a young teen close to adulthood, a mother-to-be, someone choosing a child-free path, or a woman navigating the



PHOTOS | COURTESY OF EAST CASCADE WOMEN'S GROUP

challenges of menopause, our providers are here for every milestone and step of the journey.”

The clinic’s dedication to comprehensive care all under one roof is also reflected in the tailored range of additional support, including preventative medicine, genetic counseling and testing, sexual health management, trauma informed care, perinatal mood disorders, prenatal education, and miscarriage management. With an expert medical team of providers that is supported by four board-certified midwives, the clinic is well equipped to provide experienced and compassionate care during all phases of a woman’s life.

“As part of the community, we’ve raised our own families, supported each other and cared for many women throughout generations,” said Strom. “We take pride in the impact we’ve made in women’s lives around us and are committed to continuing to empower women to take control of their health and make informed decisions.”

With offices in Bend and Redmond, East Cascade Women’s Group ensures accessibility for women across Central Oregon.

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### Meet Dr. Darcy Wynn

Welcoming patients in September, Dr. Darcy Wynn brings additional expertise in women’s healthcare, pediatric care and weight loss management to our MyMD team. Board certified in Family Medicine, she is committed to a holistic view, considering not only physical well-being but also mental, emotional and lifestyle factors. Dr. Wynn looks forward to building committed relationships and offering personalized care to the Bend community.

Visit [MyMDBend.com](https://MyMDBend.com) to learn more — or call to make an appointment today!

Some of the exclusive benefits offered by MyMD include same-day or next-day appointments, 24/7 access to your physician, house calls, unlimited office visits, patient advocacy with other specialists, prescription delivery coordination, and much more.





► CONTINUED FROM PAGE 12

Physician Groups & Clinics *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Doctors	Other Area Locations	Patients Per Month	Services
Inovia Vein Specialty Center 2200 NE Neff Rd., Ste. 204 Bend, OR 97701	541-382-8346	541-382-5796	invoiaevin.com kristen@inoviaevin.com	N/A	12	2005	2	N/A	N/A	Complications from varicose veins, compression therapy, endovenous vein ablation, ambulatory phlebectomy.
Madras Medical Group 76 NE 12th St. Madras, OR 97741	541-475-3874	541-475-3503	www.madrasmedicalgroup.com info@madrasmedicalgroup.com	Bob Jones	25	1973	4	N/A	1,400	Family practice.
Mosaic Medical - East Bend 2084 NE Professional Ct. Bend, OR 97701	541-383-3005	541-383-1883	www.mosaicmedical.org	Bridget McGinn	365	2004	See website for a complete listing of providers.	Prineville, Madras, Redmond	Approximately 600	Primary Care for the insured & uninsured of all ages, pediatrics.
Mosaic Medical - Madras Office 850 SW 4th St., Ste. 101 Madras, OR 97741	541-838-3005	N/A	www.mosaicmedical.org	Natalie Dacuzzi	25	2004	3	Prineville, Bend, Redmond	580	Primary care for the insured & uninsured of all ages; prenatal care.
Mosaic Medical - Prineville Office 375 NW Beaver St., Ste. 101 Prineville, OR 97754	541-383-3005	N/A	www.mosaicmedical.org	Mari Enders	25	2004	7	Bend, Madras, Redmond	N/A	Primary care for the insured & uninsured of all ages.
Mosaic Medical - Redmond Office 1250 SW Veterans Way, Ste. 120 Redmond, OR 97756	541-383-3005	541-383-1883	www.mosaicmedical.org	N/A	20	2004	See website for a complete listing of providers.	Prineville, Bend, Madras	N/A	Primary care for the insured & uninsured of all ages.
Mosaic Medical Internal Medicine - Bend Internal Medicine Clinic 2965 NE Conners Ave., Ste. 280 Bend, OR 97701	541-383-3005	541-383-1883	www.mosaicmedical.org	Dr. Divya Sharma	50	2013	See website	Prineville, Madras, Redmond	N/A	Primary care services for adults.
MyMD 695 NW York Dr., Ste. 100 Bend, OR 97703	541-322-6869	N/A	mymdbend.com info@mymdbend.com	Dr. Darcy Wynn, Dr. Mac Donell	3	2001	2	N/A	N/A	Unique healthcare model offering highly personalized medical services by a physician with advanced training in internal medicine. Private, smaller practice. Accepts all commercial insurance and Medicare.
Northwest Brain & Spine 2115 NE Wyatt Ct., Ste. 201 Bend, OR 97701	541-585-2400	541-585-2407	www.neuronwbs.com ckaurc@nwbrainandspine.com	Dr. Kent Yundt, Dr. Anthony Hadden	50	2004	2	N/A	1000	NeuroSurgical treatment of the brain & spine, injections.
Northwest Medi Spa 447 NE Greenwood Ave. Bend, OR 97701	541-318-7311	541-318-2884	www.northwestmedispa.com northwestmedispa@gmail.com	Dr. Rebecca Nonweiler	5	2002	1	Klamath Falls	500	Array of medical aesthetics procedures to help you look & feel your best.
Optima Foot & Ankle 1245 NW Fourth St., Ste. 201 Redmond, OR 97756	541-383-3668	541-383-4546	www.optimafootandankle.com brandi@optimafootandankle.com	Brandi Abbas	9	1997	3	Redmond	800	Comprehensive foot & ankle treatment for all ages. Ingrown toenails to reconstructive foot & ankle surgery. Cold laser therapy for toenail fungus.
Redmond Medical Clinic 1245 NW Fourth St., Ste. 201 Redmond, OR 97756	541-323-4545	541-323-4546	www.redmondmedical.com aharris@redmondmedical.com	Adrien Harris	7	1999	2 FNP	N/A	800	Preventative care for adults, chronic & acute illness, primary care.
St. Charles Family Care - Bend East 2600 Neff Rd. Bend, OR 97701	541-706-4800	541-706-4806	www.stcharleshealthcare.org kncallon@stcharleshealthcare.org	Kevin Callon	35	2011	7	Bend South, Madras, Redmond, Sisters, Prineville	N/A	Family practice, pediatrics, women's health, travel medicine & osteopathic manipulation therapy.
St. Charles Family Care - Bend South 61250 SE Coombs Place Bend, OR 97702	541-706-5935	N/A	www.stcharleshealthcare.org dnstafford@stcharleshealthcare.org	Daggi Stafford	9	2015	9	Bend East, Madras, Redmond, Sisters, Prineville	N/A	Family practice, pediatrics, women's health, travel medicine, internal medicine, sports medicine, minor surgery.
St. Charles Family Care - Madras 480 NE A St. Madras, OR 97741	541-475-4800	541-475-4805	www.stcharleshealthcare.org	Joe Gillespie	2	1967	4	Bend East, Bend South, Prineville, Redmond, Sisters	N/A	Full family care specialty; interest focus on preventative health care for chronic conditions, disease & end of life care.
St. Charles Family Care - Prineville 384 SE Combs Flat Rd., Ste. 1200 Prineville, OR 97754	541-447-6263	541-447-8724	www.stcharleshealthcare.org kasavage@stcharleshealthcare.org	Karrah Savage	54	2008	7 physicians, 5 APPs - 12 providers	Bend East, Bend South, La Pine, Madras, Redmond, Sisters	N/A	Routine/preventive care, disease management, women's healthcare, sports medicine, mental health care.
St. Charles Family Care - Redmond 211 NW Larch Ave. Redmond, OR 97756	541-548-2164	541-548-0534	www.stcharlesfamilycareredmond.org jldubisar@stcharleshealthcare.org	Jill Dubisar	15	1949	10	Bend South, Bend East, Madras, Sisters, Prineville	N/A	Family practice, obstetrics, pediatrics & occupational medicine.
St. Charles Family Care - Sisters 630 Arrowleaf Trail Sisters, OR 97759	541-549-1318	541-588-6002	www.stcharleshealthcare.org csbrophy@stcharleshealthcare.org	Christine Brophy	7	2011	2	Bend South, Bend East, Madras, Sisters, Prineville, Redmond	N/A	Family practice, pediatrics & travel medicine.
St. Charles Surgical Specialists 1245 NW Fourth St., Ste. 101 Redmond, OR 97756	541-548-7761	541-598-3485	www.stcharleshealthcare.org rmoor@stcharleshealthcare.org	Raylene Moor	13	2005	5	Prineville	N/A	General surgery, specialized laproscopic complex vascular, breast, endocrine, thoratic & gastrointestinal surgery.
Summit Health Solutions 2421 NE Doctors Dr. Bend, OR 97701	541-323-3363	541-323-3366	www.summithealthbend.com info@summithealthbend.com	Darci	6	2013	Dr. Jack E. Berndt, MD	N/A	N/A	Dr. Jack Berndt is a board certified Anesthesiologist & certified in age management medicine. He practices in comprehensive pain management medicine. His approach includes interventional spine & joint procedures & multi-modality medical management.
Summit Medical Group - Formerly Bend Memorial Clinic 1501 NE Medical Center Dr. Bend, OR 97701	541-382-2811	N/A	www.bendmemorialclinic.com info@bendmemorialclinic.com	Dr. David Holloway, Kurt Kemcke, Cheryl Stewart, Joan Sheldon	565	1946	78	Eastside, Redmond, Old Mill District, Sisters, Mt. Bachelor Urgent Care	16,000 different patients, 29,000 appointments	Specialties: family medicine, internal medicine, pediatrics, urgent care, lab & imaging services, allergy & asthma, bariatric surgery, cardiology, dermatology, endocrinology, gastroenterology, hospitalist, infectious disease, nephrology, nutrition, oncology, ophthalmology & optometry, physical medicine, pulmonary, rheumatology, surgery, vein clinic. Services: acupuncture, cardiology diagnostic services, clinical research, hyperbaric oxygen therapy, nuclear medicine, optical, sleep disorders center, travel medicine, vascular lab.
The Center 2200 NE Neff Rd., Ste. 200 Bend, OR 97701	541-382-3344	541-382-1681	www.thecenteroregon.com info@thecenteroregon.com	Mike Gonsalves	220	1954	22	Redmond, La Pine, Burns, John Day, Madras, Prineville	4,000	Disease & injuries of the brain, spinal cord & nerves; neurosurgery; comprehensive spine care; sports medicine; hand, foot & arthroscopic surgery; joint reconstruction & replacement; occupational medicine; physical medicine & rehabilitation; walk-in injury care; digital xray & MRI.

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



a Pine Community Health Center

Continued from page 1

and 22 percent carried private insurance. Less than one percent were uninsured.

La Pine Community Health Center ranks in the top ten percent of all health centers in the nation (according to the Health Resources and Services Administration’s (HRSA) Bureau of Primary Health Care). (In 2020, about 1,400 FQHCs provided health care to more than 29 million people throughout the 50 states, the District of Columbia, and the U.S. territories.)

The three-story Wellness Center, adjacent to LCHC’s existing building on Huntington Road, will provide additional space for dental and diagnostic imaging services (such as CT scans, mammograms, and ultrasound); increase capacity for behavioral and mental health services; and expand primary care services by 45 percent. The project will also include daycare for employees’ young children, remodeled offices to accommodate the growth of the administrative support team, and a public-use conference room.

Cost of Wellness Center project is estimated at \$14 million — with some \$6 million already received from the federal government and the state: \$3 million from a Congressionally Directed Spending Appropriation, and \$3 million in state funding secured during the 2023 legislative session. A capital campaign is underway to raise another \$5 million in support from the community.

State Representative E. Werner Reschke, whose efforts helped secure the latter, “which will benefit many people for decades to come,” agreed with other speakers at the event that “having local access to good, modern healthcare is essential to sustaining a healthy community.”



CAPTION FOR LCHC PHOTO # 1: “THE WELLNESS CENTER WILL BE SO IMPACTFUL FOR THE COMMUNITY,” EMPHASIZED CEO ERIN TRAPP | PHOTO COURTESY OF CODY RHEULT, CODY ROUX MEDIA



STATE REPRESENTATIVE E. WERNER RESCHKE HELPED SECURE \$3 MILLION IN FUNDING FOR THE WELLNESS CENTER | PHOTO COURTESY OF MARLENE CARLSON

Those in attendance also included Deschutes County Commissioners Tony DeBone and Patti Adair, as well as La Pine City Manager Geoff Wullschlager, and Erick Holsey and Dan Daugherty, La Pine Fire District Fire Chief and Assistant Fire Chief, respectively. Joining them were representatives from Stemach Design + Architecture, chosen as the project’s architect, and Skanska USA, the general contractor, as well as dozens of supporters and employees of La Pine Community Health Center.

Construction of the Wellness Center is slated to begin this fall, with the new facility projected to open in late 2024 or early 2025.

lapinehealth.org  
51600 Huntington Rd., La Pine



(L-R) Project Manager Shane Moffitt of the Cumming Group; Architect Rachel Stemach of Stemach Design + Architecture; General Contractor Chad Young of Skanska USA Building Inc; LCHC CEO Erin Trapp; and LCHC Board President David Gosser.

Building for a Healthy Community

The new Wellness Center will provide greater access to services that improve the health of all residents in our south county region and beyond. Behavioral health, dental, and imaging services join a robust primary care program. Let’s build it together!



Three-story, 27,000-square-foot Wellness Center will be adjacent to current La Pine Community Health Center.



LaPine Community  
**HEALTH  
CENTER**

(541) 536-3435  
www.lapinehealth.org





Physical & Occupational Therapy *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Active Care Physical Therapy 57067 Beaver Rd. Sunriver, OR 97707	541-390-7518	541-389-6272	www.physicaltherapysunriver.com	Brent Bradley	2	2013	Rotator cuff injuries, knee replacement rehab, hip replacement rehab, post-surgical rehab, acute & chronic musculoskeletal pain or impairment. Auto, work, sports related injuries, back, neck & spine pain / disc / nerve injuries, Sacro Iliac (SIJ) & Pelvis issues, Shoulder, arm, elbow, wrist & hand pain & more.
Alpine Physical Therapy & Spine Care 336 SW Cyber Dr., Ste. 107 Bend, OR 97702	541-382-5500	541-389-5669	www.alpinephysicaltherapy.com info@alpinephysicaltherapy.com	Jill Freund	10	2006	Physical therapy & spine care. Alternate office at 2546 Connors Ave., Ste. 110, Bend.
Falling Waters Injury & Health Management 55 NW Wall St., Ste. 100 Bend, OR 97703	541-389-4321	541-389-4420	www.fallingwaterscenter.com amanda@fallingwatersbend.com	Amanda Guy	40	2007	Specializing in auto injuries, work comp injuries, aquatic therapy, sports, post surgical & functional & strength rehabilitation of the back, neck, shoulder & knee. Also chiropractic, physical therapy, massage & nutritional counseling
Focus Physical Therapy, Inc. 1001 SW Emkay Dr., Ste. 100 Bend, OR 97702	541-385-3344	541-312-5256	focusptbend.com appointments@focusptbend.com	Amy Royce, Burke Selbst	10	2005	Results-based sports, spine, postsurgical & specialty care physical therapy clinic with a reputation for effective & private treatments with the same therapist for each visit.
Focus Physical Therapy, Inc. - Old Mill Clinic 550 SW Industrial Way, Ste. 130 Bend, OR 97702	541-385-3344	541-312-5256	www.focusphysio.com appointments@focusptbend.com	Amy Royce	15	2005	Active wellness & lifestyle physical therapy clinic with a reputation for combining hands on manual therapy with cutting edge exercise & sport programs.
Hand & Arm Therapy of Central Oregon 2100 NE Neff Rd., Ste. A Bend, OR 97701	541-633-7535	541-706-9036	www.handandarm.net reception@handandarm.net	Kristin Gulick	4	2010	Hand & arm occupational therapy, custom orthotics & extensive upper extremity rehabilitation.
Hands On Physical Therapy, PC 147 SW Shevlin Hixon Dr., Ste.104 Bend, OR 97702	541-312-2252	541-312-8822	www.handsontptbend.com HOPTBend@aol.com	Lisa Kennedy-Leary, Steve Leary	9	2006	Physical therapy with a comprehensive & individualized hands-on approach incorporating advanced manual therapy & functional exercises. One-on-one with a licensed physical therapist. Women's health specialist. Treatment of scoliosis.
Healing Bridge Physical Therapy 354 NE Greenwood, Ste. 105 Bend, OR 97701	541-318-7041	541-388-3711	www.healingbridge.com allisonsuran@gmail.com	Allison Suran	1	1998	See website.
Living Well Therapy 1288 SW Simpson Ave., Ste. F Bend, OR 97702	541-312-2004	541-312-2056	www.livingwelltherapy.com info@livingwelltherapy.com	Dr. Erik Zamboni	5	2003	Physical Therapy, Chiropractic, Massage Therapy & Nutrition.
Madras Physical Therapy 785 SE McTaggart Rd. Madras, OR 97741	541-475-2571	541-475-2590	www.madrasphysicaltherapy.com madraspt@madrasphysicaltherapy.com	Rob Nelson, Trevor Groves	9	2010	Physical, outpatient orthopedic, aquatic therapy, workmen's comp, headaches, spine care, sports rehab, geriatric rehab, manual therapy, fall risk assessment & therapy, lymphatic therapy & treatment of vertigo.
Prineville Physical Therapy 1470 NE Third St., Prineville, OR 97754	541-447-6846	541-447-1243	www.proactivesportspt.com/ prineville	Joe Kundrat	9	1989	Physical therapy - wide range of services.
Proactive Physical Therapy Specialists 450 NW Greenwood Ave. Redmond, OR 97756	541-923-0410	541-923-7393	proactivepts.com	Andrew Knox	20	1986	One-on-one customized care, emphasizing manual therapy, therapeutic exercise, return to work programs, aquatic therapy, job site evaluations, healthy lifestyle step-down program. Se habla español, TMJ & chronic pain.
Rebound Physical Therapy - Bend East 1342 NE Medical Center Dr., Ste. 150 Bend, OR 97701	541-382-7875	541-382-2181	www.reboundoregon.com info@reboundoregon.com	Stuart Johnson	18	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Bend North Side 2700 NE Fourth St., Ste. 105 Bend, OR 97701	541-323-5864	541-323-5865	www.reboundoregon.com info@reboundoregon.com	Eric Edwards	7	2016	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Bend West 1160 SW Simpson Ave., Ste. 200 Bend, OR 97702	541-322-9045	541-322-9044	www.reboundoregon.com info@reboundoregon.com	Laura Mann	25	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - La Pine 51600 Huntington Rd., Ste. B La Pine, OR 97739	541-536-7443	541-536-7805	www.reboundoregon.com info@reboundoregon.com	Kristi Edgar	6	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Prineville 1590 NE Third St., Ste. B Prineville, OR 97754	541-416-7476	541-416-7478	www.reboundoregon.com info@reboundoregon.com	Justin Hoggarth	9	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - RAC 1717 Northeast Second St. Redmond, OR 97756	541-504-2350	541-504-2354	www.reboundoregon.com info@reboundoregon.com	Nicolette Sapigao,	3	2012	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Redmond 1315 NW Fourth St., Ste. B Redmond, OR 97756	541-504-2350	541-504-2354	www.reboundoregon.com info@reboundoregon.com	Seth Ramsey	17	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - South Bend 61470 S Hwy. 97, Ste. 4 Bend, OR 97702	541-585-1022	541-585-1024	www.reboundoregon.com info@reboundoregon.com	Hailey Foster	4	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Sunriver 56870 Venture Lane, Ste. 103 Sunriver, OR 97707	541-585-3148	541-323-3452	www.reboundoregon.com/ rebound-physical-therapist/sunriver info@reboundoregon.com	Eric Walberg	3	2012	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy @ Boss Sports Performance Center 1305 SE Armour Rd., Ste. 10 Bend, OR 97702	541-797-3136	541-389-4428	www.reboundoregon.com info@reboundoregon.com	Laura Mann	3	2018	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Regency Redmond Rehabilitation & Nursing Center 3025 SW Reservoir Dr. Redmond, OR 97756	541-548-5066	541-923-8652	www.regency-pacific.com/ senior-living/or/redmond	N/A	52	1960	In-house physical & occupational rehabilitation therapy.
Southside Physical Therapy Inc. 364 SE Wilson Ave. Bend, OR 97702	541-388-2681	541-388-9236	www.southsidept.com southsidept@bendbroadband.com	Jonathan Sampson Morag Sampson	5	1992	Personalized one-to-one manual therapy in a supportive environment. Emphasize education & home exercise programs. Treatment of lymphedema by nationally certified lymphedema therapist.
St. Charles Rehabilitation Services 2500 NE Neff Rd. Bend, OR 97701	541-706-7725	541-706-4915	www.stcharleshealthcare.org jmcastile@stcharleshealthcare.org	Jennifer Castile	26	1993	Physical, occupational & speech therapy services. Geriatric rehabilitation, balance deficits & dizziness, neurological rehabilitation (CVA, TBI, SCI, amputees) & pediatric rehabilitation. Other area locations: Outpatient Rehabilitation - Madras, Prineville, Redmond, Physical Therapy - Bend South.
Step & Spine Physical Therapy - Bend 2185 NW Shevlin Park Rd. Bend, OR 97703	541-728-0713	541-728-0715	www.stepandspine.com glenn@stepandspine.com	Barrett Ford	15	2010	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Step & Spine Physical Therapy - Eagle Crest 7555 Falcon Crest Dr. Redmond, OR 97756	541-527-4353	541-527-4354	www.stepandspine.com therapy@stepandspine.com	Barrett Ford	4	2019	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Step & Spine Physical Therapy - Redmond 974 SW Veterans Way Redmond, OR 97756	541-504-5363	541-504-7677	www.stepandspine.com brittany@stepandspine.com	Barrett Ford	24	2010	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Therapeutic Associates Central Oregon - Bend 2200 NE Neff Rd., Ste. 202 Bend, OR 97701	541-388-7738	541-312-0121	www.therapeuticassociates.com/bend bend@taipt.com	Chuck Brockman	20	1982	Orthopedic physical therapy, sports rehab, pediatric physical therapy, hand therapy, variety of exercise programs for the public, cycle fit & running analysis.
Therapeutic Associates Central Oregon - Bend 2 61615 Athletic Club Dr. Bend, OR 97702	541-382-7890	541-382-7498	www.therapeuticassociates.com/ locations/oregon athleticclub@taipt.com	Laura Cooper	9	1991	Orthopedic & sports physical therapy with focus on manual therapy & functional strengthening with specialties in aquatic therapy, therapeutic yoga, golf performance/fitness/rehabilitation, biomechanical bike & running analysis, breathing assessment & women's health.
Therapeutic Associates Central Oregon - Sisters 1011 Desperado Trail, Ste. 201 Sisters, OR 97759	541-549-3574	541-549-1092	www.therapeuticassociates.com/sisters sisters@taiweb.com	Matt Kirchoff	6	2001	Sports rehab physical therapy & a variety of exercise programs to the public. Aquatic therapy, myofascial release, cranio-sacral therapy, ASTYM & post-operative rehabilitation.
Therapeutic Associates Redmond Physical Therapy 413 NW Larch Ave., Ste. 102 Redmond, OR 97756	541-923-7494	541-504-9153	www.therapeuticassociates.com/redmond redmond@taipt.com	Eric Coughlin	5	1999	Our clinic offers board certified orthopedic/sports rehab physical therapy, hand therapy, pain management & work conditioning/ergonomic consulting with fitness exercise prescription for the public.
Therapy Works Physical Therapy 2115 NE Wyatt Ct., Ste. 103 Bend, OR 97701	541-382-2070	541-685-2639	www.therapyworkspt.com derek@therapyworkspt.com	Meg Navish, Derek Hopp	17	1997	Low back pain, sciatica, spinal stenosis, muscle spasms & strains, post-operative therapy, joint strains & sprains, headaches, neck pain/whiplash, rotator cuff dysfunction, frozen shoulder/adhesive capsulitis, overuse injuries/tendonitis, motor vehicle accidents, work injuries, sports rehab & more.
Therapy Works Physical Therapy 330 NE Marshall Ave. Bend, OR 97701	541-383-8179	541-685-2639	www.therapyworkspt.com derek@therapyworkspt.com	Derek Hopp, Meg Navish	17	1997	Low back pain, sciatica, spinal stenosis, muscle spasms & strains, post-operative therapy, joint strains & sprains, headaches, neck pain/whiplash, rotator cuff dysfunction, frozen shoulder/adhesive capsulitis, overuse injuries/tendonitis, motor vehicle accidents, work injuries, sports rehab & more.
Wellspring Structural Integration, PC 131 NW Hawthorne, Ste. 209 Bend, OR 97703	541-382-7123	541-330-0302	N/A	Karen Daniels	1	1997	Structural integration, a holistic therapeutic process of hands on soft tissue work & movement education & onsite ergonomic assessment & training.
Work Capacities, LLC 2275 NE Doctors Dr., Ste. 1 Bend, OR 97701	541-306-6175	541-306-6244	www.workcapacities.com workcapacities@gmail.com	Scott Elms	3	1992	Services physical/work capacity evaluations; ergonomic assessments, fit for duty evaluations, disability evaluations, physical capacity evaluations for vocational purposes.

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



# Athletes & Physical Therapy

by ANDY HERRIOTT, Director of Marketing & Outreach — Rebound Physical Therapy

**Rebound Has Central Oregon's Leading Sports Medicine Therapists**  
Whether you're a professional athlete, a weekend warrior, or someone striving to maintain a healthy lifestyle, incorporating physical therapy into your routine can make a world of difference in your athletic performance and overall well-being.

### Unlocking Your Potential with Personalized Care:

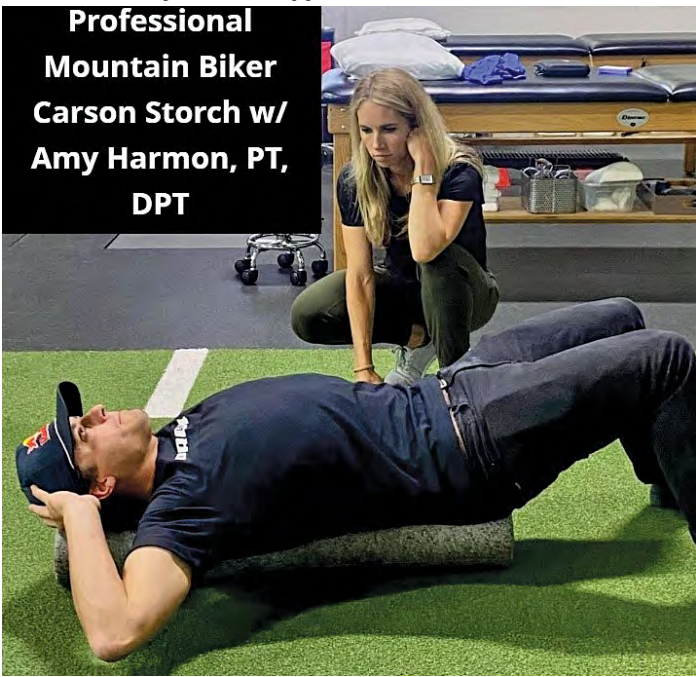
Athletes push their bodies to the limits, and while the rewards are great, so are the risks of injuries. This is where physical therapy shines. Gone are the days when physical therapy was simply about rehabilitation post-injury. Modern sports medicine emphasizes proactive care to prevent injuries, optimize performance, and promote longevity in athletic careers. Physical therapists are trained to assess biomechanics, muscle imbalances, and movement patterns. By conducting thorough evaluations, they identify potential issues before they escalate into full-blown injuries. Whether it's a minor ache, a persistent twinge, or a recurring discomfort, a skilled physical therapist can create a tailored plan to address these concerns and keep you performing at your best.

### The Winning Strategy: Injury Prevention:

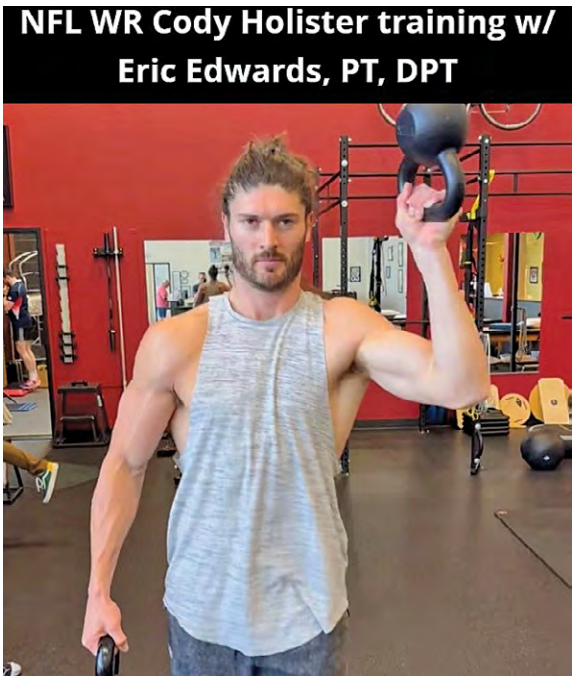
One of the most significant benefits of incorporating physical therapy into your athletic regimen is injury prevention. Physical therapists work closely with athletes to develop strengthening exercises, mobility routines, and stretches that target muscle imbalances, enhance flexibility, and improve overall stability. These efforts contribute to improved body awareness, reducing the risk of overuse injuries, strains, and sprains.

### Recovery and Rehabilitation: Bouncing Back Stronger:

In the unfortunate event of an injury, physical therapy plays a pivotal role in rehabilitation. Physical therapists collaborate with other healthcare professionals to design comprehensive recovery plans. These plans not only focus on healing the injured area but also encompass surrounding muscles and joints to ensure



Professional Mountain Biker Carson Storch w/ Amy Harmon, PT, DPT



NFL WR Cody Holister training w/ Eric Edwards, PT, DPT

PHOTOS | COURTESY OF REBOUND PHYSICAL THERAPY

balanced recovery and minimize the chances of reinjury. Physical therapists employ a variety of techniques, such as manual therapy, therapeutic exercises, and modalities like ultrasound or electrical stimulation. These treatments aid in reducing pain, increasing range of motion, and restoring muscle strength and function.

### Rebound Physical Therapy Athlete Development:

Rebound has been treating athletes of all levels for over 27 years, from professionals to weekend warriors. Our therapists have traveled internationally with the U.S. Ski and Snowboard team, treated many of our local professional athletes, held injury prevention clinics for our local high schoolers and everything in between. We are experts in helping athletes maximize their potential, reduce the chance of injury, and recover from injury. [reboundoregon.com](http://reboundoregon.com)



**rebound**  
physical therapy



**Central Oregon's Leading Sports Med Therapists**

- Olympians
  - Professional Athletes
  - Weekend Warriors
  - High School Athletes
- Strength Training
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# Partners In Care Transitions Team Recognized as Deschutes County “Health Heroes”

by MAUREEN DOOLEY, Communications Director — Partners In Care

The Transitions program team members from Partners In Care were recognized as “2023 Health Heroes” in a ceremony on September 5 at Deschutes County Health Services.

The Partners In Care Transitions team has been transforming lives across Central Oregon since 2004. Five Transitions Coordinators, Bethany Benefield, Laurie Slye, Pam McConnell, Hollie Andrews, and Molly Denton, cover a 10,000 square mile area from Jefferson and Crook County, through Deschutes County and out to Christmas Valley. Transitions is a no cost, resource-based, non-clinical case management program for medically fragile individuals with a limited prognosis, including those who may not qualify for home health or hospice. Anyone can refer to the Transitions program, from the person themselves to medical providers, community members, and family members.

“Being recognized as Public Health Heroes is an incredible honor that took us all by surprise!” said Benefield, transitions team lead. “It’s easy to only focus on the immediate needs of the individuals we serve, so it’s been particularly special to have a reason to take a step back and reflect on the impact we’ve been able to make in our community. We take pride in what we do and are humbled by this acknowledgment of our work.”

Transitions Coordinators help clients and families navigate resources that many are not familiar with; this results in people not ‘falling through the cracks’ or feeling alone. Many are isolated or have minimal support from family. The team works closely with numerous organizations in Deschutes County and across Central Oregon, to include the county health services, social workers, the Department of Veterans Affairs Veteran Service Officers and VA Clinic, the Vet Center, unhoused resources, transportation resources, the Council on Aging and senior centers for Meals on Wheels, and many more organizations that provide a support network throughout the region.

“As a nonprofit organization that has been addressing community needs for over 40 years, Partners In Care has supported medically fragile or seriously

ill individuals through implementation of programs such as Transitions and Palliative Care,” said Greg Hagfors, Partners In Care CEO. “The Transitions Program started nearly twenty years ago and continues to fill a gap in our community. This award is a testament to the commitment of these five team members who go above and beyond every day collaborating with one another to best serve the clients in their care.”

Daily, the team supports approximately 400 people across the tri-counties, touching thousands of lives each year. Transitions Coordinators go wherever the client calls home and assess the situation for what may be needed. That could be a one-time visit to help answer questions and provide referrals to other agencies for support; it could be visits each month for a few years. Enrolling in Transitions can benefit the client and their family, ensuring support is provided as health conditions or living conditions change. Many clients that the Transitions team serves have said “what would I have done without them?” and many families who live miles away have shared how appreciative they were for the regular check-ins and resources for a loved one.

“Past awards have gone to exceptional individuals and organizations that have demonstrated dedication and extraordinary effort to improving Public Health in the region. This year’s nominees were a stellar selection of people and organization, with the difficult choice of recipients from a highly qualified field,” said the Deschutes County Public Health Advisory Board. “This year’s recipients join that group of deserving award winners, including the Individual Award Winner, Brad Porterfield, and the Organization Award Winner, the Partners In Care Transitions Team.”

Because Transitions is a no cost program for those receiving support, Partners In Care can continue this program through generous donations from the community.

partnersbend.org  
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“Being recognized as Public Health Heroes is an incredible honor that took us all by surprise! We take pride in what we do and are humbled by this acknowledgment of our work.”

~Bethany Benefield  
Five Transitions Coordinators

“Past awards have gone to exceptional individuals and organizations that have demonstrated dedication and extraordinary effort to improving Public Health in the region. This year’s nominees were a stellar selection of people and organization, with the difficult choice of recipients from a highly qualified field,” said the Deschutes County Public Health Advisory Board. “This year’s recipients join that group of deserving award winners, including the Individual Award Winner, Brad Porterfield, and the Organization Award Winner, the Partners In Care Transitions Team.”



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# Nurturing Healthcare Work Environments

## Trauma-Informed Design for Staff Retention

by **BRIANA MANFRASS, Associate Principal — Pinnacle Architecture, Inc.**

In the ever-evolving healthcare landscape, one critical challenge continues to command the attention of healthcare administrators and providers: staff retention. The heartbeat of any healthcare facility, from bustling hospitals to rural clinics, is a dedicated workforce. It is no secret that these jobs are both physically and mentally taxing. So, it is vital to develop environments that support staff by preventing secondary traumatic stress and creating sustainable working environments. It's not just the patients who deserve the best care possible — it's also the dedicated professionals who provide it.

We see our clients struggling to recruit and retain staff. Oregon is short 36,000 behavioral health care workers according to the Alcohol and Drug Policy Commission. To assist in recruitment and retention, we provide thoughtful design solutions that consider space for staff and patients equally.

### Ensure Voices Are Heard

The first step to staff retention is ensuring the staff's voices are heard in the design process. Designers typically rely on department heads to provide input, but they may not ask the questions we need. Our team uses various tools tailored to each client to garner feedback from all staff. Examples include employee online surveys, open houses, collaborative meetings, and presentations. Designs benefit from input from as many users as possible, from the janitorial staff to the doctors and nurses. Showing images of different spaces is a way to hear what staff like and don't like. It's our job as designers to show options and help our clients think outside their normal to improve the future space.

Recently, we kicked off a project where we're consolidating mental health services that are currently spread across 5 locations into one building. After touring all the facilities, we met with multiple staff members from each office. Staff in different roles (not just



management) needed to participate to understand specifics and find overlap for space saving. In addition, we met with all front office staff to explore how they'd be working differently under one roof. We talked with all groups about their needs and showed inspirational images for feedback. Many people can't visualize what they need, so we showed multiple individual office layouts from our proprietary prototype planning guideline and talked through how they use their space daily. Our design team then met with the client's leadership team to layer on the organization's long-term plans and goals.

### A Space of Their Own

The breakroom of yesterday was typically leftover space in the center of the building, leading to small, dark spaces. Today, we plan employee spaces with natural light, proven to lessen fatigue and associated headaches, eyestrain, and vision issues. Connecting employees to the outdoors and nature is evidenced to promote well-being. The employee breakroom at Aviva Health Teaching Clinic in Roseburg provides indoor and outdoor space to relax and rejuvenate during breaks. Natural flooring and soft color palettes can calm the occupants.



AVIVA HEALTH TEACHING CLINIC IN ROSEBURG, OREGON | PHOTOS BY SALLY PAINTER

### Leveraging Therapeutic Gardens

A University of Michigan study found more time spent outside near plants can help increase memory retention by up to 20 percent. A garden area for employees to prune, pluck, or water during breaks can relieve stress, promote physical activity and social interactions, and provide fresh vegetables and fruit for the breakroom.

### Flexible Use of Space

Physical activity directly correlates to our well-being. Even ten-minute bursts of exercise can increase alertness and reduce stress and anxiety. Many hospitals and clinics include a physical therapy room in their program. A physical therapy room can double as an employee gym outside of patient hours without adding additional employee-specific space. At Hearts for Health Integrated Clinic in Enterprise, Oregon we included a small room with warm LVT floors that can easily be used for multiple wellness activities based on the staff's input. Ideas included:

- Meditation room with cushions and bean bags
- Yoga studio with mats and other equipment



SPERATION IMAGES - INTERIOR CLIENT - STAFF AREAS

IMAGE BOARD FROM DESIGN MEETING WITH STAFF FEEDBACK ON STICKY NOTES

Continued on Next Page ▶

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Pinnacle Architecture

Continued from previous page

- Workout space with mobile equipment like straps and free weights
- Library with soft seating and bookshelves
- Mother's room



ELGIN FAMILY HEALTH CLINIC IN ELGIN, OREGON | PHOTO BY ALAN BRANDT

Mitigating Secondary Traumatic Stress

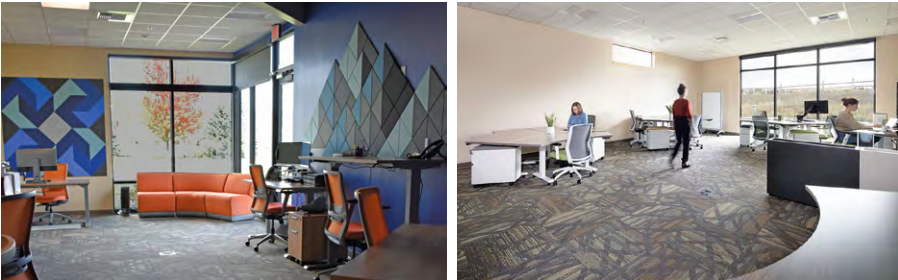
Healthcare staff are prone to experiencing secondary traumatic stress, the emotional duress resulting from hearing about firsthand traumatic experiences of another. Its symptoms mimic post-traumatic stress disorder (National Child Traumatic Stress Network). Pinnacle approaches minimizing secondary stress by designing spaces that support staff and consider the diversity of everyone’s experience — avoiding a design that inadvertently causes emotional and physiological stress. This consideration is essential as we are experiencing staffing shortages, and the facility’s success hinges upon the ability to retain and recruit staff.

With a foundation of trauma-informed design rooted in research, we engage in conversations with staff, patients, executives, and facilities teams to identify shared experiences that dictate the prioritization of trauma-informed design features incorporated into the facility. We consider how the staff approach the exterior of the building and enter the space, how they start their shift, how they use space for quiet work and break time, and their options for exiting the building. Our team incorporates trauma-informed design into healthcare facilities in the following ways:

- Well-lit parking lots, common areas, bathrooms, entrances, and exits
- Signage that is approachable and easily understood by anyone using the space (i.e., including multiple languages, accounting for neurodiversity, and people of varying abilities and disabilities)
- Independent access for staff and patients (providing the ability to enter and exit without crossing paths)
- Wide hallways
- Generous amount of natural light
- Interior and exterior biophilic design (i.e., water features, open spaces and curves, vegetation)

The workspaces for medical and mental health workers at Hearts for Health in Enterprise

Oregon provide a variety of focus spaces. Access to natural light and different seating options allows staff to choose what works well. Comfortable seating, quality acoustics, and relaxing color palettes can help recharge and increase productivity.



HEARTS FOR HEALTH INTEGRATED CARE CENTER IN ENTERPRISE, OREGON | PHOTOS BY CHERYL MCINTOSH

Workspaces Designed Around Staff Workflows

Whether designing a new facility or renovating an existing one, Pinnacle talks with the staff teams to understand how they work — inviting the team to do some creative exploration into how their workspaces can better serve their workflows. In our experience, healthcare teams have difficulty explaining how designers can improve workspaces and instead adapt to the workspaces they have. With a wide array of healthcare spaces and types in our portfolio, we provide examples of other healthcare solutions and flows to help arrive at the best solution for each facility. For example, having a centralized patient check-in versus individual departments has a direct effect on staffing requirements and patient flow. Centralized check-in might alleviate staffing requirements but could create an issue if your facility provides diverse services with different provider groups. It is essential to have these conversations with all levels of staff to glean insight into potential problems and develop solutions in the design.

In the dynamic world of healthcare, where the tireless dedication of the workforce fuels the engine of patient care, the issue of staff retention has taken center stage. As the heartbeat of healthcare facilities, staff deserve environments that safeguard their well-being while they provide compassionate care to patients. The challenge lies in creating spaces that prevent secondary traumatic stress, promote sustainable working conditions, and cater to the diverse needs of each facility. Through our innovative design solutions, we’ve embraced this challenge, bridging the gap between staff and patient spaces, mitigating secondary traumatic stress, and optimizing workspaces based on staff workflows. By merging research-backed principles with the insights of healthcare teams, we have crafted spaces that heal and comfort patients and honor and protect the invaluable professionals who bring healthcare to life. In this era of evolving healthcare demands, supporting staff isn’t just a choice — it’s an imperative for the industry’s resilience and growth.

If you are curious about how you can implement some of these design principles within your facility or want to talk about healthcare design solutions, reach out.

Briana Manfrass is an Evidence-Based Design (EBD) certified professional. She bases decisions about the built environment on credible research to achieve the best possible outcomes. With more than 17 years of experience designing healthcare environments, she thrives on working with her clients to explore unique design ideas and integrate proven design solutions. Briana is a firm owner and actively involved in the Central Oregon community, currently serving on the Bend Development Advisory Board.

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

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Alpine Eyecare 505 SW Mill View Way, Ste. 100 Bend, OR 97702	541-588-2013	541-317-1202	alpineeyecare@bendbroadband.com	Dr. Tom S Thomason	2	2000	Family vision care.
Bend Ophthalmology LLC 2357 NE Connors Ave., Ste. 101 Bend, OR 97701	541-389-3166	541-389-9817	www.bendeyes.com info@bendophthalmology.com	Darcy C. Balcer, Nancy M. Bonetto, Jason W. Dimmig, Scott X. Stevens	18	1976	Comprehensive medical eye care, corneal, glaucoma special- ties, cataract & laser surgery.
Cascade Eyecare 62968 OB Riley Rd., Ste. 11 Bend, OR 97703	541-382-2020	541-382-5004	www.cascadeeyecare.com frontdesk@cascadeeyecare.com	Erin Follen	6	1952	Comprehensive eye examinations, contact lens exams, medical eye care, emergency eye visits, designer eyewear.
Central Oregon Eyecare - Bend 2155 NW Shevlin Park Dr. Bend, OR 97703	541-647-2760	541-647-2763	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care,contact lenses, Lasik & surgery co-management, complete optical, sunglasses, LASIK.
Central Oregon Eyecare - Madras 65 NE Oak St., Ste. 110 Madras, OR 97741	541-475-9999	541-475-4247	www.centraloregoneyecare.com info@centraloregoneyecare.com	Michelle Lima	4	2009	Eye disease detection & treatment, family vision care, contact lenses, Lasik & surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare - Prineville 198 NE Combs Flat Rd., Ste. 120 Prineville, OR 97754	541-447-5133	541-447-6891	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care, contact lenses, Lasik & surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare - Redmond 1000 SW Indian Ave. Redmond, OR 97756	541-548-2488	541-548-5334	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	12	1943	Eye disease detection & treatment, family vision care, contact lenses, LASIK, surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare- Sisters 625 N Arrowleaf Tr., Ste. 103 Sisters, OR 97759	541-549-2105	541-549-2106	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care,contact lenses, Lasik & surgery co-management, complete optical, sunglasses, LASIK.
Coffman Vision Clinic 61535 S Hwy. 97, Ste. 16 Bend, OR 97702	541-389-4774	541-389-3971	www.coffmanvision.com meredith@coffmanvision.com	Howard Schor, Michael A. Coffman	21	1998	Comprehensive vision exams, high fashion frames, newest technology lenses, one hour service, 3-D retinal imaging.
Elemental Eyecare 2736 NW Crossing Dr., Ste. 120 Bend, OR 97703	541-323-3937	541-323-3938	www.elementaleyecare.com info@elementaleyecare.com	Dr. Gabby Marshall, Dr. Amanada Balsalobre	8	2008	Pediatric eye exams & vision therapy. Pediatric eyewear. Vision rehabilitation & sports vision training.
Eyes on Wall St. 822 NW Wall St. Bend, OR 97703	541-382-4756	541-382-4455	eyesonwallstbend.com	Dr. Lorraine M. Winger	4	1999	Professional eye examinations & contact lens fittings. Complete optical services including on-site optical lab. Feature a large selec- tion of quality fashion eyewear & repair.
High Desert Vision Source 443 SW Evergreen Ave. Redmond, OR 97756	541-923-2221	541-923-3776	www.visionsource-highdeserteyecare. com/ hdvs@bendbroadband.com	Dr. Audrey H. Brumley, Dr. Gretchen I. Chadwick, Dr. Kilah S. Atkinson	11	1983	Complete comprehensive eye care, including contact lenses, primary eye care, optical services, laser & surgery co-manage- ment, children's vision & comprehensive eye exams.
InFocus Eye Care 2450 NE Mary Rose Pl., Ste. 110 Bend, OR 97701	541-318-8388	541-318-7145	www.infocus-eyecare.com info@infocus-eyecare.com	Tona Buck	30	1998	Specializing in cataract & eyelid surgery, LASIK refractive surgery & more. Ophthalmologists: Ida Alul, MD; Patricia Buehler, MD; Meryl Sundy, MD. Optometrists: Winter Lewis, OD; Elizabeth Potvin, OD.
Integrated Eyecare 336 SW Cyber Dr., Ste. 100 Bend, OR 97702	541-382-5701	541-382-5702	www.iebend.com info@iebend.com	Dr. Lindsey Slinger, Dr. Kit Carmiencke, Dr. Kirsten C. Scott	15	1935	Enhancing the quality of your vision today, while protecting the health of your eyes for tomorrow.
Lifetime Vision Care LLC 901 NW Carlon Ave., Ste. 2 Bend, OR 97703	541-382-3242	541-317-3579	www.lvcbend.com info@lvcbend.com	Dr. Brock Karben, Dr. Derri Sandberg, Dr. Matt Sisson	13	1995	General lifetime optometry care.

Continued on Page 24 ►



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# At MyMD, 'It's About Connecting with People & Developing Relationships'

by **ANDREA HINE** — CBN Feature Writer

**D**r. Richard Mac Donell knew he wanted to be a doctor, "and help people, since I was seven years old. I've always been fascinated by the complexity of the human body and how it works." The youngest of ten children, he "learned how to be independent" early on, and rather than follow a traditional academic path to reach his goal, decided to major in philosophy, convinced that "knowing how other people think would help me relate to them, and be a better doctor."

Again defying the norm during his time at Georgetown Medical School, and his residency in Internal Medicine at the University of Washington affiliate in Spokane, Washington, Mac Donell worked at free clinics in Washington, D.C., and volunteered with a medical team for two summers in the Dominican Republic. "I believe that real-life experience outside of the academic ivory tower leads people to be better physicians," he said.

Mac Donell subsequently returned to his home state of California in 1998, and went into private practice as an internist, but — seeking a slower pace, work-life balance, and the opportunity to make more meaningful connections with patients — moved to Bend in 2001, and set up MyMD — one of the city's first concierge medical practices — in 2006.

Explaining his motivation to "start over," Mac Donell said that "the question I asked myself was 'how can I help people without the time to listen and learn what makes them tick?' The traditional model is analogous to a factory assembly line, with doctors trained in rapid-fire servicing of patients to make the machine more efficient. The idea of helping people is getting swallowed up, with the result that consumers are too often being short-changed."

"I didn't want to lose sight of what got me into the medical field in the first place," Mac Donell continued. "It breaks down to what I felt when deciding to become a doctor as a young boy — curiosity and wonderment about the world around us. It's about connecting with people and developing relationships — which is much more than what's on their medical charts."

Concierge medicine, Mac Donell emphasized, "is all about providing customized care to patients. At MyMD, this includes minimal office wait time, 24/7 telephone access, and same- or next-day scheduling. And in a return to 'old-fashioned' values, I even make house calls in certain instances. Our private, small size allows me to devote more attention and time to the health care needs of my patients — who range in age from their 20s to their 90s. And it also allows me to have breathing space."

As an internist, unlike a general practitioner, Dr. Mac Donell treats patients 18 years and older throughout their lifetime. Often referred to as a family doctor, "I don't deliver babies or treat children, or perform surgery," he said. "I do perform cardiac risk assessment, exercise stress testing, pulmonary function testing, and dermatology procedures, as well as deliver preventative health advice, and coordinate patient care among specialists." MyMD also offers first-, second-, and third-class physicals for



Dr. Darcy Wynn



DR. RICHARD MAC DONELL, SHOWN WITH HIS FAMILY, SET UP MYMD — ONE OF BEND'S FIRST CONCIERGE MEDICAL PRACTICES — IN 2006 | PHOTO COURTESY OF DR. RICHARD MAC DONELL

FAA Flight Certification.

"Concierge medicine, with its focus on giving more time to fewer patients, enables me to do my best work," Mac Donell said. "And the patients we serve — some of whom have been with me for 20 years — support this priority with their memberships. Admittedly, discretionary income is required, but the irony is that people can have an abundance of discretionary income and still not receive timely care through traditional channels."

For example, Mac Donell noted that "although we have great medical care in this community, a common lament is the amount of time it takes to schedule an appointment. At MyMD, I'm here for you, and will adapt to your schedule — not the other way around. I really feel that should be the heart of the doctor-patient relationship."

In addition to Dr. Mac Donell, patients at MyMD Personal Medicine have the option of seeing Dr. Darcy Wynn, who is board certified in Family Medicine, and was drawn to the concierge approach because it allows patients "to see a doctor when you actually need to see one, and spend more collaborative time together."

"Incredibly excited" to join MyMD, Dr. Wynn believes that treating "each patient as a whole and complex individual — which includes not only physical well-being but also mental, emotional and lifestyle factors — results in the best care." Drs. Mac Donell and Wynn offer a combined 34 years of clinical practice.

In line with his career trajectory, Dr. Mac Donell again veers from the conventional to express a dynamic that he has found germane: "Patients don't give a damn about what you know, until they know that you give a damn."

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▶ CONTINUED FROM PAGE 22

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

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

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# School-Based Health Centers

## A Vital Tool for Supporting Healthy Youth

by **EMILY BOYNTON, Senior Development Officer — Mosaic Community Health**

As a community, what can we do to support the health and well-being of our young people? Proven, vital tools in this effort are School-Based Health Centers (SBHC). SBHCs are located within schools or on school grounds and provide a full range of physical, behavioral and preventative health services. Care is offered in easily accessible, youth-friendly environments, regardless of ability to pay or insurance status. Reducing barriers to care such as cost, transportation and concerns about confidentiality provides youth in our community with an equal opportunity to learn, grow and thrive.

“School-Based Health Centers play a vital role in our schools and communities,” said Tamarra Harris, pediatric clinic manager at Mosaic. “They reduce barriers to accessing quality care, including providing easier access for families, which reduces absenteeism and time away from work.”

Last year 90 percent of youth seeking services at SBHCs in Oregon were able to get an appointment immediately for the care they needed. Three-quarters of those youth were unlikely to have received care that day without a SBHC. Improving access to affordable, quality primary care and mental health services for school-aged youth is one of the primary goals of SBHCs, according to the Oregon Health Authority.

Other SBHC goals include:

- Providing patient-centered care for all students, regardless of insurance status
- Reducing costs related to unnecessary hospital stays and use of emergency rooms
- Improving education outcomes — because healthy kids learn better
- Saving parents time by reducing hours of missed work to transport children to appointments

Utilizing unique public-private partnerships, SBHCs have been operating in the state of Oregon since 1986. There are currently 85 certified SBHCs across Oregon — Mosaic and our school district and county health partners operate six of those in Central Oregon, including at Bend High, Mountain View High, Madras High, Redmond High, Lynch Elementary and Crook Kids in Prineville. La Pine Community Health Center operates one SBHC in La Pine. “Through our strong partnerships and community support we are able to provide full service, youth-focused care in a youth-friendly space where our students and families live, work and play,” said Harris.



MOSAIC PEDIATRICIAN DR. JASMINE LOW CONNECTS WITH TWO OF HER YOUNG PATIENTS DURING A VISIT | PHOTO COURTESY OF MOSAIC COMMUNITY HEALTH

In addition to medical and behavioral health care, providers at Mosaic SBHCs emphasize prevention, early intervention, risk reduction and the development of healthy habits with their young patients. Mosaic SBHCs are open to anyone from birth through age 18, patients do not need to be a student at the school where the SBHC is located.

Mosaic is currently raising funds to support Redmond SBHCs, located at Redmond High and Lynch Elementary. These two SBHCs currently serve nearly 1,500 youth annually. Three-quarters of these patients are from low-income households, and many are uninsured or “under-insured” with minimal medical coverage and high deductibles. 17 patients who received care at Redmond SBHCs in the last year are houseless. The care provided at SBHCs is vital for these youth and their families, and we are asking for your support to ensure a healthy future for our community.

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Audiologists *(Listed Alphabetically)*

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

Cosmetic Surgery *(Listed Alphabetically)*

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



# Hawthorn Healing Arts Offers a 'Full Array of Modalities That Few Clinics Can Provide'

by **ANDREA HINE** — CBN Feature Writer

"Health, vitality and recovering from illness is a multi-faceted and sometimes complex process," said Dr. Joshua Phillips, ND, who, after years of practice, saw that "often patients were compelled to go from doctor to doctor to have different professionals pay attention to different facets of their health/illness story."

"Under this system, patients and doctors alike were not able to comprehensively address the whole body," he continued. "It became clear that offering a greater collaboration and synergy between healthcare providers would provide a more effective environment for healthcare, and a better model for treating patients."

Guided by that vision, Dr. Phillips and his wife Chelsea, Lac, both graduates of the renowned National University of Natural Medicine in Portland, left their independent practice in Bend to establish Hawthorn Healing Arts in 2011.

"As a collaborative practice of likeminded healthcare providers from different disciplines, we're able to offer a wide array of healing arts that complement, support and enhance each other," said Dr. Phillips. "Yet while each provider has their own niche," added Chelsea Phillips, "we interact with each other, and often work on cases together. It's nice to have other professionals to back you up — I feel supported as a practitioner. And patients benefit as well, for they have a team working on their health care."

"We offer a full array of modalities that few clinics can provide," Dr. Phillips said. "These include naturopathic medicine for children, adults, and families as well as holistic counseling, acupuncture and Chinese medicine, massage therapy and bodywork, along with some specialized regenerative treatments like IV nutrition, peptide therapies, prolotherapy joint injections, and hyperbaric oxygen therapy. In addition, we'll be adding a chiropractor in the next few months — a growth edge for us that fits really well."

However, the couple cautioned, "We understand that the body's wellbeing and vitality — whether in the area of family medicine, pediatric care, chronic infections, or environmental medicine — are deeply connected to the mind and spirit. At Hawthorn Healing Arts, we're able to address mental and emotional concerns along with physical and physiologic issues as part of the healing process."

For example, said Dr. Phillips, "post-concussion syndrome may include a whole list of symptoms such as headaches, dizziness, and problems with concentration and memory that can be treated with nutritional and lifestyle interventions, along with a series of hyperbaric oxygen treatments. In some cases, the trauma from these events calls for the support of a trauma-informed counselor as well, such as the one we have on our staff."

Another modality, acupuncture, "not only treats pain, but also mental and emotional issues," Chelsea Phillips clarified. "And intestinal and GI disorders can benefit from naturopathic advice like exercising more, practicing stress-management techniques, and incorporating certain herbs into the diet. The list goes on and on."

In addition to providing a collaborative team of practitioners, Hawthorn Healing Arts offers a range of educational and inspirational programs for the general public, families and children, and professionals. "That's one of the areas of our clinic that I'm really passionate about," said Dr. Phillips,



DR. JOSHUA PHILLIPS AND HIS WIFE CHELSEA ESTABLISHED HAWTHORN HEALING ARTS TO PROVIDE A COLLABORATIVE TEAM OF PRACTITIONERS | PHOTO COURTESY OF ANDREA HINE

"and has played an integral role in the business taking on a life and energy of its own, and becoming a hub of health and wellness for the community."

"To truly help our patients find harmony and well-being of body, mind and spirit, we believe in educating and inspiring individuals to take care of themselves," summed up Chelsea Phillips, "We want to empower people to trust their own instincts, and to bring this awareness into their daily lives."

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Assisted Living Facilities *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Units	Fees	Services
Absolute Serenity Senior Care 182 & 192 E Tall Fir Ct Sisters, OR 97759	541-848-3194	541-549-1726	absoluteserenity.info absoluteserenity@ymail.com	David & Leah Tolle	8	2009	N/A	N/A	Provision of care in a home atmosphere & promotion of independence with activities of daily living.
Aspen Ridge Memory Care Community 1025 NE Purcell Blvd. Bend, OR 97701	541-385-8500	541-312-6674	www.aspenridgememorycare.com administrator@aspenridgememorycare.com	Simeon	32	1999	42	Upon Request	Meeting the needs of residents & families dealing with dementia & Alzheimers.
Aspen Ridge Retirement Community 1010 NE Purcell Blvd. Bend, OR 97701	541-385-8500	541-330-6687	www.aspenridgeretirement.com marketing@aspenridgeretirement.com	Angela Doms	55	1999	167	Upon Request	Independent retirement living, assisted living & specialized Alzheimers/ memory care with the ability to transition from one to the other as needed.
Bend Transitional Care 900 NE 27th St. Bend, OR 97701	541-382-0479	541-389-7054	www.bendtransitionalcare.com	Ron Odermott	75	1954	49	Upon Request	Primary focus on skilled nursing care & long-term care.
Brookdale Bend 1099 Watt Way Bend, OR 97701	541-210-8802	541-389-1163	www.brookdaleliving.com candace.nonnemacher@brookdale.com	Candace Nonnemacher	35	2000	46	Upon Request	Unique building design with specialized life enrichment program to enhance quality of life for the memory impaired.
Brookside Place 3550 SW Canal Blvd. Redmond, OR 97756	541-504-1600	541-504-1602	www.brooksideplace.net director@brooksideplace.net	Charles Davenport	24	1995	37	Upon Request	On-site beauty salon, whirlpool, activities room, all one level, library, dining room, one indoor, secure courtyard.
Cascades of Bend Assisted Living 1801 NE Lotus Dr. Bend, OR 97701	541-389-0046	N/A	www.cascadesofbend.com	Jamie Maul	70	1981	121	Upon Request	Onsite & in-home care agency & assisted living.
Central Oregon Adult Foster Care 1532 NW Jackpine Ave. Redmond, OR 97756	541-548-6631	541-548-5519	www.care.com/b/1/central-oregon-adult-foster-care-llc Carlene.irini@gmail.com	Carlene Kitchin	3	2009	5	Call for asses-ment	Adult foster & senior care.
Fox Hollow Independent & Assisted Living 2599 NE Studio Rd. Bend, OR 97701	541-383-2030	541-383-4979	www.foxhollowbend.com	Martha Orozco-Thompson	70	2006	71	Upon Request	Full service assisted & independent living.
Juniper Springs 590 NW 23rd St. Redmond, OR 97756	541-632-6423	N/A	www.juniperspringssl.com sayhello@juniperspringssl.com	Andrea Fitzgerald	0	2017	N/A	N/A	N/A
Pilot Butte Rehabilitation 1876 NE Hwy. 20 Bend, OR 97701	541-382-5531	541-317-5573	www.regency-pacific.com/senior-living/or/bend/pilot-butte	Jenna Corbly	45	0	42	Upon Request	Physical, Occupational & Speech therapies. Skilled nursing care. Recovery from surgery, joint replacement, strokes & fractures.
Prairie House Assisted Living & Memory Care Community 51485 Morson St. La Pine, OR 97739	541-536-8559	541-536-1373	www.prairiehousealf.com director@prairiehousealf.com	Love Pearson	44	1999	61	Upon Request	Assisted Living & Memory care units.
Prestige Senior Living High Desert 2660 NE Mary Rose Pl. Bend, OR 97701	541-312-2003	541-312-2011	www.prestigecare.com/location/prestige-se-nior-living-hig highdeserted@prestigecare.com	James McNama	50	2003	68	Upon Request	Full service assisted living.
Regency Care of Central Oregon 119 SE Wilson Ave. Bend, OR 97701	541-382-7161	541-383-7662	www.cascadeviewnursing.com	Jonathan Stark	45	1969	47	Upon Request	Intermediate care, re-spite service, Medicaid certified, 24-hr. nursing care, laundry service, 20-bed Alzheimer care unit.
Regency Prineville Rehabilitation & Nursing Center 950 NE Elm St. Prineville, OR 97754	541-447-7667	541-447-6685	www.regency-pacific.com/senior-living/or/prineville/regen	Aaron Marson	45	0	36	Avail	Skilled Nursing Facility. Respite Care
Regency Village at Bend 127 SE Wilson Ave. Bend, OR 97702	541-317-3544	541-330-0121	www.regency-pacific.com/senior-living/or/bend/regency-vil manager@thesummital.com	Rebecca Hankey	44	1999	65	Upon Request	Three home-made meals daily & snacks. All utilities except telephone & basic cable. Weekly housekeep-ing. Complementary laundry facilities. 24-hour staff. Scheduled transportation.
Regency Village at Prineville 830 NE Elm St. Prineville, OR 97754	541-416-3600	541-416-9293	www.regency-pacific.com/senior-living/or/prineville/regen	Michael Sheldon	21	1999	47	Upon Request	Assisted living.
Regency Village at Redmond 3000 SW 32nd St. Redmond, OR 97756	541-923-5452	541-923-0280	www.regency-pacific.com/senior-living/or/redmond/regency- manager@heightsal.com	Jerry Thomas	26	1995	45	Upon Request	Assisted living.
Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702	888-231-1113	541-383-3434	www.touchmarkBend.com SDN@Touchmark.com	Scott Neil	200	2007	83	Rental, resi-dency deposit.	Full assisted living/ 24 hr staff/ 2 restau-rants/ housekeeping/ transportation/ on-site amenities/ licensed memory care/ Partners in Care on site; Awbrey Dental on site/ two full service salons
Whispering Winds 2920 NE Connors Ave. Bend, OR 97701	541-312-9690	541-312-1450	www.whisperingwinds.info info@whisperingwinds.info	Angela Vanderpool	50	2003	N/A	N/A	Full service inde-pendent retirement community.

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Retirement Communities *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Number of Home Sites	Price	Fees	Services
East Cascade Retirement Community, LLC 175 NE 16th St. Madras, OR 97741	541-475-2273	541-475-4230	www.seniorhousinginvestments.net eastcascade@srhousingmgmt.com	John Wakeman	80	2009	2	Varies based on services provided.	Varies based on services provided.	Skilled nursing, memory care, assisted living & independent living.
Stone Lodge Retirement 1460 NE 27th Bend, OR 97701	541-318-0450	541-317-9119	www.stonelodgeretirement.com kimberely.blackwell@holidaytouch.com	Jeff Putnam	24	1999	114	\$2,000 & up	N/A	Studio, 1 & 2 bedroom, all utilities except phone, housekeeping, panic button, kitchenette, scheduled trips, TV lounge, billiard room. 3 chef-cooked meals a day. Full activities schedule. Transportation provided. Hospital & medical facilities next door within walking distance. Forum Shopping Center close by. Holiday Travel program included.
Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702	541-383-1414	541-383-3434	www.touchmarkBend.com SDN@touchmark.com	Scott Neil	200	2001	284	\$250,000-\$600,000+	Rental, residency deposit.	Full assisted living/ 24 hr staff/ 2 restaurants/ housekeeping/ transportation/ on-site amenities/ licensed memory care/ Partners in Care on site; Awbrey Dental on site/ two full service salons
Touchmark at Pilot Butte 1125 NE Watt Way Bend, OR 97701	541-238-6101	N/A	touchmark.com/senior-living/or/bend	Customer Service	50	2019	136	Varies	Varies	55+ all-inclusive resort-style living.
Vintage at Bend 611 NE Bellevue Drive Ste. 500 Bend, OR 97701	541-617-3985	541-617-5025	www.vintagehousing.com	N/A	2	2005	106	\$665-\$794	\$35.00 tenant screening fee.	Commuting location, on-site hair salon, on-site laundry, exercise facility, billiard room & library/ computer room. On-site massage & activity & social areas.
Whispering Winds 2920 NE Connors Ave. Bend, OR 97701	541-312-9690	541-312-1450	www.whisperingwinds.info	Carrie Kasch	50	2003	116	\$2,350-\$4,650 rent	N/A	Studio, 1 & 2 bedroom apartments, full-service dining, weekly housekeeping & linen, utilities, library, activities on & off-site, transportation services, spa room, fitness center, patio/ balcony on each apartment, technology center, beauty/barber shop, private dining room, putting green, gated parking & private garages.

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

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Chiropractors *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Balance Chiropractic, PC 477 NE Revere Ave. Bend, OR 97702	541-383-5156	N/A	www.jimneilson.com	N/A	2	1995	Gentle treatments, spinal massage, applied kinesiology, a balanced approach to better health.
Bemis Chiropractic Clinic 124 NW Second St. Prineville, OR 97754	541-447-1043	541-447-1784	www.bemischiropractic.net	Dr. Jill Bemis, Dr. James Bemis	3	1999	Chiropractic services. Specializing in integrated health care.
Bend We Care Chiropractic Center 932 NE Ninth St. Bend, OR 97701	541-382-8125	541-382-8127	www.bendwecare.com bendwecarechiropracticcenter@gmail.com	Christian K. Schuster	2	1982	Specific spinal reconstructive care, sports injuries & athletic performance enhancement.
Bend Whole Health Family Chiropractic 354 NE Norton Ave., Ste. 100 Bend, OR 97701	541-389-1191	541-389-1972	www.bendwholehealth.com mgr@bendwholehealth.com	Dr. Daniel Bourque	7	1995	Soft tissue & manual therapies, activator adjusting, nutritional counseling, automobile injuries, massage therapy, weight loss.
BodyWise Chiropractic 707 SW Ninth St. Redmond, OR 97756	541-548-5089	541-504-5353	www.redmondchiro.com bodywisedc@gmail.com	Dr. Michael Wise, Dr. Laura Gardiner	7	1990	Featuring Graston technique, massage & manual manipulation.
Butler Chiropractic 537 SW Seventh St. PO Box 2294 Redmond, OR 97756	541-548-0125	541-548-0323	www.activator.com butlerdc@uci.net	Dr. David C. Butler	2	1991	Non-force chiropractic care utilizing activator methods technique, soft tissue work, nutritional support & low level laser therapy. Practices in Bend on Thursdays.
Cascade Chiropractic Center 477 NE Greenwood Ave. Bend, OR 97701	541-382-8866	541-323-2949	www.bend-oregon-chiropractor.com cascadechiro@gmail.com	Jim I. Wilkens	4	1981	Sports physician-certified utilizing numerous adjusting techniques & physiotherapy for spinal & extremity conditions.
Chiropractic Associates 117 NW Larch Ave. Redmond, OR 97756	541-548-4014	541-548-0544	chiropractic.associates Clinic@Chiropractic.Associates	Dr. Michael Thille, Dr. Rodney Cross	6	1986	Manual medicine including varied adjusting techniques, physiotherapy modalities, exercise prescription & massage therapy.
Elk Ridge Chiropractic & Wellness Center 424 NE Franklin Ave. Bend, OR 97701	541-388-3588	541-388-0839	www.thebendchiropractor.com elkridgechiropractic@gmail.com	Dr. Natasha Ruegsegger	9	1986	Personal injury, gentle chiropractic services, lifestyle nutrition, sports medicine & veterinary orthopedic.
Falling Waters Injury & Health Management 55 NW Wall St., Ste.100 Bend, OR 97703	541-389-4321	541-389-4420	www.fallingwaterscenter.com amanda@fallingwatersbend.com	Amanda Guy	40	2007	Specializing in auto injuries, work comp injuries, aquatic therapy, sports, post surgical & functional & strength rehabilitation of the back, neck, shoulder & knee. Also chiropractic, physical therapy, massage & nutritional counseling.
Freedom Wellness Center 2940 NW Terra Meadow Dr. Bend, OR 97703	541-389-0263	541-389-0676	drpamcobbs@yahoo.com	Dr. Pam Cobbs, Dr. Jeff Cobbs	7	2005	Chiropractic care, cranial chiropractic, massage therapy, nutrition, wellness talks & wellness coaching.
Hanes Chiropractic Wellness Center 446 NW Third St., Ste. 200 Prineville, OR 97754	541-447-7230	541-447-5775	www.center4wellness.com	Coby L. Hanes	4	1995	Complete Chiropractic Wellness Center including; gentle chiropractic adjustments, mechanical flexion/distraction for disc problems, cold wave laser, massage therapy, nutritional & herbal medicine, discounted labs, Allergy treatment & Detox.
HealthSource of Redmond 605 NW Sixth St. Redmond, OR 97756	541-548-4086	N/A	www.healthsourcechiro.com/redmond/#gref	Eric B. Hayden	3	1991	Chiropractic care, manual medicine, physical therapy, exercise & rehab.
High Desert Chiropractic Clinic 1551 NE Fourth St. Bend, OR 97701	541-389-9373	541-388-0650	www.highdesertchiro.com hdchiro@gmail.com	Dr. Brandi Kuhn, Dr. Joshua Kuhn	8	1994	Holistic healthcare for the whole family, certified chiropractic sports physician, nutritional, exercise & massage therapy.
Madras Chiropractic Clinic 28 NE 12th St. Madras, OR 97741	541-475-6171	541-475-6172	www.mullinsmadraschiropractic.com mmm4ecc@yahoo.com	Dr. Mark M. Mullins	1	1978	Manual manipulation of the spine & extremities, physical therapy equipment, massage therapy, x-ray facilities & specializing in chiropractic orthopedics.
McCleery Chiropractic Health Centre PC 61573 Orion Dr. Bend, OR 97702	541-389-7103	N/A	www.drmmcleery.com mccleeryoffice@bendtel.net	Dr. Daniel McCleery	2	1977	Care for many types of conditions, scoliosis screening & care, auto accident cases, computerized insurance billing, treat patients of all ages, workers compensation & private insurance.
Michael D Tobey, DC 141 NW Greenwood, Ste. 101 Bend, OR 97703	541-383-2185	541-388-2606	www.drtobey.com	Dr. Michael D. Tobey	5	1991	Chiropractic. Spinal adjustments. Find it, fix it, leave it alone.
NorthWest Crossing Chiropractic & Health Center 628 NW York Dr., Ste. 104 Bend, OR 97703	541-388-2429	541-388-2439	www.nwxhealth.com nwxhealth@gmail.com	Erica Staehle	4	2003	Chiropractic Care: Jordan T. Doi MS, DC, CCSP, Theresa Rubadue-Doi DC, CCSP, Erica Staehle MS, DC. Acupuncture: Steven A. Foster-Wexler L.Ac. Massage: Cinda Strauch LMT. Naturopath: Laura Staver ND.
Pangea Chiropractic 409 NE Greenwood Ave., Ste. 120 Bend, OR 97702	541-728-0954	541-728-0956	pangeachiropractic.com info@pangeachiropractic.com	Dr. Andrew Torchio, Dr. Ashely Campbell	5	2013	Specializing in corrective chiropractic care with an emphasis on pediatric & pregnancy care with a mission to help families achieve their true innate health potential.
Redmond Wellness & Chiropractic 1655 SW Highland Ave., Ste. 6 Redmond, OR 97756	541-923-2019	855-279-8333	www.redmondwellness.com rwc.clinic@gmail.com	Katie Burford, Adam Mazzaferro	5	1999	Hands-on spinal manipulation & other chiropractic techniques. Therapeutic massage. Softwave regenerative therapy.
Ries & McClain Chiropractic Center 711 NE Irving Ave. Bend, OR 97701	541-388-0496	N/A	N/A	Dr. McClain	3	1981	Family chiropractic care. Treatment is a non-force adjustment using an instrument (activator) that gives a quick thrust to the vertebrae.
Slater Chiropractic 240 NW Claypool St. Prineville, OR 97754	541-447-6627	541-447-6193	www.slaterchiropractic.com chris@slaterchiropractic.com	Paul J. Slater	12	1996	General chiropractic services.
Snow Creek Chiropractic & Natural Health Center 152 N Larch St. PO Box 1896 Sisters, OR 97759	541-549-0624	541-549-3565	drpivot@outlawnet.com	Irv Givot	1	1992	Light force adjustment, laser-assisted kinesiology, bio-cranial therapy, supplements, herbs & botanical remedies, treatment of chronic disease & herbal & nutritional therapy.
Sport + Spine 347 NE Kearney Ave. Bend, OR 97701	541-383-4585	541-383-9092	www.sportandspinebend.com info@sportandspinebend.com	Dr. Bradley Pfeiffer	5	1999	Specializing in treatment of automobile accident & on the job injuries, preferred provider for most insurance, corporate health workshops/lectures.
Teicheira Chiropractic 198 SE Third St. Bend, OR 97702	541-383-3101	541-383-3101	www.teicheirachiropractic.com teichdc@gmail.com	Dr.Todd Teicheira, Dr. Christine Teicheira	2	1991	Chiropractic health care, certified animal chiropractor, Diplomat Gonstead Specific technique.
Three Sisters Chiropractic Clinic 270 S Spruce St. Sisters, OR 97759	541-549-3583	Same as phone	www.threesisterschiropractic.com threesisterschiropractic@gmail.com	Dr. Inice Gough	1	1991	Gentle techniques, pain relief, physical therapy & rehab.

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



# Central Oregon Healthcare Industry

Continued from page 1

poverty line: \$20,120 a year for a single person or \$41,400 a year for a family of four. A temporary waiver was approved to maintain coverage of people and families who make 138 percent to 200 percent of the federal poverty line, but the long term coverage of this group is still up in the air.

Needless to say, Oregon's healthcare industry has been tumultuous. In the words of Mark Hallett, MD, senior vice president and chief clinical officer for St. Charles Health Systems, "Healthcare is in a dynamic time."

Hallett continued, stating that "Many health systems are struggling post-pandemic. However, some have been able to come out stronger. We've taken action to reduce cost and adjust contracts to increase revenue."

Hallett said that these tactics have helped St. Charles in this post-pandemic era, putting the health system's finances "in the black." However, while Hallett is grateful for the recent financial success, he recognizes that many other health systems across the state and country are not as fortunate.

"In other parts of Oregon and the US, rural health and critical access hospitals are financially struggling and risking closure," Hallett said.

Continuing, Hallett pointed out that many areas struggling to maintain access to healthcare are areas that have already struggled in this arena; areas that used to just have limited access are now at a high risk of losing all access.

This issue of losing access to healthcare is made worse by staffing and financial issues. According to Hallett, these two issues are the biggest that the healthcare industry is facing.

"The biggest two challenges are staffing issues and the overall revenue model," Hallett said. "Reimbursement is not meeting rising inflation and the cost of living. In Oregon, there's been an effort to limit increased cost on the populace while simultaneously addressing rising costs."

The rising cost of operating a health system like St. Charles, which has 4,436 employees and operates in a 32,000-square-mile region in Central and Eastern Oregon, comes at a rough time. Hallett said that this year has been a particularly busy one, with demand "at its highest ever."

Aside from staffing and financial issues, this increased demand is a result of an aging population. Bend has been a popular spot for retirees for decades now, and with a population growing as quickly as ours, it makes sense that our community has many senior citizens who need care from the St. Charles.

To address this increased demand, St. Charles has recently come up with some programs aimed at increasing the number of CNAs, or Certified Nursing Assistants, in the region. According to St. Charles, the health system was experiencing a massive shortage of this specific position back in 2020 when only 30-40 percent of these positions were regularly filled.

A partnership established between St. Charles and Central Oregon Community College aims to fix this. Since 2020, this partnership and the resulting CNA training has trained 165 CNAs who were able to get hands-on experience at St. Charles while completing the program.

Julie Downing, instructional dean overseeing Allied Health programs at COCC, stated, "With our nationally certified curriculums, established clinical partnerships, and experienced local faculty, COCC was able to quickly deploy an accelerated, on-site cohort model specifically for St. Charles."

Because of the success of this partnership, St. Charles started a similar program for medical assistants in 2022, and is in the early stages of developing a similar program with COCC for pharmacy technicians. In addition, St. Charles is working on a residency program in Madras, partnering with other healthcare organizations to train family physicians for rural and underserved communities.

While COVID-19 made many existing issues in the industry worse, it also pointed out many advantages that the industry had, including some creative and innovative new solutions to access issues.

"COVID pushed the industry to evolve and utilize things like virtual visits, along with other ways of interacting and providing care digitally," Hallett said. "Healthcare is still a service administered by humans and that's not changing, but certain factors like COVID and staffing shortages have pushed the industry to seek creative solutions."

Continuing, he said, "COVID proved that virtual care can be successful in many ways. We utilized digital care in our hospitals and it drove the innovation that led to virtual visits. Like many other big challenges, it showed the teamwork and resiliency of a wide variety of community resources. Things like mass vaccine clinics and drive through testing showed us that the ability to work with community partners can make a huge difference."

Another factor affecting workforce burnout and staffing shortages is the issue of public trust in the healthcare system. Hallett spoke about the tough transition, from having healthcare workers praised as heroes and essential workers, to seeing a sharp increase in combative behavior, distrust in mainstream treatments and overall mistrust in healthcare workers. Hallett said that this issue of trust has definitely exacerbated existing staffing issues and burnout.

There's another issue on the minds of Central Oregonians; the potential decision for some healthcare providers, including St. Charles, to cease their participation



PHOTOS | COURTESY OF ST. CHARLES HEALTH SYSTEMS

with Medicare Advantage plans, including those from Humana, PacificSource, HealthNet and WellCare.

St. Charles stated in a press release that the decision to evaluate the health system's participation in Medicare Advantage plans comes after "years of concerns piled up not just at St. Charles, but at health systems throughout the country," citing concerns related to patient care, access and affordability.

The press release continued, stating, "Should St. Charles no longer be considered 'in-network' with these Medicare Advantage plans, patients who are currently on these plans may need to choose another insurance plan to avoid changes in insurance coverage or payment responsibilities."

Hallett was quoted in the press release, stating, "We strongly encourage anyone currently on a Medicare Advantage plan living in Central Oregon to review their health insurance coverage during open enrollment this fall and consider making a change to traditional Medicare."

Despite a rough few years for the Central Oregon healthcare industry, Hallett is optimistic about the future, and sees the last year as a turning point for St. Charles.

"We're moving forward in a spirit of supporting our people and delivering results," he said. "It's a huge positive that we're now financially stable because now we can reinvest in our people. We recognize the responsibility of being the only referral center east of the Cascades, and we're ready to take on that responsibility for our community and our region."

Hallett closed out the interview by stating how proud he is of the St. Charles workforce, and the care that they have provided the community; stating that he and the entire workforce follow the "care for all" motto carried by St. Charles.

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Dentists *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Alpine Dental 2078 NE Professional Ct. Bend, OR 97701	541-382-2281	541-382-1610	www.alpinedentalbend.com	Branden R. Ferguson Taylor M. Bybee	7	1998	General dentistry.
Awbrey Dental Group 965 SW Emkay Dr., Ste. 100 Bend, OR 97702	541-383-0754	541-383-8128	www.awbreydental.com hello@awbreydental.com	Dr. John Luke Covalt, Dr. Mark Builder, Dr. Peter Yonan, Dr. Christopher Primley	22	1994	General dentistry, implants & cosmetic dentistry.
Bend Dental Group 901 NW Carlon Ave., Ste. 1 Bend, OR 97703	541-389-1884	541-330-1461	www.benddentalgroup.com smile@benddentalgroup.com	Dr. Tyler Schultze, Dr. Katherine Stahrr, Dr. Jeff Johnson	14	2003	General dentistry.
Bend Family Dentistry 660 NE Third St., Ste. 3 Bend, OR 97701	541-389-1880	541-389-1114	www.bendfamilydentistry.com marcie@bendfamilydentistry.com	Marcie Willman	40	1994	General dentistry, specializing in cosmetic dentistry, Invisalign, IV Sedation, TMJ treatment, Sleep Apnea (Vivos) & dental implants.
Bluefish Dental & Orthodontics 2565 NE Butler Market Rd. Bend, OR 97701	541-317-1887	N/A	www.bluefishdental.com info@bluefishdental.com	Dr. Donna Quinby, Dr. Catherine Quas	20	2004	Pediatric dentistry & orthodontics.
Bluefish Dental & Orthodontics - Redmond 1429 SW 15th Redmond, OR 97756	541-923-1300	541-504-1325	www.bluefishdental.com info@bluefishdental.com	Dr. Catherine Quas, Dr. Donna Quinby	20	2005	Pediatric dentistry & orthodontics.
Brandon Turley, DMD 708 W Antler Ave. Redmond, OR 97756	541-548-5105	541-548-5746	www.dentistsredmondor.com turleydmd@yahoo.com	Dr. Brandon Turley	5	2013	General & family dentistry.
Brian G. Kallus 16440 Third St. La Pine, OR 97739	541-536-2175	541-536-1206	N/A	Dr. Brian G. Kallus	3	1975	General & preventative dentistry.
Caldera Dental Group 2727 SW 17th Pl. Redmond, OR 97756	541-548-3896	541-548-1859	www.calderadentalgroup.com info@calderadentalgroup.com	Christopher Primley	11	1995	General dentistry.
Cascade Endodontic Group 1590 NE Williamson Blvd. Bend, OR 97701	541-388-1500	541-388-6995	www.cascadeendodontics.com	Dr. Daniel Bitner, Dr. Patricia Paparcuri	6	2013	Endodontics.
Cascadia Family Dental 361 NE Franklin Ave., Bldg. D Bend, OR 97701	541-382-5678	541-382-5678	dentistinbendoregon.com stevenetimmdmd@bendbroadband.com	Dr. Jared Adams	7	1978	General dentistry.
Central Oregon Dental Center 1563 NW Newport Ave. Bend, OR 97703	541-389-0300	541-330-9753	www.centraloregondentalcenter.net codental@bendbroadband.com	Michael R. Hall	5	1999	General dentistry.
Central Oregon Perio, PC 1569 SW Nancy Way, Ste. 3 Bend, OR 97702	541-382-5080	541-317-0355	www.centraloregonperio.com gumdoc@centraloregonperio.com	Dr. Nicholas W. Mischia	5	1992	Periodontist.
Contemporary Family Dentistry 1016 NW Newport Ave. Bend, OR 97701	541-389-1107	541-317-5958	www.contemporaryfamilydentistry.com	Jessica A. Henderson	6	1985	General dentistry, TMJ & sleep appliances to general & cosmetic dentistry.
Deschutes Dental Center 159 SW Shevlin Hixon Dr. Bend, OR 97702	541-317-1300	541-317-1351	www.freemansmiles.com	Dr. Phillippe Freeman	6	2001	General dentistry with specialty in cosmetics.
Deschutes Pediatric Dentistry 400 SW Bond St., Ste. 100 Bend, OR 97702	541-389-3073	541-389-9642	www.deschuteskids.com info@deschuteskids.com	Steve Christensen, Stephanie Christensen, Ashley Swan, Edward Christensen	11	2005	Pediatric dentistry.
Everson, Greg DMD, PC 491 E Main St. PO Box 10 Sisters, OR 97759	541-549-2011	541-549-4787	dr.everson@bendbroadband.com	Dr. Greg Everson	6	1986	General & family dentistry.
Gilmore Dental 834 SW 11th St., Ste. 2 Redmond, OR 97756	541-504-5707	541-504-0415	www.gilmoredental.com info@gilmoredental.com	Amy Remick	9	2007	General dentistry.
Greenwood Dental Care 906 NE Greenwood Ave., Ste. 1 Bend, OR 97701	541-382-4848	541-617-9530	www.greenwooddentalcare.com info@greenwooddentalcare.com	Dr. Ken M. Shirtcliff	7	1999	General dentistry.
Greg M. Lee, DMD PC 515 NE Fourth St., Ste. H Bend, OR 97701	541-382-0414	541-382-9469	www.gregmlee.com	Dr Greg M. Lee	3	2006	General & family dentistry.
Highland Family Dental 1332 SW Highland Ave., Ste. 1 Redmond, OR 97756	541-504-3322	541-504-4346	www.highlandfamilydmd.com jparsley2@gmail.com	Dr. Tony Parsley	12	2010	General dentistry including: root canal therapy, cosmetic procedures, extractions & dentures.
James V. Bachman DMD 535 NE Greenwood Ave. Bend, OR 97701	541-388-0777	541-388-5140	www.jbachmandental.com	Dr. James V. Bachman	7	1994	General dentistry.
Jay Gronemyer, DMD 1553 NW Canal Blvd., Ste. 101 Redmond, OR 97756	541-923-2880	541-923-2881	jaygronemyerdmd.com	Dr. Jay Gronemyer	5	2012	General dentistry, cosmetic dentistry.
Juniper Dental 461 NE Greenwood Ave. Ste C Bend, OR 97701	541-318-1564	541-318-5229	www.juniperdental.com frontdesk@juniperdental.com	Dr. Chad Stephenson	5	2008	General dentistry.
Krueger & Lenox Oral & Maxillofacial Surgery 1475 SW Chandler Ave., Ste. 101 Bend, OR 97702	541-617-3993	541-617-0030	www.drkeithkrueger.com info@kruegerlenox.com	Dr. Keith E. Krueger Dr. Nathan Lenox	11	2000	Oral & maxillofacial surgery.
Krueger & Lenox Oral & Maxillofacial Surgery - Eastside Office 1475 NE Williamson Blvd. Bend, OR 97701	541-382-1053	N/A	www.drkeithkrueger.com	Keith E. Krueger, Nathan Lenox	10	1997	Oral & Maxillofacial Surgery
Krueger & Lenox Oral & Maxillofacial Surgery- Westside Office 1475 SW Chandler Ave., Ste. 101 Bend, OR 97701	541-617-3993	541-617-0030	www.drkeithkrueger.com	Keith E. Krueger, Nathan Lenox	10	1997	Oral & maxillofacial surgery
La Pine Dental 51384 Hwy. 97 La Pine, OR 97739	541-536-2110	541-536-2093	www.lapine-dental.com whitneyleifarra.lapinedental@gmail.com	Stephen W. Allen	9	1981	General dentistry.
Lisa Adams General Dentistry 155 SW Century Dr., Ste. 102 Bend, OR 97702	541-382-7708	541-382-1139	ladamsdmd@bendbroadband.com	Lisa A. Adams	5	2000	General dentistry.



Dentists *(Listed Alphabetically)*

▶ CONTINUED FROM PAGE 32

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Masters of Dentistry 628 NW York Dr., Ste. 101 Bend, OR 97701	541-389-2300	541-389-2301	www.mastersofdentistry.net laura@mastersofdentistry.net	Dr. Tad Hodgert	4	1974	General & implant dentistry.
Nordstrom, Marc A. DMD, PC 108 NW Newport Ave. Bend, OR 97703	541-382-0823	541-385-8665	nordstrom@bendcable.com	Dr. Marc Nordstrom	22	1970	General dentistry.
Oak Street Dental 376 NE Oak St. Madras, OR 97741	541-475-6156	541-475-6157	osd@bendbroadband.com	Dr. Adam Zangrillo	4	2005	General dentistry.
Optimal Orthodontics 710 SW Highland Ave. Redmond, OR 97756	541-923-7432	541-550-1820	www.optimalorthodontics.com	Dr. Scot Burgess	6	1995	Orthodontics for children & adults.
Pilot Butte Dental 1909 NE Neff Rd. Bend, OR 97701	541-382-3523	541-382-8129	www.pilotbuttedental.com pilotbuttedental@yahoo.com	Dr. John Wiley	5	2000	General dentistry.
PNW Dental 499 SW Upper Terrace Dr., Ste. B Bend, OR 97702	541-323-3930	541-323-3929	dentist-bend.com info@dentist-bend.com	Lindsay Bradbury	5	2015	Cosmetic smile makeover & general dentistry, implants, crowns, emergencies, orthodontics, sedation dentistry.
Ponderosa Dental Center 2088 NE Williamson Ct. Bend, OR 97701	541-640-5234	541-382-1217	www.ponderosadentalcenter.com info@ponderosadentalcenter.com	Joshua Prentice	8	2017	General dentistry.
Prineville Dental 601 NW Third St. Prineville, OR 97754	541-447-4888	541-447-4686	www.prinevilledental.com wkmccclure@hotmail.com	Dr. Paul Fairbanks	5	1980	General dentistry.
PureCare Dental 80 NE Bend River Mall Dr., Ste. 105 Bend, OR 97703	541-647-5555	541-647-5554	www.purecaredental.com info@purecaredental.com	Dr. Emily Richard, Dr. Eric M. Cadwell	18	2010	Family dentistry - adults & children, cosmetic dentistry, smile makeovers, porcelain veneers, implants, wisdom tooth extractions, orthodontics & teeth whitening.
Redmond Dental Group 1765 SW Parkway Dr. Redmond, OR 97756	541-548-8175	541-548-7025	www.redmonddentalgroup.com	Dr. Dane Smith, Dr. Max Higbee	19	1971	General dentistry.
River Park Family Dentistry 155 SW Shelvin Hixon Dr. Bend, OR 97702	541-382-0392	541-383-7170	www.riverparkfamilydentistry.com	Dr. Ben Grieb	9	2004	Family & cosmetic dentistry.
Rockpoint Dental 2300 SW Glacier Place Redmond, OR 97756	541-923-4577	541-923-8677	www.rockpointdental.com frontdesk@rockpointdental.com	Dr. Chad Stephenson	5	2002	General dentistry.
Rosenzweig Orthodontics - Bend 502 NE Fourth St. Bend, OR 97701	541-382-6822	541-382-1263	www.centraloregonortho.com str8bite@bendcable.com	Dr. Brian J. Rosenzweig	9	1975	Orthodontics.
Rosenzweig Orthodontics - Redmond 646 Rimrock Way Redmond, OR 97756	541-382-6822	N/A	www.centraloregonortho.com str8bite@bendcable.com	Dr. Brian J. Rosenzweig	9	1975	Orthodontics
Select Care Dental 774 SW Rimrock Way Redmond, OR 97756	541-923-7633	541-923-8733	www.selectcaredental.com office.selectcare@gmail.com	Jared R. Anderson, Mark T. Nuttall	16	1996	General dentistry, cosmetic dentistry & implants.
Shevlin Dental Center 910 SW Simpson Ave. Bend, OR 97702	541-382-8575	541-382-8681	www.shevlindental.com info@shevlindental.com	Dr. David Cauble, Dr. Christopher Huff	12	1971	General dentistry.
Skyline Dental 2137 NE Fourth St. Bend, OR 97701	541-389-4807	541-385-6883	www.skylinedentalbend.com info@skylinedentalbend.com	Dr. Maureen Porter, Dr. Mehdi Salari, Dr. Zack Porter, Dr. Natalie Buckley, Dr. Thomas Bordieri	28	1976	General dentistry.
Studio Nine 30 930 SW Yates Dr. Bend, OR 97702	541-317-9381	541-317-5038	www.studionine30.com smile@studionine30.com	Dr. Matthew B. Engel	4	1994	State of the art restorative, cosmetic & preventative dentistry.
The Brace Place, Central Oregon Orthodontic Specialists 2357 NE Connors Ave., Ste. 201 Bend, OR 97701	541-382-0410	541-389-0161	www.centraloregonbraceplace.com BracePlace@CentralOregonBracePlace.com	Dr. David Kang, Dr. Neil Wiater	13	1985	Orthodontics, Invisalign preferred provider, complimentary consultations, free custom mouthguards year-round to all Central Oregon athletes.
Timm Family Dentistry 375 NE Emerson Ave. Bend, OR 97701	541-382-1991	541-330-9095	www.timmfamilydentistry.com info@timmfamilydentistry.com	Dr. Jeffrey Timm, Dr. Andrew Timm, Dr. Ryan Timm	14	1981	General dentistry.
Todd A. Schock, DMD, MD 1893 NE Neff Rd. Bend, OR 97701	541-382-7981	541-389-6953	www.drshock.com osurgery@bendbroadband.com	Dr. Todd A. Schock	8	2001	Oral & maxillofacial surgery.
West River Dental 701 NW Arizona Ave., Ste. 100 Bend, OR 97703	541-317-5732	541-388-9248	westriverdentist.com westriverdental02@yahoo.com	Dr. Dennis Holly	4	1999	General family dentistry.
Zooka! Super Tooth Care for Kids 1245 SE Third St., Ste. A-1 Bend, OR 97702	541-318-5688	541-322-5581	www.zookadental.com teamzooka@zookadental.com	Dr. Rex Gibson	11	2000	Specialized care for infants, children & young adults & special needs: emphasis on prevention & education.

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

Not listed?

Call 541-388-5665 & get your company on a list!



# How to Find the Balance Between Student Loans & Retirement Savings

by **STU MALAKOFF, CPFA, CDFA, CRPC, CFP, President, Certified Financial Planner — Bend Wealth Advisors**

Student loan interest accruals resumed September 1 and payments will be due in October for the first time in three-and-a-half years. According to a new survey from Credit Karma<sup>1</sup>, 56 percent of borrowers will have to choose between paying their loan or necessities like rent and groceries when the pandemic forbearance ends.

Student loan payments can greatly affect your finances, whether you took the loan(s) out yourself or co-signed for someone else. I recently had a conversation with a colleague preparing for student loan repayments to restart. Here's my perspective on some questions that you might be asking as well.



emergency liquidity.

One possibility, if you have sufficient equity in your home, is to get a (HELOC) Home Equity Line of Credit. That can make it more comfortable to have less of a liquidity reserve. Now, I'm not suggesting that you borrow on the HELOC. But pretend for a moment that your target is to have a \$50k cash reserve, and you'll have to dip into it by \$500/month to pay your student loans. If you have a HELOC in place, you can have confidence knowing that while your liquid cash is going down, you have access to the equity in your home as a safety net. Tapping your cash reserves should be temporary, though; make sure to take steps to adjust your spending and use your next raise to rebuild savings back to the \$50k target (used for this hypothetical).

Ultimately, loans are an obligation and creating a plan to pay them off will help protect your future financial freedom. Here are my five important points:

1. Evaluate if you're eligible for loan forgiveness.
2. Find the right repayment plan for you.
3. Prioritize your retirement contributions.
4. Make sure you have other sources of emergency liquidity.
5. Cut back on discretionary spending.

The best advice will be tailored to your unique personal financial situation. Having a personalized plan can help you make smart financial decisions with confidence. If you're wondering how a financial plan could help you reach your goals, let's talk.

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Sources:  
<sup>1</sup>Credit Karma  
<sup>2</sup>Studentaid.gov  
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# When Smoke Clears: Lessons from Bedrock & Lookout Fires for a Guaranteed Retirement Income

Navigating the Hazy Realities of Unpredictable Times, Both in Nature & Finances

by DAVID ROSELL — Rosell Wealth Management

Life has a knack for tossing us curveballs, whether in the form of roaring wildfires or economic downturns. Let's compare the Bedrock and Lookout fires to the eerily similar journey of securing a steady retirement income. So, grab your marshmallows (for toasting or stress-eating), and let's explore how.



PHOTO | COURTESY OF ROSELL WEALTH MANAGEMENT

**Nature's Pyrotechnics vs. Retirement Rollercoaster**

These flames showed us Mother Nature's unpredictable, smoky side — she's got a sense of humor too, it seems. But wait a minute, isn't this smoky spectacle reminiscent of our financial lives? When we think we've got it all under control, a sudden market downturn strikes like a sudden gust of wind on Elk Lake. Boom! Our retirement funds go up in smoke, leaving us with that familiar taste of uncertainty in the air. It's like trying to plan an outdoor concert at Hayden Homes Amphitheater without knowing if the skies will be clear or clogged with smoke — talk about stage fright!

**Clear Skies and Clear Plans**

We all love the crisp, clear Central Oregon skies that September historically provides as it opens possibilities for outdoor adventures, picnics, and live music under the stars. But just as we can't always predict the weather, we can't predict the stock market's behavior. That's where the idea of guaranteed retirement income comes into play — the financial equivalent of ensuring that your outdoor event happens rain or shine.

Imagine a retirement where your essential expenses are covered, no matter what economic storm clouds roll in. You might call it the "clear skies retirement plan." Just as we hope for clear skies during a concert, we hope for financial stability during retirement.

**Sympathy for the Smoky Times**

Facing the uncertainty of a smoky atmosphere during the many fires surrounding our community is no joke. It's been affecting our daily lives, health, and outdoor plans. It's a parallel journey to those nerve-wracking moments when retirement funds take a hit during a financial crisis. It's hard to laugh when your plans are clouded with doubt. Let's look at one of the strategies I incorporate to remove doubt and provide peace of mind for my retired clients.

If you ever took a Psychology 101 course in school, you probably learned about Dr. Abraham Maslow, a renowned American psychologist best known for creating Maslow's Hierarchy of Needs. His hierarchy is displayed in the shape of a mountain. The base of the mountain is made up of the most basic needs, which consist of food, water, sleep, and warmth. Once these lower-level needs have been met, you can move on to the next level, eventually advancing to the more complex needs towards the summit. As you progress from the base towards the peak, the need for personal esteem and feelings of accomplishment take priority. The zenith is where the need for *self-actualization* occurs. This is when you reach a state of harmony and understanding because you are engaged in achieving your full potential. This level explores your morality and spirituality. What does this have to do with your financial planning? I have borrowed Dr. Maslow's Hierarchy of Needs to help you create your personalized financial hierarchy and find solutions for the ideal approach to turn your retirement accounts into an income stream. Today, we'll focus on just the necessary or core expenses in retirement.

**The Base of the Mountain: Core Expenses**

Maslow shared that one's needs are predetermined in order of importance. The more advanced needs only come into focus once the lower needs are met. As you prepare for your retirement, the most critical level of your financial mountain is the base, which I refer to as your CORE EXPENSES. All retirees face these required expenditures — the costs that cannot be avoided. They include food, clothing, housing, transportation, taxes, insurance, and health care. Considering the detrimental effects of past recessions and the fact that we average a recession every 8.8 years<sup>1</sup>, I believe it is necessary to have a guaranteed income stream for life to cover these essential expenses.

How can you best accomplish this? Social Security is undoubtedly a good start, but for most people, this will only cover a portion of their core expenses. For example, suppose a newly retired couple has annual core expenses of \$100,000. They receive annual Social Security payments of \$35,000, guaranteeing 35 percent

of these expenses, and they are fortunate to receive a yearly pension of \$30,000. Between Social Security and pension, \$65,000 or 65 percent of their \$100,000 of core expenses is guaranteed, leaving \$35,000 that is not protected.

One may want to consider ataking a portion of your retirement portfolio and investing it in whatever investment strategy will provide them with a guaranteed annual income of \$35,000 using the least amount of funds. These investments may include municipal bonds, a laddered bond portfolio, or today's modern-day variable annuity. It has been highly satisfying for me to observe clients' peace of mind knowing their essential expenses are covered for life, no matter what happens to the stock or real estate markets in the future.

In a world where economic fires can rage unexpectedly, having a steady income stream that covers your necessary expenses in retirement becomes a soothing balm for your financial anxieties. When the markets perform their fiery dance, your retirement lifestyle doesn't have to be the one to suffer the burn.

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### NIGHTLY BUSINESS PATROLS

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Michael Sipe, President  
CrossPointe, Inc.

## How to Increase the Value & Marketability of Your Business

Take Advantage of Our Free Online Business Analysis  
and Get an Assessment of the Marketability  
of Your Business Based on Eight Key Value Drivers

As a mergers and acquisitions advisor for 31 years, I've evaluated over 5,000 companies and provided advisory services on hundreds of transactions worth about a half-billion dollars. I've learned what makes a business sellable, and how to position a business so you get the best deal when it's time to sell. Eight key factors make that possible.

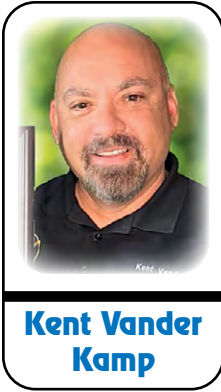
To see how these factors influence the value of your business, call or send an email and request our free, confidential, no-obligation 10x Value Catalyst Assessment. Or simply go to the business growth link below.



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**Sergeant Kent Vander Kamp** of the **Central Oregon Drug Enforcement Team** and the **Deschutes County Sheriff's Office** was recently recognized for his exceptional dedication to law enforcement leadership by earning the esteemed FBI-LEEDA Trilogy Award in a ceremony hosted by the Rocky Mount (North Carolina) Police Department.

The FBI Law Enforcement Executive Development Association (FBI-LEEDA) is a nonprofit organization that provides law enforcement agencies with advanced leadership training and professional development. The Trilogy Award is a distinction awarded to law enforcement leaders who complete three specialized courses on enhancing leadership skills, ethics, and community engagement.

FBI-LEEDA Trilogy Award requires students to maintain an unwavering dedication to enhancing executive leadership skills and professional growth. This prestigious recognition is achieved through completing three advanced law enforcement leadership training courses that equip participants with the knowledge, tools, and strategies necessary to excel as law enforcement leaders.

Sgt. Vander Kamp started his career 19 years ago as a Search and Rescue volunteer medic and pilot at the Deschutes County Sheriff's Office. He was hired as a Seasonal Special Services Reserve Deputy in 2006 and then as a Patrol Deputy in 2008. After serving in various special assignments, he was promoted to Sergeant in 2017 and Detective Sergeant in 2019.

Sgt. Vander Kamp currently leads the Central Oregon Drug Enforcement Team (CODE) as a Detective Sergeant, a multi-agency and multi-jurisdictional HIDTA drug enforcement task force. In addition to CODE, Sgt. Vander Kamp also leads a statewide non-profit drug diversion and education program raising awareness and educating youth and adults to prevent substance misuse and impaired driving and promote mental health and wellness.

**STEELE Associates Architects** announced that **Virginia Bailey** has earned her Oregon Architect's License and has been promoted from designer to architect at the firm.

Bailey graduated Magna Cum Laude from the University of Oregon in 2019 with a bachelor's degree in architecture and a minor in both Interiors and French. In addition to her architecture licensure she is also a Certified Passive House Consultant.

Bailey is currently working with STEELE Team Members on a public agency campus, Montessori schools, a daycare and a sustainable CLT financial building.



**J Bar J Youth Services** announces the appointment of **Jonathan Baker** as their new development director.

Baker has dedicated his professional life to helping those in need of extra support. Growing up in the Midwest and earning his bachelor of science degree from The Ohio State University, the value of connecting with others was instilled from a very early age. In his professional life, Baker's work has spanned from taking individuals with physical disabilities on outdoor adventures to supporting students with learning differences in completing a college education. Baker's experience working with students and directing therapeutic programs gave him a wealth of tools in approaching challenge and possibility with a creative mindset. Baker has served on governmental boards, behavioral healthcare committees, and was instrumental in helping to create an accreditation system for Outdoor Behavioral Healthcare Programs.

Baker has spent the past six years doing marketing and business development for a company who serves students with intellectual challenges. Through this experience, he further developed his ability to form relationships based on honesty and trust.

Baker calls Central Oregon home after being here for 17 years. His free time is devoted to his wife and children and what's left is spent mountain biking.

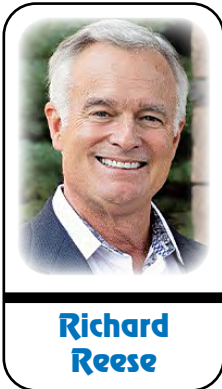
The Learning Center at J Bar J also announces the appointment of **Keith Riggs** as its new academic director. In this role, Riggs will lead the center's efforts to provide quality education and support to youth enrolled in the private alternative school program. The Learning Center offers a comprehensive curriculum, including a diploma track and GED preparation and testing, with a focus on increasing grade levels and re-engaging students in the learning process.

Riggs brings a wealth of experience and a profound passion for education to his

new role. Inspired by his parents' commitment to public service, Keith has dedicated his career to shaping the minds of young learners. He holds a bachelor of science in education from the University of West Georgia, with a concentration in mathematics and science. His educational journey began in 2013 at Arnall Middle School in Newnan, Georgia, where he embarked on his mission to make a positive impact on students' lives.

At The Learning Center, Riggs aims to foster a supportive learning environment that empowers students to achieve their full potential. He firmly believes in the transformative power of education and is committed to guiding the center's students towards becoming future leaders. His dedication to academic excellence and his genuine enthusiasm for helping others make him a valuable addition to The Learning Center's leadership team.

As academic director, Riggs will play a pivotal role in shaping the future of The Learning Center and contributing to the success of its students. His expertise and dedication align perfectly with the center's mission to empower youth through education, ensuring they have the tools they need to succeed in their academic and personal endeavors.



**Compass Commercial Construction Services** welcomes **Richard Reese** to the Construction Services team as the vice president of Construction Services. Reese officially assumed his role on August 1 to oversee the office management and field construction teams. The substantial growth of Compass Commercial Construction Services has amplified the company's administrative responsibilities.

Reese boasts an impressive career spanning over 35 years in commercial construction development and management. He most recently served as the vice president of construction for a company in the Portland market, where he was instrumental in growing the annual gross sales from \$60 million to \$250 million. Before this, Reese was a vice president of development for the International Wyndham Vacation Ownership group. Reese

has an impressive track record of successfully leading various development projects, including building mixed-use multifamily projects totaling 3,671 units valued at \$2.1 billion, constructing over 1,500 single-family homes, and converting hotels into mixed-use multifamily projects.

Reese's leadership and expertise positions Compass Commercial Construction Services to adeptly navigate the evolving demands of Central Oregon's construction industry. We look forward to the transformative impact he will have on the company.

The **SriPonya Collective** welcomes **John Charles** (JC) to the team as CEO. JC will take the reins of the organization next month. He will draw on his direct experiences on the frontlines of many of the issues facing this country and use this firsthand knowledge to build out youth programs aimed at substance use prevention and motivating young people and adults.

JC has firsthand experience with the professional sports industry, poverty, gun and gang violence, homelessness, and losing his father in the AIDS/heroin epidemic. He grew up in a lower class neighborhood in East Palo Alto, back when it was considered the most dangerous city in the United States. JC was 18 when his father died from AIDS contracted from heroin use.

JC knew that excelling at football was a vehicle to a better life so he dedicated himself to this craft. He was an All American Quarterback and a Portland State Football Hall of Fame Inductee as quarterback (2018). He went on to play professional football with the Atlanta Falcons and lead highly regarded national football camps in Portland and Vancouver.

In the early 1990s, JC experienced homelessness in and around Portland for eight months after getting taken by a scam that targeted him as a former NFL player. He maintained his level of fitness and got off the streets by signing with the San Jose SaberCats, a professional arena football team.

Inspired by his father, JC later went on to serve troubled youth. Despite never being incarcerated himself, JC worked with incarcerated youth for over ten years. In 2010, JC stepped away from the prison system to focus on using athletics as a positive influence in the lives of youth. He founded his own football academy, called The Air One Football Academy.

After living in the Portland/Vancouver area for over 20 years, JC first went to Prineville to visit one of his academy's athletes in 2019. He immediately felt at home in the rural town.

After relocating, JC took on the Internship Coordinator position with the Economic Development for Central Oregon (EDCO). Due to the COVID-19 pandemic, he was led to work as a treatment aid specialist at RimRock Trails. There, he worked with youth struggling from substance use disorder and other mental illnesses.

Living in Central Oregon hasn't been without its challenges, and JC hopes to help the youth of rural Oregon navigate the same situations with grace.

JC joined SriPonya Collective as a Board member and launched SriPonya's Youth Program in Warm Springs, which was tremendously successful. By taking on his new role as CEO of SriPonya, JC is confident that his work will continue to positively influence people's lives.

JC plans to expand the programming he launched last winter in Warm Springs to offer sports camps and other group events to more BIPOC youth and teens. He also plans to launch a youth sports agility program and internship program for historically marginalized youth and teens in Crook County. Finally, JC plans to share his motivational speaking with youth to promote overcoming adversity, cultivating positive habits, and practicing gratitude as a way of living.

In addition to his role as CEO, JC serves on several public service committees throughout the Northwest. These include the Prineville Budget Committee and serving as an associate board member with the CLEAR Alliance team, which is an organization focused on preventing substance misuse by youth and adults. He served as a board member with The Fathers Group in Bend and Kiwanis International in Prineville, but stepped down to focus on SriPonya. A lifelong entrepreneur, JC also started John-John's Barbecue Sauce during the slowdown in 2020. It is now sold in 20 stores in the Pacific Northwest and shipped nationwide.

Other notable accolades include a bachelor's of science degree in psychology from Portland State University and an associates of art degree in psychology from Foothill



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Junior College. He was inducted into the Portland State Football Hall of Fame as Quarterback in 2018; played for Atlanta Falcons as a Free Agent Quarterback in 1993, played for San Jose Sabercats as Quarterback in 1996 and won the regional Jefferson Award Recipient for Public Service in 1993.

The Humane Society of Central Oregon (HSCO) announces the appointment of **Donna Mills** as its interim executive director. With her background spanning more than two decades in nonprofit leadership, including her recent tenure as the executive director for the Central Oregon Health Council, Mills is poised to lead HSCO with continued growth and community impact.

Mills' extensive experience as a nonprofit executive director and chief financial officer brings a blend of strategic insight and operational expertise to the role. Her proven track record in organizational management and community engagement makes her a valuable addition to the HSCO team.

In her previous position, Mills served as the executive director for the Central Oregon Health Council, where she advanced healthcare initiatives and developed partnerships within the community. Now, she is eager to bring her passion for making a difference in animal welfare.

During her tenure as interim executive director, Mills will collaborate closely with the board of directors to assess organizational needs and lay the groundwork for the selection of a permanent executive director. Her strategic insights and dedication to the HSCO mission are expected to contribute significantly to the organization's ongoing success.



Donna Mills



Kathryn Brown

Congratulations to **Kathryn Brown**, COCC program manager for Early Child Care. She's been chosen as one of two Oregon award recipients for the prestigious "40 under 40 Trailblazers" recognition by America's SBDC. America's SBDC 40 Under 40 awards spotlight the extraordinary contributions of individuals under 40 in the Small Business Development Center (SBDC) Network who have significantly impacted their local networks and the broader business landscape.

Brown leads the Early Child Care Business Accelerator programs in partnership with NeighborImpact Child Care Resources. The programs provide grant funding and business support to cultivate thriving and financially stable child care businesses, encompassing both home-based and commercial centers.

VF Law announces that **Gregory V. Goebel** has joined the firm's Estate Planning Practice in its Oregon office. VF Law is committed to expanding its team and services to ensure high-quality results backed by a talented and dedicated group of legal professionals. Goebel will assist clients in end-of-life planning, estate administration, protective proceedings, and business transactions.

Goebel is dedicated to connecting with his clients and implementing strategic plans to meet their goals. Before joining VF Law, he worked as an estate planning attorney at an Oregon-based boutique law firm. He has extensive experience creating estate planning documents on estates subject to the Oregon estate tax, producing pleadings, accountings, and reports for probate and guardianship/conservatorship cases. He also advises clients on business-related matters when engaging in end-of-life planning. Goebel also serves as an Army Captain and Judge Advocate for the Oregon National Guard Joint Domestic Operations Center.

Community-focused, Goebel serves on the Albany Boys & Girls Club Board of Directors. He earned his J.D. from the University of Oregon School of Law and his B.A. from Washington State University.



Gregory V. Goebel

The **Bend Park and Recreation Foundation** (BPRD) announces three new members to its board of directors: **Molly Cogswell-Kelley**, **Aleta Nissen** and **Hollina Wadsworth**.

Cogswell-Kelley moved to Bend in 1997 with her husband, Shawn and dog Louie and worked as the domestic violence woman's advocate at the Central Oregon Battering and Rape Alliance. Next, she worked as an event director and membership coordinator with the Redmond Chamber of Commerce and then at Mt. Bachelor Sports Education Foundation (MBSEF) from 2005-2022. She was the race director for the Pole Pedal Paddle, Cascade Cycling Classic, Thrilla Cyclocross Series as well as the director for the Ski Swap and the Snowball.

Currently, Cogswell-Kelley is involved with a new nonprofit road cycling program with retired professional cyclist, Chris Horner, which they introduced to the community via the Bend Summer Weekly Criterium Series to connect potential members to the program. She spends her spare time in her garden, watching women's soccer matches on TV with her 15-year-old daughter and husband, exercising, volunteering, baking and making playlists.

Nissen has lived in Bend since 1993 when she and her husband founded Wanderlust Tours. They operated Wanderlust for 30 years until recently retiring and handing it off to long-time and beloved employees. Nissen began volunteering at Juniper Swim and Fitness in 2009 and participated on the visioning committee for a new recreation center that would eventually become the Larkspur Community Center where she volunteers in retirement. She is a part-time fitness instructor with BPRD.

Nissen has always enjoyed sports and fitness and has pursued her interests in running, volleyball, softball, weight lifting and outdoor recreation. She has a degree in communications from the University of Wisconsin-LaCrosse. Nissen is also a voiceover artist, and she serves on the Tower Theatre Board of Directors. She lives in Bend with her husband Dave, daughter Annika and Zeus, their tiny-but-mighty bearded terrier.

Raised in Joseph, Oregon, Wadsworth enjoys exploring the mountains, kayaking, traveling and leading with kindness. She volunteers as a council member on the Central Oregon Estate Planning Council and has a special place in her heart for Big Brother Big Sister of Central Oregon where she has had a ten-year relationship with her little sister from the program. In the summertime you will often find her at a lake with her husband and two dogs, Dora and Lola.

Wadsworth is a certified financial planner for Morgan Stanley Wealth Management, which means she has extensive education and knowledge in the key areas of financial planning, from retirement and efficient investment planning to insurance, estate planning strategies, education funding and more. She has a master's degree in personal financial planning as well as a bachelor's degree in business administration from Oregon State University.

**Tango** has announced that respected and accomplished fintech executive **Denise Leonhard** has joined the company's board of directors.

Leonhard brings a wealth of experience to Tango's board, having served as former chief commercial officer and GM at Venmo, head of global credit expansion and strategy at PayPal and vice president at American Express. She joins Tango as the company strengthens its global leadership in its space and continues its technology first innovation.

Tango has long been a pioneer in integrated and digital rewards and incentives and is seeing increased interest in its products and platforms globally across a variety of reward, incentive, and payout use cases. With digital and mobile payment adoption accelerating across nearly every industry, Leonhard's background at American Express, PayPal and Venmo make her an ideal fit for Tango at this important stage of its growth.



Molly Cogswell-Kelley



Aleta Nissen



Hollina Wadsworth

# Businesses Serving Community



(L-R) CRAIG CHENOWETH, WENDY CASTILLO, ASHLEY MEARS, ASHLEY SMITH — M PERFECTLY, CORY ALLEN, KARI GREGOR | PHOTO COURTESY OF WASHINGTON TRUST BANK

## M PERFECTLY

Washington Trust was thrilled to present M Perfectly with a financial donation of \$2,500 to support their efforts in implementing their SMART goal tracking software through Leapsome. M Perfectly is a local Central Oregon nonprofit committed to ensuring the long-term success of women in recovery from homelessness, addiction, domestic violence and or human trafficking. Through year-long partnerships with local organizations housing this demographic, M Perfectly helps women in need to build skills in financial literacy, communication, career development, health and SMART goals. We know how important metrics are to show progress and we believe this data will be imperative in securing future educational funding for our local organizations. We are excited to see the ROI from our recent donation as we believe M Perfectly has what it takes to truly make a meaningful difference in our community. Additionally, we'd love to invite you to support their cause by joining them for their Footloose Fundraiser Saturday, September 16 at Faith Hope & Charity Vineyards featuring Oregon's High Street Party Band. Dress up in the decade of which you were born and be ready to dance, party and enjoy the Event of the Year!



# Business Growth Conference

Continued from page 3

leave with knowledge gained from M&A professionals with deep-dive expertise. What they share will give you time-tested tools to supercharge your business's growth potential."

Guest speakers include attorney **Robert Bass**, Bass Sox Mercer (FL); attorney **Michael Millender**, Tonkon Torp LLP (OR); managing director of capital markets **Chris Zinn** and relationship manager-dealer commercial services **Jaclyn Harty**, both of US Bank (MN); co-founder and chief investment officer **Todd Marcelle**, Legacy Automotive Capital (NC); and president and co-CEO **Brady Schmidt**, National Business Brokers (CA).

**Craig Sabina** from Bend's very own Epic Aircraft will do a lunch presentation on "The Time Machine" and is offering demo flights in an Epic Aircraft **E1000 GX** before or after the conference.

"Our main marketing focus has been dealerships across the country. We chose Sunriver because it is a world-class resort. We invite business owners in Central Oregon to join us for this unique opportunity to hear prominent speakers from across the country — right in your own backyard!"

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## RECENT TRANSACTIONS

Continued from Page 3

**Advantage Dental Services.**

**Compass Commercial Real Estate Services** brokers **Russell Huntamer**, **CCIM** and **Eli Harrison** represented both the landlord, **Twin Lakes Investment, LLC**, and the tenant, **Keller Supply Co.**, in the lease of a 6,270 SF industrial suite located at 145 SE Logsdan Street in Bend.

Principal broker **Bruce Churchill** with **Compass Commercial Real Estate Services** represented the buyer, **Kevin Spencer**, in the acquisition of 2.50 acres on Commerce Court in Prineville for \$300,000.

**Compass Commercial Real Estate Services** broker **Graham Dent**, **SIOR** represented the landlord, **Cascade Hasson Sotheby's International Realty**, in the lease of a 3,260 SF office suite located in Crane Shed Commons at 721 SW Industrial Way in Bend.

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# Paid Leave Oregon

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paid family and medical leave system funded by employer and employee contributions in the form of payroll deductions beginning January 1, 2023 and will provide employees with up to 12 weeks of paid time off for leave that qualifies as family, medical, or safe leave, absent an employer's establishing that providing such leave would pose an undue hardship, **beginning on September 3, 2023.**

Employers that provide paid leave benefits that are equal to or greater than those provided by PFML, and employees working for such an employer (that is, an employer that sponsors such an equivalent or better paid leave plan), do not have to pay contributions to the PFML program.

Equivalent plans may be either employer- administered, for which the employer assumes all financial risk associated with the benefits and administration of the plan, or

fully insured, wherein the employer purchases an insurance policy from an approved insurer and the benefits are administered by the insurance carrier pursuant to the terms of the policy.

The Oregon Employment Department (OED) must approve an employer's equivalent plan. Employers who are interested in developing Paid Leave Oregon policies or have questions about Paid Leave Oregon may want to consult counsel or visit the Oregon Employment Department's Paid Leave Oregon website for further information.

The panel will discuss the pros and cons of the state plan versus equivalent ones and things to consider when evaluating and administering the plan. This new regulation will have a significant impact on employers and we hope you can join us.

Pre-registration required at [eventbrite.com/e/paid-leave-oregon-tickets-700067850787?aff=oddtcreator](http://eventbrite.com/e/paid-leave-oregon-tickets-700067850787?aff=oddtcreator), cost: \$50. This program is eligible for 2 SHRM PDCs. Please contact Don Paumier, COEC Board president, 971-201-9230 or [donpaumier@gmail.com](mailto:donpaumier@gmail.com) with questions. [centraloregonemployerscouncil.org](http://centraloregonemployerscouncil.org)

# Maineer

Continued from page 3

"At Maineer, we recognized that traditional CNC machines were often complex, expensive, and inaccessible for many hobbyists and small businesses," said Martin Neumueller, Maineer president. "Our affordable Mini Mach CNC kit allows makers worldwide to bring their ideas to life."

Each kit is backed by a one year comprehensive warranty and includes dedicated support from the Maineer team. As an introductory special, Maineer is offering free ground shipping on all domestic orders placed before October 31, 2023.

**About Maineer:**

Headquartered in Central Oregon, Maineer began with a passion for innovation and the desire to make CNC machining accessible to makers and inventors around the world. Our Mini Mach CNC Mill kit is affordable, easy to use, and delivers exceptional results.

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

# CBRE

Continued from page 3

as an outdoor recreation mecca, and status as an economic hub east of the Cascades," said CBRE's McDonald. "This in-migration has increased Bend's population base and improved incomes, driving demand for high-quality rental housing. The Seasons at Farmington Reserve and its new owners are well-positioned to serve this population for years to come."


Situated on a 7.05-acre site, the community is located just south of Reed Market Rd. and five minutes east of Highway 97. It's also within a short drive to major retail centers, entertainment venues and recreation areas, including Old Mill District, Hayden Homes

Amphitheater, the Deschutes River Trail, Pilot Butte State Park and Mt. Bachelor.

**About CBRE Group, Inc.:**

CBRE Group, Inc. (NYSE: CBRE), a Fortune 500 and S&P 500 company headquartered in Dallas, is the world's largest commercial real estate services and investment firm (based on 2022 revenue). The company has approximately 115,000 employees (excluding Turner & Townsend employees) serving clients in more than 100 countries. CBRE serves a diverse range of clients with an integrated suite of services, including facilities, transaction and project management; property management; investment management; appraisal and valuation; property leasing; strategic consulting; property sales; mortgage services and development services.

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COMMERCIAL PERMITS WEEK ENDING 8-11-23

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\$249,000.00	-	Commercial (Alteration) at 538 SW Highland Ave Redmond 97756 OR Owner: Summit Bank Builder: Yozamp Construction, LLC 541-390-5613 Permit # 711-23-001565
\$156,250.00	-	Commercial (New) 1,4570 sf. at 1776 S HWY 97 Redmond 97756 OR Owner: Platt Properties, LLC 3555 NW Ivancovich Redmond, OR 97756 Permit # 711-23-001636
\$80,000.00	-	Commercial (Alteration) at 442 SW Umatilla Ave Redmond 97756 OR Owner: Central Christian School 2731 SW Airport Way Redmond, OR 97756 Builder: Kirby Nagelhout Construction Co. 541-389-7119 Permit # 711-23-001621

Deschutes County

\$800,000.00	-	Commercial (Alteration) at 17750 Caldera Springs Dr Bend 97707 OR Owner: Caldera Springs Real Estate, LLC PO Box 3609 Sunriver, OR 97707 Builder: R and H Construction Co. 503-228-7177 Permit # 247-23-002045
\$27,000.00	-	Commercial (Alteration) at 15989 Burgess Rd La Pine 97739 OR Owner: Sos Family, LLC 1301 Esplanada Ave Klamath Falls, OR 97601 Permit # 247-23-002950

City of Bend

\$2,460,297.00	-	Commercial (New) 3,5041 sf. at 63625 Old Deschutes Rd Bend 97701 OR Owner: Cooley Ventures, LLC Builder: Empire Construction and Dev 541-389-0070 Permit # PRNC202207477
\$1,120,000.00	-	Commercial (New) 5,866 sf. at 21185 Reed Market Rd Bend 97702 OR Owner: Store 2 LLC Builder: Empire Construction and Dev 541-389-0070 Permit # PRNC202301444
\$832,300.00	-	Commercial (Alteration) 10,675 sf. at 20001 Murphy Rd Bend 97702 OR Owner: Murphy Crossing LLC Builder: Equity Homebuilders 541-382-0803 Permit # PRSIMP202205127
\$360,000.00	-	Commercial (Alteration) 361,391 sf. at 557 SW Bluff Dr Bend 97702 OR Owner: Mid Oregon Federal Credit Union Builder: Sunwest Builders 541-548-7341 Permit # PRSIMP202302207
\$80,000.00	-	Commercial (Alteration) 1,255 sf. at 1375 SW Commerce Ave Ste:100 Bend 97702 OR Owner: Century Centy Poperty, LLC Permit # PRRE202208971
\$34,000.00	-	Commercial (Alteration) 4,829 sf. at 62915 18th St Bend 97702 OR Owner: Arthur A Pozzi Residuary Trust ET AL Builder: Montgomery Builders Inc 541-371-2625 Permit # PRRE202300731
\$15,000.00	-	Commercial (Alteration) 299 sf. at 19630 Mountaineer Way Bend 97702 OR Owner: Verizon Wireless, LLC Builder: Capstone Solutions Inc 425-861-9332 Permit # PRRE202204690
\$15,000.00	-	Commercial (Alteration) 299 sf. at 19630 Mountaineer Way Bend 97702 OR Owner: Bend Metro Park and Rec Dist Builder: Capstone Solutions Inc 425-861-9332 Permit # PRRE202204690
\$27,000.00	-	Commercial (Alteration) at 15989 Burgess Rd La Pine 97739 OR Owner: Sos Family, LLC 1301 Esplanada Ave Klamath Falls, OR 97601 Permit # 247-23-002950

COMMERCIAL PERMITS WEEK ENDING 8-18-23

Deschutes County

\$15,000.00	-	Commercial (Alteration) 6,934 sf. at 900 SE Wilson Ave. Ste. G Bend 97702 OR Owner: Brashears & Lazzareschi Family, LLC Builder: C Potterf Construction,Inc.541-410-0949 Permit# PRRE202302633
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City of Redmond

\$45,000.00	-	Commercial (Tenant Improvement) 306 sf. at 2605SW 1st St. Redmond 97756 OR Owner: Oregon Industrial Properties - Redmond, LLC 1302 Puyallup St. #A Sumner, WA 98390 Builder:Rawhide Equities,LLC541-410-1056Permit#711-23-001245
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COMMERCIAL PERMITS WEEK ENDING 8-25-23

Deschutes County

\$199,460.00	-	Commercial (Tenant Improvement) at 192 E Main Ave. Sisters 97759 OR Owner: Mt. Hood Sisters, LLC 66876 Gist Rd. Bend, OR 97703 Permit# 247-23-002414
\$35,000.00	-	Commercial (New) 946 sf. at 56855 Venture Ln. Sunriver 97707 OR Owner: Deschutes Public Library District 507 NW Wall St. Bend, OR 97703 Permit# 247-23-002762

City of Redmond

\$22,000.00	-	Commercial (New) 393 sf. at 1515 NW 6th St. Redmond 97756 OR Owner: Art Willett PO Box 1885 Redmond, OR 97756 Permit# 71123-001462
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City of Bend

\$4,055,596.00	-	Commercial (New) 93,271 sf. at 63701 NE 18th St. Bend 97701 OR Owner: Triton1, LLC Permit# PRNC202302513
\$695,000.00	-	Commercial (Alteration) 32,121 sf. at 1693 SW Chandler Ave. Bend 97702 OR Owner: Radiology Building, LLC Permit# PRRE202301909
\$330,000.00	-	Commercial (New) 3,779 sf. at 21010 Cooley Rd. Bend 97701 OR Owner: Pacifccorp Permit# PRNC202301378
\$100,000.00	-	Commercial (Alteration) 2,963 sf. at 520 NW Wall St. Bend 97703 OR Owner: Bend Metropolitan Park and Recreation 799 SW Columbia St. Bend, OR 97702 Permit# PRRE202304479
\$44,405.00	-	Commercial (Alteration) 1,259sf. at 680 SW Powerhouse Dr. Ste.1003 Bend 97702 OR Owner: MillShops, LLC Permit# PRRE202302866

When Smoke Clears

Continued from page 35

The Takeaway: Finding Clarity Amidst the Haze

So, as we reminisce about the smoke from the recent fires, let’s draw a parallel with our financial well-being. Just as we crave clear skies for outdoor enjoyment, we yearn for financial stability in our golden years. While we can’t control the weather or the stock market’s twists and turns, we can choose to secure our retirement income. Think of it as erecting a metaphorical shelter against literal and financial storms. By doing so, we’re not only ensuring our sunset years are spent in comfort, but we’re also preparing to weather any unexpected turbulence. In the end, remember that smoke and uncertainty eventually clear, whether it’s the Bedrock and Lookout fires or the wild economic

swings. And when they do, wouldn’t it be great to enter the light with a well-protected retirement income? So, here’s to both clear skies and clear financial plans — because in a world of unpredictability, a bit of certainty is the warm, cozy campfire we all deserve. I invite you to reach out to me with any thoughts or questions you may have. Enjoy the rest of your summer as we transition into autumn.

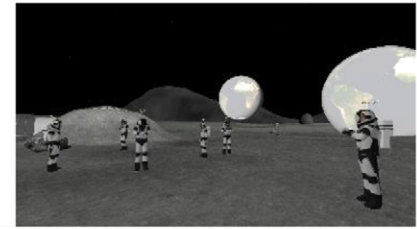
<sup>1</sup>National Bureau of Economic Research  
David Rosell is president of Rosell Wealth Management in Bend. RosellWealthManagement.com. He is the host of Recession-Proof Your Retirement Podcast and author of three books: Failure is Not an Option — Creating Certainty in the Uncertainty of Retirement, Keep Climbing — A Millennial’s Guide to Financial Planning, and In The Know- Turning Your Unneeded Life Insurance Policy Into Serious Cash. Find David’s books at local bookstores, Amazon, Audible, and the Redmond Airport. Investment advisory

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Watch for Upcoming Editions of CASCADE BUSINESS NEWS  
2023 EDITORIAL CALENDAR

ISSUE DATE	SPECIAL SECTIONS	INDUSTRY LISTS
September 20 Deadline Sept 13	Sisters Profile	Financial Planners, Stock Brokers
October 4 Deadline Sept 27	Nonprofit Profiles/Accomplished Under 40	Nonprofit Organizations, Accountants, Bookkeepers
October 18 Deadline Oct 11		Manufacturers in Deschutes, Crook & Jefferson Counties, Garbage/Recycling





## GIRLS STEAM AHEAD WITH NASA®

October 7, 2023 SHARC BENHAM HALL, Sunriver, Oregon  
10:00AM-4:00PM- Workshops 4:00PM-5:00PM-Reception  
8:00PM-10:00PM- Sunriver Observatory

### PROGRAM Audience: Girls 12-18

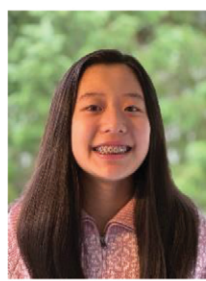
#### GSI STEAM Leaders



Brianna Ong



Sana Shah



Kimberly Ong

- Learn about NASA and STEAM Opportunities
- Receive your own NASA Project Kit
- Meet and mingle with other girls like YOU
- Hear from a NASA expert about Space Projects
- Meet GSI Peer Leaders who discuss AI, VR & Robotics
- Experience fun! Learn new skills & Meet new friends
- Receive special SPACE gifts

Register by September 22

\$50, includes lunch, snack, reception and Observatory ticket, NASA tool kit, gifts.  
Place code in browser to register: [bit.ly/3L1E4Sq](https://bit.ly/3L1E4Sq)

## Program Audience: Parents, Teachers & Community Leaders

#### Program Speakers



**Dr. Tom Furness III**  
Grandfather of Virtual Reality,  
Co-Founder Virtual World Society,  
GSI Board  
Keynote Speaker



Diane McClelland  
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Prashant Shah  
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- Meet leaders in technology, gaming, entertainment, mentoring, healthcare, writing, production of games & movies.
- Learn important facts about trends affecting your daughters' future in their careers or their own businesses.
- Experience the importance of investing in today's girls and supporting their desires to explore science, space & technology.
- Be part of interactive conversations preparing parents, teachers, community leaders about the urgency in supporting and preparing girls for future careers and business ownership.

Register by September 22

\$50, includes lunch, snack, reception and Observatory ticket, gift.  
Place code in browser to register: [bit.ly/3L1E4Sq](https://bit.ly/3L1E4Sq)

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