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 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 got 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 funding 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.

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 that 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 of 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 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, \n\nAnnual Healthcare Supplement — Pages 9-33

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 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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RECENT TRANSACTIONS

Compass Commercial Real Estate Services brokers Dan Kemp, CCIM and Peter May, CCIM represented the seller, Friday Family Trust, in the sale of 1271 NW Wall Street in Bend. Compass Commercial brokers Jay Lyons, SIOR, CCIM, Russell Huntamers, CCIM, Grant Schultz, CCIM, and Eli Harrison represented the buyer, Starr Pacific Holdings, LLC. The 14,048 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 sublessee, 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 Huntamers, 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 Huntamers, 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 3833 SW 21 Street in Redmond. Compass Commercial brokers Graham Dent, SIOR and Jay Lyons, CCIM, SIOR represented the tenant.

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 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 moved to Bend in search of a relatively low cost of living, reputation for high-quality 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.

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

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 Business 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

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 Brought to you by: NOW CFO 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.

8-10am — Panel Discussion Location: Hampton Inn, 730 SW Columbia St., Bend Oregon’s PFMLI program is a broad

HOT NEWS

San Diego Investor Buys 228-Unit Apartment Complex in Bend

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September 6, 2023 • Cascade Business News • 3
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," 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."

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This is inspired by Linda and Kevin's 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
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.

   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 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.

[COCC website](cocc.edu/sbdc)
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 of the generation 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!

2. Baby Boomers: Born 1946-1964 and ages 59-77. Much has been written about 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 of the generation 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 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 Millennials. 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 written 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 helped 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 79.5 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 smartphone. 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:• Succesful, confident, independent, pragmatic, realistic, driven, 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 socially conservative.

Signs of disengaged employees:
- Low energy
- Zoning out on social media
- Lack of enthusiasm
- Tardiness or absenteeism

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Psilocybin & the Workplace

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 Psilocybin?

Psilocybin Services Act

Psilocybin Services Act

Psilocybin Services Act

Psilocybin Services Act

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 outside, 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 at Barran Liebman LLP. For questions about substances and the workplace, contact Andrew at 503-276-2156 or aschpak@barran.com.

barran.com
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 swath 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 customer service. 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 the long term.”

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 Magara, 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, bonuses, 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.

A great place to hang out, having 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.”

leschwab.com

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**ALWAYS HERE FOR YOU**

No matter the challenges our community faces, we’re here for you.

Our mission is the same as it has been for over 40 years—to provide the best healthcare possible to the women in our community. From adolescence through menopausal years, we offer a full range of women’s healthcare services, including obstetrics, gynecology, midwifery and more. Since the beginning, generations of women have come to trust the compassionate care we give. Now accepting appointments.
Home Assistance & Care Services (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Website/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
<th>Area Covered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almost Family, LLC 2500 NE Woman St., 1st Fl, Bend, OR 97701</td>
<td>541-500-6379</td>
<td>541-500-6327</td>
<td><a href="http://www.rightathomeco.com/latnight@rightathomeco.com">www.rightathomeco.com/latnight@rightathomeco.com</a></td>
<td>Billy Cohen</td>
<td>15</td>
<td>2004</td>
<td>Service include in-cell nursing support, hospice CNA, medical social services, occupational counseling, trained volunteeers, physical support, grief &amp; loss support, respite services &amp; recognition.</td>
<td>Central Oregon</td>
</tr>
<tr>
<td>Action Care Group 801 NW Broadway, Ste. 210, Bend, OR 97703</td>
<td>541-312-6977</td>
<td>541-312-6977</td>
<td><a href="http://www.actioncaregroup.com/coin@actioncaregroup.com">www.actioncaregroup.com/coin@actioncaregroup.com</a></td>
<td>Comman Service</td>
<td>8</td>
<td>1998</td>
<td>Service offered include home assistance, companionship, personal care &amp; nursing services.</td>
<td>Deschutes, Jefferson &amp; Grant Counties</td>
</tr>
<tr>
<td>Almost Home Hospice &amp; Palliative Care, LLC 910 NW Washington Dr., Ste. 205, Bend, OR 97701</td>
<td>541-312-6977</td>
<td>541-312-6977</td>
<td><a href="http://www.hospice.com/diana@hospice.com">www.hospice.com/diana@hospice.com</a></td>
<td>Diana Huangenfelder</td>
<td>10</td>
<td>2004</td>
<td>Service include in-cell nursing support, hospice CNA, medical social services, occupational counseling, trained volunteers, physical support, grief &amp; loss support, respite services &amp; recognition.</td>
<td>Central Oregon</td>
</tr>
<tr>
<td>Helping Hands Home Care 360 E. 15th St., 97010, Bend, OR 97702</td>
<td>541-261-9230</td>
<td>541-261-9230</td>
<td><a href="http://www.carepartnership.com/mary@carepartnership.com">www.carepartnership.com/mary@carepartnership.com</a></td>
<td>Paula Brown</td>
<td>25</td>
<td>2017</td>
<td>Personalized one-on-one home care services for seniors with disabilities. From running errands &amp; grocery shopping, to bathing &amp; medications assistance.</td>
<td>Deschutes, Jefferson &amp; Grant Counties</td>
</tr>
<tr>
<td>Hospice &amp; Palliative Care, LLC - La Pine 10991 Timothy Pkwy, La Pine, OR 97739</td>
<td>541-554-7399</td>
<td>541-554-7399</td>
<td><a href="http://www.rightathomeco.com/diana@rightathomeco.com">www.rightathomeco.com/diana@rightathomeco.com</a></td>
<td>Diana Huangenfelder</td>
<td>10</td>
<td>2004</td>
<td>Service include in-cell nursing support, hospice CNA, medical social services, occupational counseling, trained volunteers, physical support, grief &amp; loss support, respite services &amp; recognition.</td>
<td>Central Oregon</td>
</tr>
<tr>
<td>Visiting Angels, Living Assistance Services 6854 N. Butte St., Bend, OR 97705</td>
<td>541-389-2275</td>
<td>541-389-2396</td>
<td><a href="http://www.visitingangels.com/lily@visitingangels.com">www.visitingangels.com/lily@visitingangels.com</a></td>
<td>Wyanne Badger</td>
<td>40</td>
<td>1997</td>
<td>Home delivery of medical supplies including all companion, durable medical equipment, respiratory equipment &amp; inhalation products. 24/7 on-call service.</td>
<td>Central &amp; Eastern Oregon</td>
</tr>
<tr>
<td>Vintage Home Health Transitions/Balboa Care 2105 NW Wapato C, Bend, OR 97701</td>
<td>541-261-9230</td>
<td>541-261-9230</td>
<td><a href="http://www.carepartnership.com/mary@carepartnership.com">www.carepartnership.com/mary@carepartnership.com</a></td>
<td>Mary Henry</td>
<td>180</td>
<td>1997</td>
<td>One-on-one in-home care &amp; assistance for seniors &amp; disabled adults. Caregivers are experienced &amp; carefully screened through criminal background checks, drug testing &amp; nurse referrals. Right at Home, Inc. has been in business since 1995. The corporate office is based in Orlando. They have been serving Central Oregon.</td>
<td>Deschutes, Jefferson &amp; Grant Counties</td>
</tr>
<tr>
<td>St. Charles Home Health Services 8570 NE Women St., 1st Fl, Bend, OR 97701</td>
<td>541-755-7300</td>
<td>541-755-7300</td>
<td><a href="http://www.stcharleshealthcare.org/june@stcharleshealthcare.org">www.stcharleshealthcare.org/june@stcharleshealthcare.org</a></td>
<td>Julie Newton</td>
<td>78</td>
<td>1984</td>
<td>Skilled nursing, certified home health aide, medical social workers, physical, occupational &amp; speech therapy, including enteral &amp; nutritional education, home health aides. Full support for education, medication, post-op care &amp; pain management, evaluation &amp; treatment, wound care, care of frail elderly, respiratory, nutritional evaluation &amp; counseling, GV therapy, specializing in home care &amp; hospice services.</td>
<td>Deschutes, Jefferson, Crook, Wasco &amp; Northern Klamath Counties</td>
</tr>
<tr>
<td>St. Charles Hospice 2140 NE NW Blvd., Bend, OR 97701</td>
<td>541-755-6370</td>
<td>541-755-6370</td>
<td><a href="http://www.stcharleshealthcare.org/lauris@stcharleshealthcare.org">www.stcharleshealthcare.org/lauris@stcharleshealthcare.org</a></td>
<td>Laura Jackson</td>
<td>45</td>
<td>1988</td>
<td>Physician, skilled nursing care, medical equipment &amp; supplies as appropriate, design for computer management &amp; patient care, contingency planning, emergency care plans. To assist seniors, home health aides &amp; registered nurses in providing quality care in the home setting, chaplain &amp; social work, volunteer support, home secretarial support.</td>
<td>Deschutes, Jefferson &amp; Grant Counties</td>
</tr>
<tr>
<td>Visiting Angels, Living Assistance Services 510 SE Butte Dr., Ste. 9 Bend, OR 97702</td>
<td>541-617-5308</td>
<td>541-530-5645</td>
<td><a href="http://www.visitingangels.com/tanya@visitingangels.com">www.visitingangels.com/tanya@visitingangels.com</a></td>
<td>Nancy Tred</td>
<td>57</td>
<td>2007</td>
<td>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 &amp; companion care services. With over 200 senior care services, elder adults can continue to live independently in their homes.</td>
<td>Central Oregon</td>
</tr>
</tbody>
</table>
Helping People Live Better

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

Partners In Care
Local | Nonprofit | PartnersBend.org
<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
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<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Doctors</th>
<th>Other Area Locations</th>
<th>Patients Per Month</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bend Surgery Center</td>
<td>541-318-0008</td>
<td>541-318-6749</td>
<td><a href="http://www.bendsurgery.com">www.bendsurgery.com</a></td>
<td>Todd Carter</td>
<td>100</td>
<td>1997</td>
<td>N/A</td>
<td>N/A</td>
<td>1,000</td>
<td>Ambulatory surgery.</td>
</tr>
<tr>
<td>Cascade Direct Care</td>
<td>541-383-4600</td>
<td>541-550-7779</td>
<td><a href="http://www.cascadedirectcare.com">www.cascadedirectcare.com</a></td>
<td>Lindsey G. McKay</td>
<td>4</td>
<td>2013</td>
<td>Lindsey McKay, PA-C</td>
<td>N/A</td>
<td>N/A</td>
<td>Family medicine clinic &amp; primary direct care clinic that offers primary care services to in-office procedures of many labs, insurance accepted as well.</td>
</tr>
<tr>
<td>Cascade Surgeons</td>
<td>541-322-2393</td>
<td>541-322-2394</td>
<td><a href="http://www.cascadesurg.com">www.cascadesurg.com</a></td>
<td>Canney Gallop</td>
<td>45</td>
<td>2006</td>
<td>Staff doctors from The Center &amp; Cascade Urology</td>
<td>N/A</td>
<td>900</td>
<td>Outpatient surgery &amp; The Center physician, as well as pre &amp; post-operative care. Specialty areas include minimally invasive uro &amp; urolendoscopic, hernia repair, pelvic pain, spinal &amp; interventional pain management &amp; radiofrequency ablation.</td>
</tr>
<tr>
<td>Central Oregon Family Medicine, PC</td>
<td>541-325-0119</td>
<td>541-325-2226</td>
<td><a href="http://www.cofoo.com">www.cofoo.com</a></td>
<td>Lori Wells</td>
<td>10</td>
<td>1980</td>
<td>3</td>
<td>N/A</td>
<td>900</td>
<td>Family medicine.</td>
</tr>
<tr>
<td>Central Oregon Pediatric Associates (CPA)</td>
<td>541-389-6313</td>
<td>541-389-3979</td>
<td><a href="http://www.pediatrictogetherforpublichealth.com">www.pediatrictogetherforpublichealth.com</a></td>
<td>Wendy Jackson</td>
<td>104</td>
<td>2017</td>
<td>15 Board Certified Pediatricians, MDs, plus 3 FG, PAs, NPs</td>
<td>East Bend, South Bend, Redmond</td>
<td>4,200</td>
<td>Pediatric &amp; adolescent medicine.</td>
</tr>
<tr>
<td>Central Oregon Radiology Assoc.</td>
<td>541-382-6635</td>
<td>541-382-6615</td>
<td><a href="http://www.cascaderadiology.com">www.cascaderadiology.com</a></td>
<td>Sara Strumke</td>
<td>280</td>
<td>1947</td>
<td>35+</td>
<td>Bend &amp; Bend South Valley</td>
<td>7,300</td>
<td>MRI, CT, ultrasound, nuclear medicine, PET, mammography, x-ray, DNA, vascular/interventional radiology.</td>
</tr>
<tr>
<td>Central Oregon Regional Pathology Services</td>
<td>541-382-7979</td>
<td>541-389-3723</td>
<td><a href="http://www.pathologygroup.com">www.pathologygroup.com</a></td>
<td>Bred Bryan</td>
<td>19</td>
<td>2006</td>
<td>7</td>
<td>N/A</td>
<td>N/A</td>
<td>Pathology services.</td>
</tr>
<tr>
<td>Central Oregon Spine &amp; Sports</td>
<td>541-209-0471</td>
<td>541-323-6288</td>
<td><a href="mailto:info@derm-health.com">info@derm-health.com</a></td>
<td>Karen Ginnott</td>
<td>3</td>
<td>2019</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>Orthopedic trauma &amp; hand, spine, pelvic trauma, musculoskeletal imaging, imaging &amp; interventional procedures.</td>
</tr>
<tr>
<td>Dermatology Health Specialists</td>
<td>541-382-8019</td>
<td>541-797-7971</td>
<td>derm-health.com</td>
<td>Matt Zaff, Tommy Wines</td>
<td>24</td>
<td>1999</td>
<td>6 (2 physicians, 5 PAs, 1 NP)</td>
<td>Redmond, La Pine, Madras, John Day, Burns</td>
<td>800 (Bed)</td>
<td>General (medical) dermatology, Mohs surgery, cosmetic dermatology.</td>
</tr>
<tr>
<td>Deschutes Osteoporosis Center</td>
<td>541-389-9778</td>
<td>541-278-4936</td>
<td><a href="http://www.deschutesosteoporosiscenter.com">www.deschutesosteoporosiscenter.com</a></td>
<td>Dr. Molly O'Brien</td>
<td>2</td>
<td>2010</td>
<td>1 N/A</td>
<td>N/A</td>
<td>55</td>
<td>Cures for osteoporosis &amp; bone health.</td>
</tr>
<tr>
<td>Deschutes Rheumatology</td>
<td>541-389-9778</td>
<td>541-278-4936</td>
<td><a href="http://www.deschutesrheum.com">www.deschutesrheum.com</a></td>
<td>Mark Sikorski</td>
<td>14</td>
<td>2012</td>
<td>3</td>
<td>N/A</td>
<td>400</td>
<td>Rheumatology services.</td>
</tr>
<tr>
<td>Desert Orthopaedics</td>
<td>541-389-9521</td>
<td>541-389-9512</td>
<td></td>
<td></td>
<td>14</td>
<td>2002</td>
<td>5</td>
<td>N/A</td>
<td>300</td>
<td>Outpatient orthopedic surgery.</td>
</tr>
<tr>
<td>East Cascade Women's Group</td>
<td>541-382-1891</td>
<td>541-797-9771</td>
<td><a href="http://www.eastcascadewomens.org">www.eastcascadewomens.org</a></td>
<td>Jeff Stewart</td>
<td>36</td>
<td>1994</td>
<td>8</td>
<td>Over 2,000</td>
<td>OB/GYN.</td>
<td></td>
</tr>
<tr>
<td>Gastroenterology of Central Oregon</td>
<td>541-728-6135</td>
<td>541-647-6125</td>
<td></td>
<td>Dr. Glenn Kovar</td>
<td>2</td>
<td>2005</td>
<td>1</td>
<td>N/A</td>
<td>120</td>
<td>Specializing in liver disease, diagnostic, therapeutic &amp; GI &amp; endoscopy.</td>
</tr>
<tr>
<td>High Lake Health Care - Bend</td>
<td>541-389-7743</td>
<td>541-278-8373</td>
<td><a href="http://www.highlakehealthcare.com">www.highlakehealthcare.com</a></td>
<td>etsy Dobbs</td>
<td>256</td>
<td>1996</td>
<td>16</td>
<td>Bend, Shevlin Park, Redmond, Sisters, Madras, Bachelor, Primary Care &amp; Specialty Care</td>
<td>4,000</td>
<td>Primary care, family practice, internal medicine, general surgery, pediatrics, OB/GYN.</td>
</tr>
<tr>
<td>InFocus Eye Care</td>
<td>541-381-8800</td>
<td>541-381-7145</td>
<td><a href="http://www.infocus-eyecare.com">www.infocus-eyecare.com</a></td>
<td>Tona Back</td>
<td>30</td>
<td>1998</td>
<td>5</td>
<td>N/A</td>
<td>1,800</td>
<td>Specializing in cataract &amp; eyelid surgery, LASIK, corneal surgery &amp; more. Ophthalmic Surgeons Dr. Axl, Dr. Pam, Dr. Rachel, MD, Susan, MD, Ophth. Pr. William Lewis, OD, Elizabeth Warren, OD.</td>
</tr>
</tbody>
</table>
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 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.

NOW ACCEPTING NEW PATIENTS!

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 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.
### Physician Groups & Clinics (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
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<th>Website/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Doctors</th>
<th>Other Area Locations</th>
<th>Patients Per Month</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prineville Specialty Center</td>
<td>541-382-8346</td>
<td>541-382-3796</td>
<td><a href="mailto:info@prinvespecialty.com">info@prinvespecialty.com</a></td>
<td>N/A</td>
<td>12</td>
<td>2005</td>
<td>2</td>
<td>N/A</td>
<td>1,400</td>
<td>Consultations from various subs, comprehensive physical; estrogen, menopause, weight loss, urology, immunology, orthopedics.</td>
</tr>
<tr>
<td>Mosaic Medical - Prineville Office</td>
<td>541-383-8093</td>
<td>N/A</td>
<td><a href="http://www.mosaicmedical.org">www.mosaicmedical.org</a></td>
<td>Nanda Davidson</td>
<td>25</td>
<td>2004</td>
<td>3</td>
<td>Prineville, Redmond</td>
<td>Primary Care for the insured &amp; uninsured of all ages, pediatric care.</td>
<td></td>
</tr>
<tr>
<td>Mosaic Medical - Redmond Office</td>
<td>541-383-8095</td>
<td>N/A</td>
<td><a href="http://www.mosaicmedical.org">www.mosaicmedical.org</a></td>
<td>Matt Emison</td>
<td>25</td>
<td>2004</td>
<td>7</td>
<td>Bend, Redmond</td>
<td>Primary Care for the insured &amp; uninsured of all ages.</td>
<td></td>
</tr>
<tr>
<td>Mosaic Medical Internal Medicine - Redmond Family Medicine Clinic</td>
<td>541-383-8095</td>
<td>541-383-8081</td>
<td><a href="http://www.mosaicmedical.org">www.mosaicmedical.org</a></td>
<td>Dr. Dyras Sharma</td>
<td>50</td>
<td>2015</td>
<td>6</td>
<td>Prineville, Redmond</td>
<td>Primary Care services for adults.</td>
<td></td>
</tr>
<tr>
<td>Northwest Medical Family Care</td>
<td>541-316-7011</td>
<td>541-316-2084</td>
<td><a href="http://www.northwestmedicalfamilycare.com">www.northwestmedicalfamilycare.com</a></td>
<td>Dr. Rebecca Nowsel</td>
<td>50</td>
<td>2004</td>
<td>1</td>
<td>Redmond</td>
<td>Comprehensive foot &amp; ankle treatment for all ages, arthritis, sports medicine, orthopedics.</td>
<td></td>
</tr>
<tr>
<td>Redmond Medical Clinic</td>
<td>541-323-4585</td>
<td>541-323-4584</td>
<td><a href="http://www.redmondmedicalclinic.com">www.redmondmedicalclinic.com</a></td>
<td>Ashen Harris</td>
<td>7</td>
<td>1999</td>
<td>2 FSP</td>
<td>N/A</td>
<td>Preventive care for diabetes, chronic &amp; acute illness.</td>
<td></td>
</tr>
<tr>
<td>St. Charles Family Care - Bend East</td>
<td>541-706-4880</td>
<td>541-706-4880</td>
<td><a href="http://www.thesourcesharedhealth.org">www.thesourcesharedhealth.org</a></td>
<td>Kerst Galen</td>
<td>35</td>
<td>2011</td>
<td>7</td>
<td>Bend South, Redmond,</td>
<td>Family practice, pediatrics, women’s health, mental medicine &amp; osteopathic manipulation therapy.</td>
<td></td>
</tr>
<tr>
<td>St. Charles Family Care - Bend South</td>
<td>541-706-5935</td>
<td>N/A</td>
<td><a href="http://www.thesourcesharedhealth.org">www.thesourcesharedhealth.org</a></td>
<td>Duggi Stafford</td>
<td>9</td>
<td>2015</td>
<td>9</td>
<td>Bend, Redmond,</td>
<td>Family practice, pediatrics, women’s health, mental medicine, interventional medicine.</td>
<td></td>
</tr>
<tr>
<td>St. Charles Family Care - Prineville</td>
<td>541-447-6203</td>
<td>541-447-8724</td>
<td><a href="http://www.thesourcesharedhealth.org">www.thesourcesharedhealth.org</a></td>
<td>Karan Sorgo</td>
<td>54</td>
<td>2008</td>
<td>7</td>
<td>Bend East, Bend South, La Pos, Redmond,</td>
<td>1,400 Neuroimaging services, ultrasound, mammography, sports medicine, mental medicine.</td>
<td></td>
</tr>
<tr>
<td>St. Charles Family Care - Sisters</td>
<td>541-549-1510</td>
<td>541-558-4000</td>
<td><a href="http://www.thesourcesharedhealth.org">www.thesourcesharedhealth.org</a></td>
<td>Christina Bridge</td>
<td>7</td>
<td>2011</td>
<td>2</td>
<td>Sisters</td>
<td>Family practice, pediatrics &amp; internal medicine.</td>
<td></td>
</tr>
<tr>
<td>Summit Medical Group – Foremost</td>
<td>541-325-5363</td>
<td>541-325-5366</td>
<td><a href="http://www.summitmedgroup.com">www.summitmedgroup.com</a></td>
<td>Dr. Jack E. Bennett</td>
<td>N/A</td>
<td>2015</td>
<td>1</td>
<td>N/A</td>
<td>Dr. Jack Bennett is board certified American Board of Surgery, fellowship training in vascular surgery, endovascular surgery, peripheral vascular disease, endovascular surgery, abdominal aortic aneurysm surgery, thoracic aortic aneurysm surgery.</td>
<td></td>
</tr>
<tr>
<td>Summit Medical Group</td>
<td>541-382-2011</td>
<td>N/A</td>
<td><a href="mailto:info@summitmedicalgroup.com">info@summitmedicalgroup.com</a></td>
<td>Dr. David Holloway</td>
<td>565</td>
<td>1946</td>
<td>78</td>
<td>N/A</td>
<td>Specialty medical practice, internal medicine, pediatrics, surgery, urgent care, orthopedics, neurology, neurosurgery, cardiac catheterization, interventional cardiology, cardiology, infectious disease, internal medicine, hematology, oncology, infectious disease.</td>
<td></td>
</tr>
<tr>
<td>The Center</td>
<td>541-382-3344</td>
<td>541-382-5001</td>
<td><a href="http://www.thecentersharedhealth.org">www.thecentersharedhealth.org</a></td>
<td>Mike Gonsalves</td>
<td>220</td>
<td>1954</td>
<td>22</td>
<td>Redmond, La Pos,</td>
<td>4000 Disease &amp; injury of the brain, spinal cord &amp; peripheral nerve disease, orthopedics, traumatic spine injury, sports medicine, hand, foot &amp; ankle, orthopaedic surgery, joint reconstruction &amp; replacement, orthopaedic surgery; physical medicine &amp; rehabilitation; work in injury care, digital x-ray &amp; MRI.</td>
<td></td>
</tr>
</tbody>
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CBN has 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.

**continued from page 12**
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 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.”

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.
<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite / Email</th>
<th>Contact</th>
<th>Staff</th>
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<tbody>
<tr>
<td>Physical Therapy &amp; Sports Care</td>
<td>541-382-2839</td>
<td>541-382-4122</td>
<td><a href="http://www.physiotherapy.com">www.physiotherapy.com</a></td>
<td>Lindsay Goy</td>
<td>20</td>
<td>2007</td>
<td>Specializing in sports medicine, especially with spine, sports, work injuries, myofascial pain, and chronic pain.</td>
</tr>
<tr>
<td>Structural Spinal Integration</td>
<td>541-382-2839</td>
<td>541-382-8326</td>
<td><a href="http://www.physiotherapy.com">www.physiotherapy.com</a></td>
<td>Dr. Jennifer Zamba</td>
<td>5</td>
<td>2003</td>
<td>Physical therapy &amp; spine care. Extensive knowledge in treatment of orthopedic and sports injuries, especially with spine, sports, work injuries, myofascial pain, and chronic pain.</td>
</tr>
<tr>
<td>TherapyWorks Physical Therapy</td>
<td>541-382-2839</td>
<td>541-382-8326</td>
<td><a href="http://www.physiotherapy.com">www.physiotherapy.com</a></td>
<td>Richard Hopp, Meg Navish, Amy Royce, Derek Hopp</td>
<td>17</td>
<td>1997</td>
<td>Extensive knowledge in treatment of orthopedic and sports injuries, especially with spine, sports, work injuries, myofascial pain, and chronic pain.</td>
</tr>
<tr>
<td>TherapyWorks Physical Therapy</td>
<td>541-382-2839</td>
<td>541-382-8326</td>
<td><a href="http://www.physiotherapy.com">www.physiotherapy.com</a></td>
<td>Mike Morley</td>
<td>3</td>
<td>1998</td>
<td>Extensive knowledge in treatment of orthopedic and sports injuries, especially with spine, sports, work injuries, myofascial pain, and chronic pain.</td>
</tr>
<tr>
<td>TherapyWorks Physical Therapy</td>
<td>541-382-2839</td>
<td>541-382-8326</td>
<td><a href="http://www.physiotherapy.com">www.physiotherapy.com</a></td>
<td>Andrew Knorr</td>
<td>20</td>
<td>1996</td>
<td>Extensive knowledge in treatment of orthopedic and sports injuries, especially with spine, sports, work injuries, myofascial pain, and chronic pain.</td>
</tr>
</tbody>
</table>

For more information, visit www.workcapacities.com or call 541-388-5665.
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 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
Hospitals ( Listed Alphabetically)

**Emergency Transportation (Listed Alphabetically)**

**Company / Address** | **Phone** | **Fax** | **WebSite/Email** | **Contact** | **Staff** | **CO Year Est.** | **Number of Beds** | **Number of Doctors** | **Number of Nurses** | **Operating Expenditures**
--- | --- | --- | --- | --- | --- | --- | --- | --- | --- | ---
Creek County Fire & Rescue | 541-447-8011 | 541-416-2553 | www.creekcountyfireandrescue.com | Marci Smith | 48 | 1982 | Crook County | Fire & emergency services.
MASS Medical Transport Solutions | 541-848-8124 | N/A | www.massmedicaltransport.com | Tony O Connor | 170 | 1974 | N/A | N/A
Sunriver Service District | 541-393-6622 | 541-393-2076 | www.sunriversd.org | Mindy Holiday | 49 | 2002 | Survivor | Police, fire & EMS

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

**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 employee gym outside of patient hours. The employee breakroom at Aviva Health Teaching Clinic in Roseburg incorporates an employee gym outside of patient hours without adding extra space.

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

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

**Connecting Employees to Nature**

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.

**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.

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

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 extra 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
- Employee gym
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 into the facility. We consider how the staff approach the exterior of the building and enter experiences that dictate the prioritization of trauma-informed design features incorporated and recruit staff.

Experiencing staffing shortages, and the facility’s success hinges upon the ability to retain and recruit staff.

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.

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 development advisory board. Briana@parch.biz • 541-388-9897 x22

For more details, visit pinnaclearchitecture.com
## Eye Care Surgery Clinics & Examinations (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
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<tr>
<td>Alpine Eyecare</td>
<td>541-388-2013</td>
<td>541-317-1202</td>
<td><a href="mailto:alpineeyecare@bendbroadband.com">alpineeyecare@bendbroadband.com</a></td>
<td>Dr. Tom S. Thomason</td>
<td>2</td>
<td>2000</td>
<td>Family vision care.</td>
</tr>
<tr>
<td>Elemental Eyecare</td>
<td>541-382-2020</td>
<td>541-382-5004</td>
<td><a href="http://www.elementaleyecare.com">www.elementaleyecare.com</a></td>
<td>Erin Folen</td>
<td>6</td>
<td>1952</td>
<td>Eye disease detection &amp; treatment, family vision care,</td>
</tr>
<tr>
<td>Coffman Vision Clinic</td>
<td>541-647-2760</td>
<td>541-647-2763</td>
<td><a href="http://www.coffmanvision.com">www.coffmanvision.com</a></td>
<td>N/A</td>
<td>4</td>
<td>1943</td>
<td>Family vision care, medical eye care, emergency eye visit,</td>
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<tr>
<td>Central Oregon Eyecare - Bond</td>
<td>541-475-9999</td>
<td>541-475-4247</td>
<td><a href="http://www.centraloregoneyecare.com">www.centraloregoneyecare.com</a></td>
<td>Michael Lima</td>
<td>4</td>
<td>2009</td>
<td>Family vision care, child care, medical eye care, car-</td>
</tr>
<tr>
<td>Central Oregon Eyecare - Madras</td>
<td>541-467-5135</td>
<td>541-447-6991</td>
<td><a href="http://www.centraloregoneyecare.com">www.centraloregoneyecare.com</a></td>
<td>N/A</td>
<td>4</td>
<td>1943</td>
<td>Family vision care, medical eye care, contact lenses,</td>
</tr>
<tr>
<td>Eyes on Wall St.</td>
<td>541-548-2488</td>
<td>541-548-5384</td>
<td><a href="http://www.centraloregoneyecare.com">www.centraloregoneyecare.com</a></td>
<td>N/A</td>
<td>12</td>
<td>1943</td>
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<tr>
<td>Central Oregon Eyecare - Prineville</td>
<td>541-549-2055</td>
<td>541-549-2106</td>
<td><a href="http://www.infocus-eyecare.com">www.infocus-eyecare.com</a></td>
<td>N/A</td>
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<td>Central Oregon Eyecare - Redmond</td>
<td>541-389-4756</td>
<td>541-382-4455</td>
<td>eyesonwallstbend.com</td>
<td>Dr. Lorraine M. Winger</td>
<td>8</td>
<td>2008</td>
<td>Pediatric eye care &amp; vision therapy, Pediatric eyewear,</td>
</tr>
<tr>
<td>Central Oregon Eyecare - Sisters</td>
<td>541-323-3917</td>
<td>541-323-3968</td>
<td><a href="http://www.elementaleyecare.com">www.elementaleyecare.com</a></td>
<td>Dr. Gabie Marshall, Dr. Semminda Bahadur</td>
<td>21</td>
<td>1998</td>
<td>Comprehensive vision exams, high fashion frames, advanced</td>
</tr>
<tr>
<td>Lifetime Vision Care LLC</td>
<td>541-382-4785</td>
<td>541-382-4905</td>
<td><a href="http://www.elementaleyecare.com">www.elementaleyecare.com</a></td>
<td>Dr. Lorraine M. Winger</td>
<td>4</td>
<td>1999</td>
<td>Professional eye examinations &amp; contact lens fits, compre-</td>
</tr>
<tr>
<td>Eau on Wall Dr.</td>
<td>541-923-2221</td>
<td>541-923-3776</td>
<td><a href="http://www.visionsource-highdeserteyecare.com">www.visionsource-highdeserteyecare.com</a></td>
<td>Dr. Samuel H. Bembrey, Dr. Gretchen J. Hahnel, Dr. Sarah V.十几。</td>
<td>11</td>
<td>1983</td>
<td>Comprehensive medical eye care, specialty care, cataract  &amp;</td>
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<tr>
<td>High Desert Vision Source</td>
<td>541-323-3943</td>
<td>541-323-3968</td>
<td>eyesonwallstbend.com</td>
<td>Dr. Lorraine M. Winger</td>
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<td>Lifeline Vision Care LLC</td>
<td>541-382-3701</td>
<td>541-382-3702</td>
<td><a href="http://www.infocus-eyecare.com">www.infocus-eyecare.com</a></td>
<td>Dr. Lindsey Singer, Dr. Kat Cimarrone, Dr. Kenneth Scott</td>
<td>18</td>
<td>1935</td>
<td>Family vision care, medical eye care, emergency eye visit,</td>
</tr>
</tbody>
</table>

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Cascade Business News • September 6, 2023
At MyMD, ‘It’s About Connecting with People & Developing Relationships’

by ANDREA HINE — CBN Feature Writer

Dr. 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 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.”

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.”

Dr. Mac Donell and Wynn offer a combined 34 years of clinical practice. Mac Donell and Wynn offer a combined 34 years of clinical practice.

At MyMD, “It’s About Connecting with People & Developing Relationships”

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.”

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Enhancing the quality of your vision today, while protecting the health of your eyes for tomorrow.

Kirsten C. Scott, OD
Lindsey Slinger, OD
Patrick Swihart, OD
Kerri Lyons, OD

Integrated eyecare
www.iebend.com
336 SW Cyber Drive, Suite 100

541-382-5701

for Bend

September 6, 2023 • Cascade Business News • 23
### Eye Care Surgery Clinics & Examinations (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ochoco Vision Source</td>
<td>541-416-2020</td>
<td>541-447-2608</td>
<td><a href="http://www.visionsource-ochocovision.com/">www.visionsource-ochocovision.com/</a></td>
<td>Dr. Audrey H. Brumley, Dr. Cameron J. Chadwick, Dr. Kilah S. Maitlin, Dr. Allen J. Houston</td>
<td>7</td>
<td>1981</td>
<td>Ophthalmic services including corneal eye, eye health evaluations, pre &amp; post operative surgical care.</td>
</tr>
<tr>
<td>Oregon Vision Center - Madras</td>
<td>541-475-2020</td>
<td>N/A</td>
<td><a href="http://www.congressvisionsource.com/ovc2020@yahoo.com">www.congressvisionsource.com/ovc2020@yahoo.com</a></td>
<td>Dr. Tom Thomson</td>
<td>2</td>
<td>2009</td>
<td>Thorough vision examinations for presenting cataracts &amp; any type of contact lenses.</td>
</tr>
<tr>
<td>Oregon Vision Center - Prineville</td>
<td>541-467-3917</td>
<td>N/A</td>
<td><a href="http://www.congressvisionsource.com/ovp1975@yahoo.com">www.congressvisionsource.com/ovp1975@yahoo.com</a></td>
<td>Dr. Tom Thomson</td>
<td>4</td>
<td>2001</td>
<td>Thorough vision examinations for presenting cataracts &amp; any type of contact lenses.</td>
</tr>
<tr>
<td>Oregon Vision Center - Redmond</td>
<td>541-923-2020</td>
<td>541-923-2082</td>
<td><a href="http://www.congressvisionsource.com/ovr2009@yahoo.com">www.congressvisionsource.com/ovr2009@yahoo.com</a></td>
<td>Dr. Tom Thomson</td>
<td>6</td>
<td>1990</td>
<td>Thorough vision examinations for presenting cataracts &amp; any type of contact lenses.</td>
</tr>
<tr>
<td>Summit Family Eyecare</td>
<td>541-382-0103</td>
<td>541-385-6851</td>
<td><a href="http://www.summitfamilyeyes.com/sfayres@gmail.com">www.summitfamilyeyes.com/sfayres@gmail.com</a></td>
<td>Dr. Raymond F. Hardy</td>
<td>5</td>
<td>1975</td>
<td>Eye examinations, prescription lenses, glasses frames.</td>
</tr>
<tr>
<td>Summit Medical Group - Caskey Clinic</td>
<td>541-317-4289</td>
<td>N/A</td>
<td><a href="http://www.bendmemorialclinic.com">www.bendmemorialclinic.com</a></td>
<td>Dr. Robert Matthews, Dr. Hayley McCoy, Dr. Thomas Finstromm, Dr. Scott O’Connor</td>
<td>29</td>
<td>1950</td>
<td>Cataract surgery, glaucoma specialty care, contact lenses &amp; glasses, low vision evaluations &amp; medical specialty care, ocularpholalia.</td>
</tr>
<tr>
<td>Summit Medical Group - Redmond</td>
<td>541-382-2813</td>
<td>N/A</td>
<td><a href="http://www.bendmemorialclinic.com">www.bendmemorialclinic.com</a></td>
<td>Dr. Thomas Finstromm, Dr. Robert Matthews, Dr. Brian Dornroad, Dr. Scott O’Connor</td>
<td>6</td>
<td>1950</td>
<td>Cataract surgery, glaucoma specialty care, contact lenses &amp; glasses, low vision evaluations &amp; medical specialty care, ocularpholalia.</td>
</tr>
<tr>
<td>Summit Medical Group - Old Mill</td>
<td>541-382-2813</td>
<td>N/A</td>
<td><a href="http://www.bendmemorialclinic.com">www.bendmemorialclinic.com</a></td>
<td>Dr. Scott O’Connor, Dr. Thomas Finstromm, Dr. Robert Matthews, MD, Dr.Michael Majerczyk</td>
<td>25</td>
<td>1950</td>
<td>Cataract surgery, glaucoma specialty care, contact lenses &amp; glasses, low vision evaluations &amp; medical specialty care, ocularpholalia.</td>
</tr>
</tbody>
</table>

CBN has made every effort to ensure that all information is accurate and up-to-date. We cannot, however, guarantee it. Please contact us immediately if you know that certain information is not correct or you would like to be added to a list, 541-188-5665 or email cbn@cascadebusnews.com.
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.

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.

mosaicmedical.org • 541-323-3860 • donate@mosaicmedical.org

Got Green? We Do!

MIRROR POND CLEANERS
(541) 389-1411
615 NW Franklin Ave. • Bend, Oregon 97701

GREEN EARTH CLEANING
SUDDEN SERVICE
### Audiologists (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
<th>Locations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Connect Hearing - Bend</td>
<td>541-382-3308</td>
<td>541-318-0767</td>
<td><a href="http://www.connecthearing.com">www.connecthearing.com</a> <a href="mailto:info@connecthearing.com">info@connecthearing.com</a></td>
<td>Katrin Morris</td>
<td>2</td>
<td>2014</td>
<td>Audiology &amp; hearing aid services</td>
<td>Bend, Redmond</td>
</tr>
<tr>
<td>Connect Hearing - Redmond</td>
<td>541-548-7011</td>
<td>541-548-7023</td>
<td><a href="http://www.connecthearing.com">www.connecthearing.com</a> <a href="mailto:info@connecthearing.com">info@connecthearing.com</a></td>
<td>Paige Canfield</td>
<td>2</td>
<td>2014</td>
<td>Audiology &amp; hearing aid services</td>
<td>Bend, Redmond</td>
</tr>
<tr>
<td>Kenyon Audiology</td>
<td>541-317-1265</td>
<td>541-317-1273</td>
<td><a href="http://www.kenyonaudiology.com">www.kenyonaudiology.com</a> <a href="mailto:kenyonaudiology@gmail.com">kenyonaudiology@gmail.com</a></td>
<td>Janet Kenyon</td>
<td>4</td>
<td>1993</td>
<td>Audiology &amp; hearing aid services</td>
<td>N/A</td>
</tr>
<tr>
<td>Pacific Northwest Audiology</td>
<td>541-678-5698</td>
<td>541-306-4551</td>
<td><a href="http://www.mexicanfeast.com">www.mexicanfeast.com</a></td>
<td>Dr. Li Kondo</td>
<td>7</td>
<td>2012</td>
<td>From initial consulting, diagnosis &amp; hearing aid fitting to follow-up speech mapping, counseling &amp; rehabilitation, we are Clinical Doctors of Audiology &amp; we have more than 100 5 Star reviews. Our services include a wide range of diagnostic &amp; treatment options for hearing loss, tinnitus, cochlear implants &amp; other hearing disorders, using cutting-edge hearing technology &amp; hearing enhancement tools.</td>
<td>Bend</td>
</tr>
<tr>
<td>Central Oregon Ear Nose Throat</td>
<td>2400 NE Mary Rose Pl., Ste. 120 Bend, OR 97701</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Connect Hearing - Bend</td>
<td>952 NE Third St., Ste. 2 Bend, OR 97701</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Connect Hearing - Redmond</td>
<td>106 SW Seventh St. Redmond, OR 97736</td>
<td></td>
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</tr>
<tr>
<td>Central Oregon Ear Nose Throat</td>
<td>1615 NE 1st St. Bend, OR 97701</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Connect Hearing - Bend</td>
<td>541-382-3308</td>
<td>541-318-0767</td>
<td><a href="http://www.connecthearing.com">www.connecthearing.com</a> <a href="mailto:info@connecthearing.com">info@connecthearing.com</a></td>
<td>Katrin Morris</td>
<td>2</td>
<td>2014</td>
<td>Audiology &amp; hearing aid services</td>
<td>Bend, Redmond</td>
</tr>
<tr>
<td>Connect Hearing - Redmond</td>
<td>541-548-7011</td>
<td>541-548-7023</td>
<td><a href="http://www.connecthearing.com">www.connecthearing.com</a> <a href="mailto:info@connecthearing.com">info@connecthearing.com</a></td>
<td>Paige Canfield</td>
<td>2</td>
<td>2014</td>
<td>Audiology &amp; hearing aid services</td>
<td>Bend, Redmond</td>
</tr>
<tr>
<td>Kenyon Audiology</td>
<td>541-317-1265</td>
<td>541-317-1273</td>
<td><a href="http://www.kenyonaudiology.com">www.kenyonaudiology.com</a> <a href="mailto:kenyonaudiology@gmail.com">kenyonaudiology@gmail.com</a></td>
<td>Janet Kenyon</td>
<td>4</td>
<td>1993</td>
<td>Audiology &amp; hearing aid services</td>
<td>N/A</td>
</tr>
<tr>
<td>Pacific Northwest Audiology</td>
<td>2201 NW Sexton Park Rd. Bend, OR 97703</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

### Cosmetic Surgery (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
<th>Locations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facial &amp; Oral Surgical Center</td>
<td>541-382-7981</td>
<td>541-389-6953</td>
<td><a href="http://www.bnschock.com">www.bnschock.com</a> <a href="mailto:surgery@bnschock.com">surgery@bnschock.com</a></td>
<td>Todd A. Schrock M DMD</td>
<td>8</td>
<td>2000</td>
<td>Oral, facial &amp; surgery.</td>
<td>Bend</td>
</tr>
<tr>
<td>Mountain View Cosmetic Surgery</td>
<td>541-317-9555</td>
<td>541-317-9561</td>
<td><a href="http://www.mountainviewcosmeticsurgery.com">www.mountainviewcosmeticsurgery.com</a> <a href="mailto:msv007@gmail.com">msv007@gmail.com</a></td>
<td>Dr. Robert T. Quinn M D</td>
<td>2</td>
<td>2005</td>
<td>Cosmetic surgery of the face &amp; body, recontstructive surgery of breast &amp; body.</td>
<td>Bend</td>
</tr>
<tr>
<td>NorthWest Cosmetic Surgery</td>
<td>541-388-1022</td>
<td>541-322-7002</td>
<td><a href="http://www.northwestcosmeticsurgery.com">www.northwestcosmeticsurgery.com</a> <a href="mailto:drgarylalaghi@gmail.com">drgarylalaghi@gmail.com</a></td>
<td>Dr. Gary Gallagher, M D</td>
<td>6</td>
<td>2002</td>
<td>Cosmetic plastic surgery of the face &amp; body. Roselane, Bosix, Dysport, Phosphoric acid and hair removal.</td>
<td>Bend</td>
</tr>
<tr>
<td>Villano MD</td>
<td>541-312-3223</td>
<td>541-330-2499</td>
<td><a href="http://www.villanomd.com">www.villanomd.com</a> <a href="mailto:info@villanomd.com">info@villanomd.com</a></td>
<td>Michael S. Villano, M D</td>
<td>7</td>
<td>2005</td>
<td>Facial plastic surgery &amp; aesthetic skin care services.</td>
<td>Bend</td>
</tr>
</tbody>
</table>
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 full array of modalities that few clinics can provide. "We 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."

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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.

Hawthorn Healing Arts Offers a ‘Full Array of Modalities That Few Clinics Can Provide’

by ANDREA HINE — CBN Feature Writer

"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.”

“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."
### Assisted Living Facilities (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Units</th>
<th>Fees</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Absolute Serenity Senior Care</td>
<td>541-844-5194</td>
<td>541-549-1726</td>
<td>absoluteserenity.info <a href="mailto:absoluteserenity@gmail.com">absoluteserenity@gmail.com</a></td>
<td>David &amp; Leah Tolke</td>
<td>8</td>
<td>2009</td>
<td>N/A</td>
<td>N/A</td>
<td>Provision of care in a home atmosphere &amp; promotion of independence with activities of daily living.</td>
</tr>
<tr>
<td>Aspen Ridge Memory Care Community</td>
<td>541-385-8500</td>
<td>541-312-6674</td>
<td><a href="http://www.aspenpigmemorycare.com">www.aspenpigmemorycare.com</a> <a href="mailto:administrator@aspenpigmemorycare.com">administrator@aspenpigmemorycare.com</a></td>
<td>Simon</td>
<td>32</td>
<td>1999</td>
<td>42</td>
<td>Upon Request</td>
<td>Meeting the needs of residents &amp; families dealing with dementia &amp; Alzheimers.</td>
</tr>
<tr>
<td>Aspen Ridge Retirement Community</td>
<td>541-385-8500</td>
<td>541-330-6687</td>
<td><a href="http://www.aspenpigmemorycare.com">www.aspenpigmemorycare.com</a> <a href="mailto:marketing@aspenpigmemorycare.com">marketing@aspenpigmemorycare.com</a></td>
<td>Angela Doms</td>
<td>35</td>
<td>1999</td>
<td>167</td>
<td>Upon Request</td>
<td>Independent retirement living, assisted living &amp; specialized Alzheimers/memory care with the ability to transition from one to the other as needed.</td>
</tr>
<tr>
<td>Bend Transitional Care</td>
<td>541-382-0479</td>
<td>541-389-7554</td>
<td><a href="http://www.bendtransitionalcare.com">www.bendtransitionalcare.com</a></td>
<td>Ron Oldenort</td>
<td>75</td>
<td>1954</td>
<td>49</td>
<td>Upon Request</td>
<td>Primary focus on skilled nursing care &amp; long-term care.</td>
</tr>
<tr>
<td>Brookside Bend</td>
<td>541-210-8802</td>
<td>541-389-1163</td>
<td><a href="http://www.brooksideal.com">www.brooksideal.com</a> <a href="mailto:candace.nonnemacher@brooksideal.com">candace.nonnemacher@brooksideal.com</a></td>
<td>Candace Nonnemacher</td>
<td>35</td>
<td>2000</td>
<td>46</td>
<td>Upon Request</td>
<td>Unique building design with specialized life enrichment program to enhance quality of life for the memory impaired.</td>
</tr>
<tr>
<td>Cascades of Bend Assisted Living</td>
<td>541-385-0046</td>
<td>N/A</td>
<td><a href="http://www.cascadesofbend.com">www.cascadesofbend.com</a></td>
<td>Jamie Maul</td>
<td>70</td>
<td>1981</td>
<td>121</td>
<td>Upon Request</td>
<td>Optics &amp; in-home care agency &amp; assisted living.</td>
</tr>
<tr>
<td>Central Oregon Adult Foster Care</td>
<td>541-548-6631</td>
<td>541-548-5519</td>
<td><a href="http://www.ccw.com/c/central-oregon-adult-foster-care-ccwhome.mylife@gmail.com">www.ccw.com/c/central-oregon-adult-foster-care-ccwhome.mylife@gmail.com</a></td>
<td>Carla Krock</td>
<td>5</td>
<td>2009</td>
<td>5</td>
<td>Call for assessment</td>
<td>Adult foster &amp; senior care.</td>
</tr>
<tr>
<td>Juniper Springs</td>
<td>541-382-5331</td>
<td>541-317-5373</td>
<td><a href="http://www.regency-pacific.com/senior-living/or/bend/juniper-brett">www.regency-pacific.com/senior-living/or/bend/juniper-brett</a></td>
<td>Jenna Glass</td>
<td>45</td>
<td>0</td>
<td>42</td>
<td>Upon Request</td>
<td>Full-service assisted &amp; independent living.</td>
</tr>
<tr>
<td>Juniper Springs</td>
<td>541-536-8559</td>
<td>541-536-1373</td>
<td><a href="http://www.pratherhouseal.com">www.pratherhouseal.com</a> <a href="mailto:director@pratherhouseal.com">director@pratherhouseal.com</a></td>
<td>Love Pearson</td>
<td>44</td>
<td>1999</td>
<td>61</td>
<td>Upon Request</td>
<td>Assisted Living &amp; Memory Care units.</td>
</tr>
<tr>
<td>Regency Care of Central Oregon</td>
<td>541-382-7161</td>
<td>541-385-7762</td>
<td><a href="http://www.cascadesviewnursing.com">www.cascadesviewnursing.com</a></td>
<td>Jonathan Stark</td>
<td>45</td>
<td>1969</td>
<td>47</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Regency Pineville Rehabilitation &amp; Nursing Center</td>
<td>541-447-7667</td>
<td>541-447-6685</td>
<td><a href="http://www.regency-pacific.com/senior-living/or/pineville/regis">www.regency-pacific.com/senior-living/or/pineville/regis</a></td>
<td>Aaron Mansor</td>
<td>45</td>
<td>0</td>
<td>36</td>
<td>Avail</td>
<td></td>
</tr>
<tr>
<td>Regency Village at Bend</td>
<td>541-317-3544</td>
<td>541-330-0121</td>
<td><a href="http://www.regency-pacific.com/senior-living/or/bend/regeny-oil">www.regency-pacific.com/senior-living/or/bend/regeny-oil</a> <a href="mailto:manager@thesummital.com">manager@thesummital.com</a></td>
<td>Rebecca Hankey</td>
<td>44</td>
<td>1999</td>
<td>65</td>
<td>Upon Request</td>
<td></td>
</tr>
<tr>
<td>Regency Village at Redmond</td>
<td>541-416-3542</td>
<td>541-923-0280</td>
<td><a href="http://www.regency-pacific.com/senior-living/or/redmond/regeny-oil">www.regency-pacific.com/senior-living/or/redmond/regeny-oil</a> <a href="mailto:manager@regency-sal.com">manager@regency-sal.com</a></td>
<td>Jerry Thomas</td>
<td>26</td>
<td>1995</td>
<td>45</td>
<td>Upon Request</td>
<td></td>
</tr>
<tr>
<td>Touchmark at Mount Bachelor Village</td>
<td>888-231-1113</td>
<td>541-383-3434</td>
<td><a href="http://www.touchmarkland.com">www.touchmarkland.com</a> <a href="mailto:SDN@Touchmark.com">SDN@Touchmark.com</a></td>
<td>Scott Neil</td>
<td>200</td>
<td>2007</td>
<td>83</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whispering Winds</td>
<td>541-332-1209</td>
<td>541-332-1459</td>
<td><a href="http://www.whisperingwinds.info">www.whisperingwinds.info</a> <a href="mailto:info@whisperingwinds.info">info@whisperingwinds.info</a></td>
<td>Angela Vanderpool</td>
<td>50</td>
<td>2003</td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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## Retirement Communities (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Number of Home Sites</th>
<th>Price</th>
<th>Fees</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Cascade Retirement Community, LLC</td>
<td>541-475-2273</td>
<td>541-475-4230</td>
<td><a href="http://www.seniorhousinginvestments.net/cascadelodge">www.seniorhousinginvestments.net/cascadelodge</a></td>
<td>John Wakeman</td>
<td>80</td>
<td>2009</td>
<td>2</td>
<td>Varies</td>
<td>based on services provided</td>
<td>Skilled nursing, memory care, assisted living &amp; independent living</td>
</tr>
<tr>
<td>Stone Lodge Retirement</td>
<td>541-338-0480</td>
<td>541-337-9119</td>
<td><a href="http://www.stonelodgeretirement.com">www.stonelodgeretirement.com</a></td>
<td>Jeff Putnam</td>
<td>24</td>
<td>1999</td>
<td>114</td>
<td>$2,000 &amp; up</td>
<td>N/A</td>
<td>Studios, 1 &amp; 2 bedroom, all utilities except phone, housekeeping, panic button, fire alarm, scheduled trips, TV lounge, billiard room, 3 chef-cooked meals a day, full activities schedule, Transportation provided, Hospital &amp; medical facilities next door within walking distance, Forum Shopping Center close by, Holiday Travel program included.</td>
</tr>
<tr>
<td>Touchmark at Mount Bachelor Village</td>
<td>541-383-1414</td>
<td>541-383-3434</td>
<td><a href="http://www.touchmarkatbend.com">www.touchmarkatbend.com</a></td>
<td>Scott Neil</td>
<td>200</td>
<td>2001</td>
<td>284</td>
<td>$250,000-600,000</td>
<td>Rental/residence deposit</td>
<td>Full assisted living/ 24 hr staff/ 2 restaurants/ housekeeping/ transportation/ on-site activities/ licensed memory care/ Partners in Care on-site/ Aubrey Dining on-site/ two full service salons</td>
</tr>
<tr>
<td>Touchmark at Pilot Butte</td>
<td>541-238-6101</td>
<td>N/A</td>
<td>touchmark.com/senior-living/or/bend</td>
<td>Customer Service</td>
<td>50</td>
<td>2019</td>
<td>136</td>
<td>Varies</td>
<td>Varies</td>
<td>55+ all-inclusive resort-style living</td>
</tr>
<tr>
<td>Vintage at Bend</td>
<td>541-617-3985</td>
<td>541-617-5025</td>
<td><a href="http://www.vintagehousing.com">www.vintagehousing.com</a></td>
<td>N/A</td>
<td>2</td>
<td>2005</td>
<td>106</td>
<td>$665-$794</td>
<td>$35.00 tenant screening fee</td>
<td>Commuting location, on-site hair salon, on-site laundry, exercise facilities, billiard room &amp; library/ computer room, On-site massage &amp; activity &amp; social areas.</td>
</tr>
<tr>
<td>Whispering Winds</td>
<td>541-312-0969</td>
<td>541-312-1450</td>
<td><a href="http://www.whisperingwinds.info">www.whisperingwinds.info</a></td>
<td>Carrie Kasch</td>
<td>50</td>
<td>2003</td>
<td>116</td>
<td>$2,330-$4,650 rent</td>
<td>N/A</td>
<td>Studios, 1 &amp; 2 bedroom apartments, full service dining, weekly housekeeping &amp; linen, utilities, library, activities on &amp; off site, transportation services, spa room, fitness center, patio/ balcony on each apartment, technology center, beauty/barber shop, private dining room, putting green, gated parking &amp; private garages.</td>
</tr>
</tbody>
</table>

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### Annual Healthcare Supplement

#### Chiropractors (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance Chiropractic, PC</td>
<td>541-383-1516</td>
<td>N/A</td>
<td><a href="http://www.jimdoctors.com">www.jimdoctors.com</a></td>
<td>N/A</td>
<td>2</td>
<td>1995</td>
<td>Gentle treatments, spinal manipulation, applied kinesiology, a balanced approach to better health.</td>
</tr>
<tr>
<td>Benis Chiropractic Clinic</td>
<td>541-447-1043</td>
<td>541-447-2784</td>
<td><a href="http://www.chicagochiropractic.net">www.chicagochiropractic.net</a></td>
<td>Dr. Jill Benis, Dr. James Benis</td>
<td>3</td>
<td>1999</td>
<td>Chiropractic specialists. Specializing in integrated health care.</td>
</tr>
<tr>
<td>Bend Whole Health Family Chiropractic</td>
<td>541-389-1991</td>
<td>541-389-5972</td>
<td><a href="mailto:mgw@bendwholehealth.com">mgw@bendwholehealth.com</a></td>
<td>Dr. Daniel Bourque</td>
<td>7</td>
<td>1994</td>
<td>Soft tissue &amp; manual therapies, activator adjusting, nutritional counseling, automotive injuries, massage therapies, weight loss.</td>
</tr>
<tr>
<td>Chiropractic Associates</td>
<td>541-548-4014</td>
<td>541-548-0544</td>
<td><a href="mailto:clinic@chiropracticassociates.com">clinic@chiropracticassociates.com</a></td>
<td>Dr. Michael Thille, Dr. Rodney Gross</td>
<td>6</td>
<td>1986</td>
<td>Manual medicine including varied adjusting techniques, physiotherapy modalities, exercise prescription &amp; massage therapy.</td>
</tr>
<tr>
<td>Elkhorn Chiropractic &amp; Wellness Center</td>
<td>541-388-1588</td>
<td>541-388-0839</td>
<td><a href="http://www.theladieschiropractic.com">www.theladieschiropractic.com</a></td>
<td>Dr. Natasha Rusegger</td>
<td>9</td>
<td>1986</td>
<td>Personal injuries, gentle chiropractic services, lifestyle nutrition, sports medicine &amp; veterinary orthopedic.</td>
</tr>
<tr>
<td>Freedom Wellness Center</td>
<td>541-389-0263</td>
<td>541-389-0676</td>
<td><a href="mailto:drpamchris@yahoo.com">drpamchris@yahoo.com</a></td>
<td>Dr. Russ Cobbs, Dr. Jeff Cobbs</td>
<td>7</td>
<td>2005</td>
<td>Chiropractic care, cranial chiropractic, massage therapy, nutrition, wellness tips &amp; wellness coaching.</td>
</tr>
<tr>
<td>High Desert Chiropractic Clinic</td>
<td>541-389-5573</td>
<td>541-389-0609</td>
<td><a href="mailto:highdesertchiro@gmail.com">highdesertchiro@gmail.com</a></td>
<td>Dr. Brandi Kuhm, Dr. Joshua Kuhm</td>
<td>8</td>
<td>1994</td>
<td>Holistic healthcare for the whole family, certified chiropractic sports physicians, nutritional &amp; remedial medicine, discounted Chiropractic care.</td>
</tr>
<tr>
<td>Madron Chiropractic Clinic</td>
<td>541-473-6171</td>
<td>541-473-6172</td>
<td><a href="http://www.madronwalkthroughchiro.com">www.madronwalkthroughchiro.com</a></td>
<td>Dr. Mark M. Mullins</td>
<td>1</td>
<td>1978</td>
<td>Manual manipulation of the spine &amp; extremities, physical therapy equipment, massage therapy, ray facilities &amp; specializings in chiropractic orthopedics.</td>
</tr>
<tr>
<td>McCarty Chiropractic Health Center</td>
<td>541-389-1103</td>
<td>N/A</td>
<td>n/a</td>
<td>Dr. Howard McCarty</td>
<td>2</td>
<td>1973</td>
<td>Care for many types of conditions, weight loss screening &amp; care, auto accident cases, computerized insurance billing, treat patients of all ages, workers compensation &amp; private insurance.</td>
</tr>
<tr>
<td>Pangea Chiropractic</td>
<td>541-728-0954</td>
<td>541-728-0956</td>
<td><a href="mailto:pangeachiro@gmail.com">pangeachiro@gmail.com</a></td>
<td>Dr. Andrew Toshima, Dr. Asbury Campbell</td>
<td>5</td>
<td>2013</td>
<td>Specializing in corrective chiropractic care with an emphasis on pediatric &amp; pregnancy care with a mission to help families achieve their true innate health potential.</td>
</tr>
<tr>
<td>Rau &amp; McCary Chiropractic Center</td>
<td>541-388-0496</td>
<td>N/A</td>
<td>n/a</td>
<td>Dr. John McCary</td>
<td>3</td>
<td>1981</td>
<td>Family chiropractic care. Treatment is a non-force adjusting using an instrument (activator) that gives a quick thrust to the vertebrae.</td>
</tr>
<tr>
<td>Snow Creek Chiropractic &amp; Natural Health Center</td>
<td>541-549-0624</td>
<td>541-549-3563</td>
<td>n/a</td>
<td>Dr. Greg Stuck</td>
<td>1992</td>
<td>Light force adjustment, laser-assisted kinesiology, bio-cranial therapy, surgery, herbs &amp; vitamin therapies, treatment of chronic disease &amp; herbal &amp; nutritional therapy.</td>
<td></td>
</tr>
<tr>
<td>Teichera Chiropractic</td>
<td>541-383-3101</td>
<td>541-383-3101</td>
<td><a href="mailto:stichlerchiro@gmail.com">stichlerchiro@gmail.com</a></td>
<td>Dr. Todd Teichira, Dr. Christine Teichira</td>
<td>2</td>
<td>1991</td>
<td>Chiropractic health care, certified animal chiropractor, Diplomate Gonstead Specific technique.</td>
</tr>
<tr>
<td>Three Sisters Chiropractic Clinic</td>
<td>541-549-3583</td>
<td>N/A</td>
<td><a href="http://www.threesisterschiropractic.com">www.threesisterschiropractic.com</a></td>
<td>Dr. Ince Gough</td>
<td>1</td>
<td>1991</td>
<td>Gentle techniques, pain relief, physical therapy &amp; rehabilitation.</td>
</tr>
</tbody>
</table>

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overall mistrust in healthcare workers. Hallett said that this issue of trust has a sharp increase in combative behavior, distrust in mainstream treatments and partners can make a huge difference. “

led to virtual visits. Like many other big challenges, it showed the teamwork and ways. We utilized digital care in our hospitals and it drove the innovation that creative solutions.

certain factors like COVID and staffing shortages have pushed the industry to seek innovative new solutions to access issues.

"Healthcare is still a service administered by humans and that’s not changing, but point out many advantages that the industry had, including some creative and to train family physicians for rural and underserved communities.

program with COCC for pharmacy technicians. In addition, St. Charles is working 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.

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 aging 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 resilience 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 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 only 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.”

Hallet 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.”

Hallet 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.

When asked about why this happened, Hallett said, “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.”

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stcharleshealthcare.org

PHOTOS | COURTESY OF ST. CHARLES HEALTH SYSTEMS

Annual Healthcare Supplement

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<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Website/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bluftish Dental &amp; Orthodontics</td>
<td>541-387-1000</td>
<td>541-387-1000</td>
<td><a href="http://www.bluefishdental.com">www.bluefishdental.com</a></td>
<td>Dr. Donna Quinby</td>
<td>20</td>
<td>2004</td>
<td>Pediatric dentistry &amp; orthodontics.</td>
</tr>
<tr>
<td>Bluefish Dental &amp; Orthodontics - Redmond</td>
<td>541-923-1000</td>
<td>541-923-1000</td>
<td><a href="http://www.bluefishdental.com">www.bluefishdental.com</a></td>
<td>Dr. Catherine Quinby</td>
<td>20</td>
<td>2005</td>
<td>Pediatric dentistry &amp; orthodontics.</td>
</tr>
<tr>
<td>Calhoun Dental Group</td>
<td>541-386-0650</td>
<td>541-386-0650</td>
<td><a href="http://www.calhounorthodontics.com">www.calhounorthodontics.com</a></td>
<td>Dr. Daniel Binner</td>
<td>6</td>
<td>2013</td>
<td>Endodontics.</td>
</tr>
<tr>
<td>Deschutes Dental Center</td>
<td>541-387-1000</td>
<td>541-387-1000</td>
<td><a href="http://www.freemansmiles.com">www.freemansmiles.com</a></td>
<td>Dr. Philippe Freeman</td>
<td>6</td>
<td>2001</td>
<td>General dentistry with specialty in cosmetics.</td>
</tr>
<tr>
<td>Evenson, Greg DMD PC</td>
<td>541-549-0100</td>
<td>541-549-0100</td>
<td><a href="mailto:dr.everson@bendbroadband.com">dr.everson@bendbroadband.com</a></td>
<td>Dr. Greg Evenson</td>
<td>6</td>
<td>1986</td>
<td>General &amp; family dentistry.</td>
</tr>
<tr>
<td>Greenwood Dental Care</td>
<td>541-382-0000</td>
<td>541-382-0000</td>
<td><a href="http://www.greenwooddentalcare.com">www.greenwooddentalcare.com</a></td>
<td>Dr. Ken M. Shurcliff</td>
<td>7</td>
<td>1999</td>
<td>General dentistry.</td>
</tr>
<tr>
<td>Greg M. Lee, DMD PC</td>
<td>541-382-0000</td>
<td>541-382-0000</td>
<td><a href="http://www.greenwooddentalcare.com">www.greenwooddentalcare.com</a></td>
<td>Dr. Chad Northern</td>
<td>5</td>
<td>2008</td>
<td>General dentistry.</td>
</tr>
<tr>
<td>Highland Family Dental</td>
<td>541-380-0000</td>
<td>541-380-0000</td>
<td><a href="http://www.highlandfamilydental.com">www.highlandfamilydental.com</a></td>
<td>Dr. Tony Parley</td>
<td>12</td>
<td>2010</td>
<td>General dentistry including: root canal therapy, cosmetic procedures, extractions &amp; dentures.</td>
</tr>
<tr>
<td>Jay Groeneveld</td>
<td>541-925-0000</td>
<td>541-925-0000</td>
<td>jaygroeneveldmd.com</td>
<td>Dr. Jay Groeneveld</td>
<td>5</td>
<td>2012</td>
<td>General dentistry, cosmetic dentistry.</td>
</tr>
<tr>
<td>Juniper Dental</td>
<td>541-381-0000</td>
<td>541-381-0000</td>
<td><a href="http://www.juniperdental.com">www.juniperdental.com</a></td>
<td>Dr. Chad Northern</td>
<td>5</td>
<td>2008</td>
<td>General dentistry.</td>
</tr>
<tr>
<td>Company / Address</td>
<td>Phone</td>
<td>Fax</td>
<td>WebSite/Email</td>
<td>Contact</td>
<td>Staff</td>
<td>CO Year Est.</td>
<td>Services</td>
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<tr>
<td>Prineville Dental</td>
<td>541-382-0823</td>
<td>541-385-8165</td>
<td>prinevilledental.com</td>
<td>Dr. Marc Nolstrom</td>
<td>22</td>
<td>1970</td>
<td>General dentistry.</td>
</tr>
<tr>
<td>Oak Street Dental</td>
<td>541-475-6156</td>
<td>541-475-6157</td>
<td><a href="mailto:owl@bendBroadband.com">owl@bendBroadband.com</a></td>
<td>Dr. Adam Zangello</td>
<td>4</td>
<td>2005</td>
<td>General dentistry.</td>
</tr>
<tr>
<td>Ponderosa Dental Center</td>
<td>541-382-3523</td>
<td>541-382-8129</td>
<td><a href="http://www.ponderosadentalcenter.com">www.ponderosadentalcenter.com</a></td>
<td>Dr. John Wiley</td>
<td>5</td>
<td>2000</td>
<td>General dentistry.</td>
</tr>
<tr>
<td>Ponderosa Dental Center</td>
<td>541-333-3930</td>
<td>541-323-3929</td>
<td>dentis-bend.com</td>
<td>Lindsey Bradbury</td>
<td>5</td>
<td>2015</td>
<td>Cosmetic smile makeovers &amp; general dentistry, implants, crowns, emergencies, orthodontics, sedation dentistry.</td>
</tr>
<tr>
<td>Pinon Mesa Dental Center</td>
<td>541-649-5274</td>
<td>541-382-1217</td>
<td><a href="http://www.pondonwodelmacdentist.com">www.pondonwodelmacdentist.com</a></td>
<td>Dr. David Anders</td>
<td>3</td>
<td>2010</td>
<td>General dentistry.</td>
</tr>
<tr>
<td>PureCare Dental 50</td>
<td>541-647-5555</td>
<td>541-647-5554</td>
<td><a href="http://www.purecaredental.com">www.purecaredental.com</a></td>
<td>Dr. Emily Richard</td>
<td>18</td>
<td>2010</td>
<td>Family dentistry - adults &amp; children, cosmetic dentistry, smile makeovers, porcelain veneers, implants, wisdom tooth extractions, orthodontics &amp; teeth whitening.</td>
</tr>
<tr>
<td>Redmond Dental Group 1761 SW Parkway Dr.</td>
<td>541-548-8175</td>
<td>541-548-7025</td>
<td><a href="http://www.redmontondentalgroup.com">www.redmontondentalgroup.com</a></td>
<td>Dr. Dan Smith</td>
<td>19</td>
<td>1971</td>
<td>General dentistry.</td>
</tr>
<tr>
<td>River Park Family Dentistry 135 SW Shiloh Dr.</td>
<td>541-382-0392</td>
<td>541-383-7170</td>
<td><a href="http://www.riverparkfamilydentistry">www.riverparkfamilydentistry</a></td>
<td>Dr. Ben Grieb</td>
<td>7</td>
<td>2004</td>
<td>Family &amp; cosmetic dentistry.</td>
</tr>
<tr>
<td>Rockpoint Dental 2300 SW Glacier Place &amp; implants. Redmond, 97756</td>
<td>541-923-4577</td>
<td>541-923-8677</td>
<td><a href="http://www.rockpointdental.com">www.rockpointdental.com</a></td>
<td>Dr. Chad Stepheenson</td>
<td>5</td>
<td>2002</td>
<td>General dentistry.</td>
</tr>
<tr>
<td>Shevlin Dental Center 910 SW Simpson Ave.</td>
<td>541-382-8578</td>
<td>541-382-8681</td>
<td><a href="http://www.shevlinmedical.com">www.shevlinmedical.com</a></td>
<td>Dr. David Cusick</td>
<td>12</td>
<td>1971</td>
<td>General dentistry.</td>
</tr>
<tr>
<td>The Brace Place, Central Oregon Orthodontics 2337 NE Conners Ave., Ste. 201 Bend, 97701</td>
<td>541-382-0410</td>
<td>541-389-0161</td>
<td><a href="http://www.centraloregonbraceplace.com">www.centraloregonbraceplace.com</a></td>
<td>Dr. David Kuep</td>
<td>13</td>
<td>1985</td>
<td>Orthodontics, specialties preferred providers, complimentary consultations, free custom mouthguards year-round to all Central Oregon athletes.</td>
</tr>
<tr>
<td>Todd A. Schrock, DMD, MD 1801 NE Fifth Rd.</td>
<td>541-382-7981</td>
<td>541-389-6935</td>
<td><a href="http://www.schrock.com">www.schrock.com</a></td>
<td>Dr. Todd A. Schrock</td>
<td>8</td>
<td>2001</td>
<td>Oral &amp; maxillofacial surgery.</td>
</tr>
<tr>
<td>West River Dental 701 NW Atwood Ave., Ste. 100 Bend, 97703</td>
<td>541-317-5732</td>
<td>541-386-8248</td>
<td><a href="http://www.westriverdentist.com">www.westriverdentist.com</a></td>
<td>Dr. Dennis Holly</td>
<td>4</td>
<td>1999</td>
<td>General family dentistry.</td>
</tr>
</tbody>
</table>

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

**Not listed?**

Call 541-388-5665 & get your company on a list!
How to Find the Balance Between Student Loans & Retirement Savings

by STU MALAKOFF, CFP®A, CDF®, 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 Karma¹, 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.

Q: What are some strategies to juggle my student loan payments and retirement contributions?

A: First, figure out exactly what you owe, update your information, and find out if you’re eligible for loan forgiveness. After that, opt for an income driven repayment program such as the new SAVE program if you’re allowed. Eligibility is based on discretionary income; it’s equal to the difference between your adjusted gross income and 225 percent of the poverty level².

The next step is to lower your taxable income by contributing to your retirement accounts. There are a few strategies. Contributing to 401(k), Traditional IRA, or HSA can help you save for other goals and lower your student loan payment. Also, keep in mind that when tax season comes around, eligible student loan borrowers can deduct up to $2,500 of the interest paid on their student loans annually under the current IRS tax code. This deduction is limited to interest payments only, and not to any amount you paid towards the principal. It’s important to point out that this is a deduction, not a credit. It won’t give you a dollar-for-dollar tax bill decrease, but it can lower your taxable income.

Q: I have five student loans all with different interest rates. Should I consolidate?

A: I suggest proceeding carefully. While consolidating or refinancing your loans might give you a lower interest rate, it’s important to understand what you’re giving up. Transferring your loans disqualifies any future forbearance or applying for any income-driven repayment programs. Also, in the current interest environment, low rates are likely behind us for the foreseeable future.

Q: This payment will make a really big difference in my monthly cash flow. Should I shift gears and reduce my savings?

A: Now’s a good time to reevaluate your budget and ask yourself what your priorities are. The options are limited in this scenario. If your student loan payment is getting turned on again, you can either adjust your budget to lower discretionary spending or cut back on your savings. While the answer depends on your individual financial situation, in most cases you always want to have sufficient emergency liquidity.

One possibility, if you have sufficient equity in your home, is to get a (HELOC) Home Equity Line of Credit. This can make you 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:
¹Credit Karma
²Studentaid.gov

bendwealth.com • 541-306-4324 • stu@bendwealth.com

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- Established and operating on or before January 1, 2020.
- Gross revenues in 2022 greater than 2020 with consistent year-over-year growth.
- Gross annual revenues $100,000 or greater in fiscal year 2022.

Only percentage of growth will be published.

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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 trusty raincoats (for forest fires or stress-eating), and let’s explore how.

Nature’s Pyrotechnics vs. Retirement Rolleroaster

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-take-off. 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.

Support for the Smoky Times

Facing the uncertainty of a smoky atmosphere during the many fires surrounding our community is no joke. It’s been about our 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 smoke. 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, 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 taking 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.

Continued on Page 39 ♦

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.

CrossPointe
Michael Sipe, President
CrossPointe, Inc.
541-390-8610 | Mike@CrossPointeCapital.com | www.CrossPointeCapital.com/business-growth.html
Sergeant Kent Vander Kamp is the Central Oregon Drug Enforcement Team and the Deschutes County Sheriff’s Office was recently recognized for his exceptional leadership. The FBI Law Enforcement Education and professional development. The Trilogy Award complete three specialized courses on enhancing leadership skills, ethics, and community engagement.

In 2017, Stewart Riggs was promoted to the role of executive director at the J Bar J Learning Center. 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 program 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 leaders. 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 2011 at A.R. Miller Middle School in Newton, 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 improve youth outcomes. His focus on education, ensuring they have the tools they need to succeed in their academic and personal endeavors.

The Learning Center at J Bar J also announces the appointment of Keith Riggs as its new academic director. In this role, Riggs will work closely with the center’s Development Director to enhance 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 distinguished award to law enforcement leaders who complete three specialized courses on enhancing leadership skills, ethics, and community engagement.

Keith Riggs has firsthand experience with the professional sports industry, poverty, gun and gang violence, houselessness, and losing his father in the AIDS/heroin epidemic. He grew up in a lower-class neighborhood in East Palo Alto, back when the area 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 and international sports programs by advocating for law enforcement leadership by earning the Rock the houselessness, and gun violence in the United States.

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 Earthquakes, a professional soccer team in the United States. 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 building programs and serving at-risk youth in various communities. He pursued his passion for helping youth succeed in life.

During his career, JC has been a strong advocate for capacity building and working with at-risk youth. He founded his own football academy, called The Air Football Academy. After living in the Portland/Vancouver area for over 20 years, JC first went to Primeville to visit one of his academy’s athletes in 2019. He immediately fell in love with 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 tasked with organizing a food drive at RimRock Trail. The work he did with youth struggling with substance use disorders 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 that he faced. He plans to expand the programming he launched last winter in Warm Springs to offer sports camps and other special programs for more people.

New hires, promotions, accolades, awards, retiring? Send us your Who’s Who!

Who’s Who! Send a high resolution head shot and a short, 100- to 150-word writeup to CBN@CascadeBusNews.com to be seen in the next edition of Cascade Business News. Who’s Who Next Page
The Bend Park and Recreation Foundation (BPRF) 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 Louise and worked in the playground equipment industry and violence women’s advocate at the Central Oregon Battering and Rape Alliance. Next, she worked as an account 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 Cylcocross Series as well as the director of the Ski Swap and the Snowball. Currently, Cogswell-Kelley is involved with an non-profit road cycling program with retired professional cyclist, Chris Horner, which she introduced to the community via the Bend Summer 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 BPRF.

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-LosCrosse. 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.

Who's Who Continued from previous page

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, accounts, 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.

M PERFECTLY

Washington Trust was thrilled to present M Perfectly with a financial donation of $2,500 to support its 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 well. 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 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 Millendres, Tonkon Torp LLP (OR); managing director of capital markets Chris Zinn and relationship manager-dealer commercial services Jaclyn Hartley, both of US Bank (MN); co-founder and chief investment officer Todd Marcell, 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.”

dealershipvaluationservices.com/conference

Paid Leave Oregon

Continued from page 3

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 a policy regarding 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 PFMLI, 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 PFMLI. 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/epaid-leave-oregon-tickets--270787770add?aff=oddtdtcreator, cost: $50. This program is eligible for 2 SHRM PDUs. Please contact Don Pauvier, COEC Board president, 971-201-9230 or donpauvier@gmail.com with questions.
centraloregonemployercouncil.org

Maineer

Continued from page 3

“At Maineer, we recognize that traditional CNC machines were often complex, expensive, and inaccessible for many hobbyists and small businesses,” said Martin Neumeuller, 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.
maineer.com

Recent Transactions

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Advantage Dental Services: Compass Commercial Real Estate Services brokers Russell Hunterman, 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 Logsden Street in Bend. Principal broker Bruce Churchill with Compass Commercial Real Estate Services represented the buyer, Kevin Spencer, in the acquisition of the 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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When Smoke Clears

The Takeaway: Finding Clarity Amidst the Haze

So, as we reflect on 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 downturns. In the long run, setting up a well-protected retirement income could be 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.

National Bureau of Economic Research and the Marketing Industry Meeting Guide

Financial Planning, and In The Know - Turning Your Option — Creating Certainty in the Uncertainty of Management in Bend. RosellWealthManagement.

When Smoke Clears Continued from page 33

savings. 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.

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8:00PM-10:00PM- Sunriver Observatory

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