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Are You One of Central Oregon's Fastest-Growing Companies?

CBN STAFF REPORT

ascade Business News is now accepting applications for the Eighth Annual Central Oregon's Fastest 20 Growing Businesses.

Cascade Business News



We are proud to be partnering, once again, with Columbia Bank and Capstone CPA's to help identify and vet these varied businesses from many industries.

Please go to CascadeBusNews.com and look for the Fast 20 icon to fill out the nomination form. Don't worry, we don't publish actual sales, just percentage of growth.

The #1 fastest-growing company will receive \$1,000 from Columbia Bank, \$1,000 in services from Capstone CPA's and two half-page ads from CBN.

We will invite the 20 fastest-growing companies to an awards party at the Oxford Hotel in November to unveil this group, counting down from 20 to 1!

So get with your banker or CPA and get nominated!

Last year's winner include #1: Trangistics, Inc.; #2: Almost Family, LLC; #3: Aspire Physical Therapy; #4: Dirtbag En-terprises LLC; #5: Nine Peaks Solutions LLC; #6: Dynamic Color, Inc; #7: Deschutes Plumbing Co LLC; #8: Free the Ocean; #9: Riley Visuals, LLC; #10: Brightways Counseling Group, LLC; #11: Central Service Inc; #12: Integrated 3D LLC; #13: Majesty's Animal Nutri-tion, LLC; #14: C.O. Alpha Painting LLC; #15: Bend Wealth Advisors; #16: Nelson Tile and Stone; #17: Elixir - A Wellness Collective ~ Calley Asbill, ND LLC; #18: Rohr Painting & Construction; #19: Handel's Homemade Ice Cream; and #20: Sisters Self Storage.

CascadeBusNews.com

Dry Canyon Community Arts Center

Redmond Gets Dedicated Arts Center

by NOAH NELSON — CBN Feature Writer

n the heart of Downtown Redmond off of Sixth Street, a new space promises to bring art, education and connection to the community. The Dry Canyon Arts Association (DCAA) has begun construction on the Dry Canyon Community Arts Center.

According to the DCAA website, "The Dry Canyon Community Art Center is poised to become a cornerstone for artistic growth and community connection in Redmond. Thanks to the extraordinary generosity of an angel investor, the historic Rogers & Lynch building at 405 SW 6th Street has been secured as the future home for this exciting initiative. The center will officially take possession of the building on August 1, with renovations planned over the following three months. A grand opening is targeted for November 7 ushering in a new era for the arts in our community."

This has been a goal for DCAA for quite some time; the group first settled on the idea of creating a dedicated arts center in 2004, when artists were frustrated at the lack of galleries in Redmond, prompting the DCAA (known as the High Desert Society of the Arts, at the time) to take matters into



DRY CANYON COMMUNITY ARTS CENTER | RENDERING COURTESY OF DRY CANYON

PAGE 6

Annual Healthcare Supplement — Pages 13-35

Discovery West Thoughtful Living on Bend's Westside

by NOAH NELSON — CBN Feature Writer

iscovery West is a thoughtfully designed community that spans 245 acres, just west of Bend's Northwest Crossing. The Community blends timeless design with modern living, all nestled against a backdrop of natural beauty. Created by the same team behind NorthWest Crossing, Discovery West offers a vibrant, accessible community where people can live, work, and play, with trails, shops, parks, schools and neighborhood events all incorporated nearby.

NWX2 LLC is the entity developing Discovery West, and is a partnership between Brooks Resources and Tennant Development principals.

According to the development team, "Discovery West is about discovery of nature, of community, and of what it means to live with intention. Whether it's exploring a new trail, finding your dream home, enjoying public art,

supporting a local business, or connecting with neighbors at a community event, the neighborhood is designed to invite curiosity and connection. With an emphasis on architectural diversity, sustainability, thoughtful design,



PHOTO I COURTESY OF DISCOVERY WEST

and inclusivity, Discovery West encourages residents and visitors alike to discover the best of what Bend has to offer and to create something meaningful along the way."

Discovery West offers a variety of housing options, all

PAGE 8

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INSIDE THIS ISSUE

Business & Industry 2
Hot News 3
Opinion 5
Annual Central Oregon Healthcare Supplement 13
Physicians Groups & Clinics 14
Home Assistance18
Physical & Occupational Therapy20
Hospitals22
Emergency Transportation 22
Eye Care 26
Assisted Living Facilities 30
Dentists 32
Chiropractors35
Who's Who 36
Businesses Serving Community 37
Permits 39
Town & Country 40



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HOT NEWS

Madewell Opening in the Old Mill District

expanding into Central Oregon with a new storefront set to open in Bend's Old Mill District early next year.

Madewell will take over 4,554 square feet in the heart of the district between Sisters Coffee Co. and Warby

Premium denim brand Madewell is Parker, offering premium denim and foundational wardrobe pieces for men and women. Their designs are elevated yet effortless, blending classic

ontinued on Page 38 🕨

RootedHomes Expands Down Payment Assistance

for Veterans, Offering Up to \$60k made possible by a \$540,000 grant Oregon,

Nonprofit developer of affordable Central RootedHomes, recently announced a significant expansion of its down payment assistance program for veterans. The program expansion was

awarded to the organization for this purpose. The enhanced program

ontinued on Page 38

Shevlin Crossing Announces New Tenant: **Bloom Aesthetics**

Taylor Brooks announced that another new tenant will join its Shevlin Crossing development later this year: Bloom Aesthetics. The medical spa is locally owned and woman owned and operated, and will offer services in injectables, skin treatments, laser treatments and more. Bloom will be located on the first floor of

Shevlin Crossing's Building B, 2230 NW Labiche Lane, in northwest Bend, right next door to WildRoots Coffeehouse, opening this fall.

Tracy Edwards, owner of Bloom

'ontinued on Page 38 🕨

RECENT TRANSACTIONS

Jenn Limoges, CCIM of NAI Cascade represented the Tenant in leasing 1,977 SF of office space at 61583 SE 27th St in Bend, known as Reed South. This office will be the new location of Elevation Family Health.

Paul Evers of NAI Cascade represented the Tenant in leasing 1,232 SF of office space at 2538 NE Division St in Bend. The space will be administrative services for Community Integrated Work Program, Inc.

Jenn Limoges, CCIM of NAI Cascade represented the Tenant in leasing 4,979 SF of office space at 1001 SW Emkay in Bend,

'ontinued on Page 38 🕨

Submit your Recent Transactions to Jeff@CascadeBusNews.com to be seen in the next edition of Cascade Business News

Mid Oregon Launches Flat Fire Relief Fundraiser

In the face of the rapidly spreading the first \$10,000 raised, underscoring Flat Fire, Mid Oregon Credit Union announced the launch of a special fundraising effort to support those affected by the devastating wildfire. The credit union will be accepting donations from the community and will match

its commitment to the well-being of Central Oregon.

"As Central Oregonians, we are all too

ontinued on Page 38 🕨

Go Clean Energy Conference Showcases **Oregon Electrification Incentives**

350Deschutes, nonprofit organization, will host the 11th annual Go Clean Energy Conference at Central Oregon Community College. The conference, which features 25 speakers, will help people jump-start their

plan for cost savings in clean energy, transportation and green building.

Three keynote thought leaders will

ontinued on Page 38 🕨

City Club of Central Oregon to Host 2025 State Legislative Session Review Forum

The City Club of Central Oregon invites community members and media to attend its upcoming public forum, 2025 State Legislative Session Review on Thursday, September 18.

This forum provides a unique opportunity to engage directly with Central Oregon's legislative leadership as they reflect on the outcomes of the 2025 Oregon Legislative Session. The

discussion will delve into:

- Key legislative developments from the 2025 session, including housing, infrastructure, transportation, healthcare, etc.
- Outlook for the 2026 legislative including session, priorities,

ontinued on Page 39 🕨

Hands-On Coaching for Your Business

Boost your business's success through hands-on coaching, peer support, and practical tools you can apply immediately.

The Small Business Management program (SBM) meets the second Wednesday from October 2025 to June 2026. Each three-hour session is designed to give you the space to keep working on your business while

making real progress through handson business coaching, strategic peer learning and real-world case studies. You'll walk away with clear goals and the tools to reach them.

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ontinued on Page 39













Oregon Pharmacy System Put at Catastrophic Risk as Oregon Legislature Fails to Act

by COLIN COCHRAN

n a devastating one-two punch to Oregon's pharmacies and the patients who rely on them, state lawmakers failed to pass any version of House Bill 3212 to reform abusive PBM contracting practices and also failed to extend the CAT tax exemption for critical access pharmacies during the 2025 Legislative Session. The result is a deepening pharmacy access crisis that will force pharmacies to drastically cut services just to survive, and for many, even that will not be enough to keep their doors open.

Over the past year, nearly 1,300 Oregonians contacted their elected officials, urging them to protect pharmacy access by advancing HB 3212. The bipartisan bill, developed through a nearly yearlong stakeholder process, would have tackled anti-competitive PBM business practices that are forcing pharmacies to operate at a loss and close at alarming rates. Since 2008, more than 200 pharmacies have closed across Oregon making the state the worst in the nation for pharmacy access. Despite broad public and legislative support for HB 3212, PBMs and their insurance partners succeeded once again in convincing Democratic leadership to prioritize corporate profits over community care.

At the same time, lawmakers allowed a key tax exemption to expire, reimposing Oregon's Commercial Activity Tax (CAT) on pharmacy gross sales, even though pharmacies already pay this tax through inflated wholesale costs. Unlike most businesses, pharmacies cannot set their own prices and are contractually barred from passing on additional costs to patients. This double taxation leaves pharmacies squeezed on both ends, exacerbating financial strain and making survival impossible for many, particularly in rural communities where pharmacies are already hanging by a thread. Predatory PBM practices coupled with double taxation under the CAT, are pushing pharmacies past the breaking point.

"While some legislators, like those that represent the communities we serve, had our backs, Democratic leadership and too many members of their supermajorities in both chambers turned a blind eye and deaf ear to the desperate state of pharmacies and the impassioned pleas of their constituents," said Ann Murray, owner of Murray Drugs in Eastern Oregon. "Pharmacies will be forever grateful for the outpouring of support from the community we saw during the legislative session and we will need that support going forward as we continue to fight for basic fairness and the bare necessities that can keep pharmacies open and ensure that patients can have access to pharmacy care in their communities."

"The legislature made a choice not to act on critical pharmacy matters this session and, in doing so, made a choice to accelerate pharmacy closures and exacerbate Oregon's pharmacy crisis," said Brian Mayo, executive director of OSPA. "Lawmakers talk a big game about improving health access and equity, but when it comes time to choose between patients and powerful corporate lobbies, they repeatedly choose the latter. The result is higher costs, fewer pharmacy choices, and longer delays for patients across the state."

Despite the legislature's failure to act, pharmacy advocates vow to continue the fight, for fairness, for financial viability, and for the communities that depend on local pharmacy care.

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

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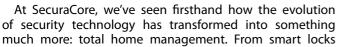


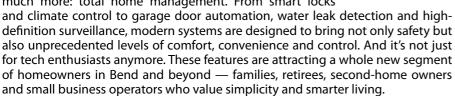
From Security to Smart Living

How Today's Systems Offer More Than Just Protection

by MATT SCHABERG — SecuraCore

ot long ago, security systems were all about doors, windows and motion sensors. You'd arm your system when you left and disarm it when you returned. While the peace of mind was valuable, traditional systems offered little beyond break-in prevention. Today, the landscape has shifted dramatically — and for the better.





Beyond Alarms: The Rise of the Smart Home Ecosystem

Security today is no longer a standalone service. It's the backbone of a fully integrated smart home system that keeps you connected whether you're across town or across the country. Homeowners can now:

- **1.** Lock or unlock doors remotely or set rules to auto-lock at bedtime.
- 2. Control lights to simulate occupancy or reduce energy usage.
- **3. Manage HVAC systems** from a smartphone, optimizing comfort and energy savings.
- 4. Monitor garage doors and receive alerts if they're left open.
- **5. Detect and shut off water leaks**, preventing thousands in potential damage.

These tools aren't just convenient — they're proactive. With intelligent automation, your home can respond to your routines, alert you to issues before they escalate, and give you the ability to manage everything from one app, wherever you are.

Peace of Mind That's Visible

Surveillance has come a long way from grainy black-and-white footage and expensive setups. Today's smart cameras offer high-definition video, night vision, two-way audio and Al-powered alerts. Whether you're checking in on a delivery, watching over pets or verifying a tripped alarm, smart surveillance adds a critical layer of awareness to your everyday life.

In a growing city like Bend, where outdoor living and community are key, these features are more than nice-to-haves — they're essentials. Parents can check when kids arrive home from school. Vacation homeowners can monitor their properties remotely. And business owners can safeguard their shops after hours — all from a single dashboard.

A New Kind of Customer

The new generation of security users isn't just worried about break-ins — they're focused on lifestyle. They want to feel in control, reduce stress and manage their homes with ease. The systems we design at SecuraCore are increasingly being adopted by people who never considered security systems before:

1. Busy families who want to simplify routines and keep tabs on their kids.



- **2. Remote workers** seeking greater control of their environment.
- **3. Elderly homeowners** who benefit from automation and monitoring features.
- **4. Short-term rental owners** looking to manage access and ensure guest safety.

The appeal is broad, and the value is clear. What used to be a grudge purchase — buying a security system out of fear — is now an empowering investment in comfort, efficiency, and peace of mind.

Local Solutions for Local Living

As a Bend-based company, SecuraCore understands the unique needs of Central Oregon residents. Our systems are built for the way people live here — balancing outdoor lifestyles with smart indoor tech. Whether you want to warm your home before a snowstorm hits or make sure your garage is locked after a day on the mountain, our solutions are designed with flexibility and reliability in mind.

We also understand that not everyone wants a DIY setup. That's why we offer professional installation, personalized service, and ongoing support — so your system works seamlessly from day one and continues to evolve as your needs change.

The Future Is Smart and Secure

The integration of home management with security is not just a trend — it's the future. And it's here now. By combining protection with convenience, modern systems are transforming how people interact with their homes and businesses.

At SecuraCore, we're proud to be at the forefront of this evolution, helping our neighbors in Bend live smarter, safer, and with greater peace of mind. Whether you're upgrading an old system or starting fresh, the opportunities to simplify your life are greater than ever.

Smart security is no longer just about alarms — it's about empowering how you live.

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- Discover practical ways AI can save time and boost productivity
- Learn how to build a custom GPT to boost



Business & Industry

ry Canyon Continued from page 1

their own hands.

According to a document shared by the organization, "Over the past 20 years, DCAA has rented and borrowed space all over Redmond to hold

professional outlets for artists has grown along with membership in the DCAA. A group that struggled to attract 20 artists pre-pandemic has grown to over 200 members, and now struggles to find venues large enough to accommodate their meetings. DCAA members are thrilled to soon have a home of their own for meetings, exhibitions, classes and more, and Dry Canyon Arts Association is positioned

Arts Center is realized."

When that potential is realized upon the center's completion in the first week of November, Redmond will have a 2000 square foot gallery, along with three dedicated classrooms for art education for all ages and in all mediums.

According to DCAA, "This innovative space is designed to be a vibrant hub

come together to explore and nurture their artistic talents. The center will offer a diverse range of opportunities, including classes, workshops, and inspiring exhibitions. These programs will be tailored to engage the community, sparking inspiration and fostering collaboration among artists, enthusiasts, and the broader public."

Also from the DCAA regarding founding sponsors, "We are inviting individuals only to become a founding sponsor. To be a founding sponsor, your donation of \$100 or more must be received on or prior to the grand opening November 7, 2025. If you have already donated to the art center project for \$100 or more, you are already a founding sponsor. If you would like to increase your current donation to \$100 or more to qualify for a plaque, please do so by November 7, 2025. Donations of any size are welcome."

Redmond looks forward to a dedicated space for the arts, and the DCAA is excited to unveil it, ideally, on November 7.

drycanyonarts.org









The Structure of Things



by Expert KATHRYN BROWN, Early Child Care Program Manager — COCC Small Business Development Center

Question:

I'm starting a small business and keep hearing about LLCs and S-Corps.

I don't really understand the difference.

Which one should I choose?

Great question! This is one of the most common decisions new business owners face — and it can have lasting implications. Ownership, liability, management control and taxation are just a few of the key considerations when selecting and optimizing legal structure.

- 1. LLC (Limited Liability Company). For many new businesses growing, not yet showing a profit it makes sense to start as an LLC. It offers personal liability protection, flexible management and lets you choose how you're taxed typically as a "pass-through" entity where income is reported on your personal tax return. In Oregon, you'll need to file articles of organization with the secretary of state.
- **2. S-Corporation (S-Corp)** An S-Corp is a tax election, not a separate legal structure. You can elect S-Corp status from an LLC or corporation. It offers the same liability protection, but with added rules: You must pay yourself a reasonable salary, run payroll and file extra tax forms. The tradeoff? Potential savings on self-employment taxes since income can be split between salary and distributions.
- **3. So which one is better?** LLCs are great for simplicity and flexibility. S-Corps may save you money once your business is profitable if you're ready for more paperwork. For a side-by-side comparison chart, visit sos.oregon.gov/business and search for "Oregon Start a Business Guide."

For additional advice, consult:

- A certified public accountant
- An attorney
- A COCC Small Business Development Center adviser

Central Oregon Community College's Small Business Development Center offers free, confidential professional business advising and a variety of low-cost courses to help entrepreneurs through the business lifecycle. Visit cocc.edu/sbdc to learn more and read testimonials from successful businesses.

About the Expert:

Kathryn Brown is the Early Child Care Program manager at COCC's Small Business Development Center. She was named a 40 under 40 Trailblazer by America's Small Business Development Center Network in 2023.

cocc.edu/sbdc

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- Currently under construction, expected completion: Sept. 2025



iscovery West Continued from page 1

made with quality and community in mind. The speculative and custom single-family homes are built by builders who are part of the community's 24 member Builders Guild, with an emphasis on high-quality craftsmanship and distinctive design. The townhomes, mews and cottages provide lower maintenance living options and are located in the urban core around the Discovery Corner community plaza. Aerie by AvantStay Vacation Rentals offer short-term fun near the commercial hub of the neighborhood, while the cottage and multifamily apartment developments will be available in future phases, offering diverse housing stock, including subsidized affordable options.

This range of options helps support a multigenerational community, encouraging long-term residency and neighborhood vitality. Housing diversity attracts everyone from young professionals and families to retirees, allowing people to stay in the neighborhood through different stages of life.

The commercial hub of the community is called Discovery Corner. This plaza is surrounded by artfully designed townhomes, and features the following businesses; Sparrow Mercado, a bakery and market; Put A Cork In It!, a wine bar; Anna Salon, a hair and nail salon; Harper House Design, an interior design studio; Bluebird Skin Therapy + Aesthetics, a medi spa; Harcourts The Garner Group, a real estate office; and MCD Homes, a home builder.

These locally owned, small-scale businesses serve the day-to-day needs of residents and vacation rental guests, while also drawing in visitors. They foster a sense of place, support the local economy, and create natural gathering spaces, especially during community events.

There are three Discovery Corner commercial spaces currently available for lease, listed by Compass Commercial.

In addition to the businesses around Discovery Corner, the neighborhood will expand to include more commercial and mixed employment opportunities along Skyliners Road that integrate with existing businesses in the area.

Discovery West is unique in Bend in part because of its architectural diversity. With ten approved architectural styles — from classic Craftsman and American Farmhouse to sleek Mid-Century Modern and minimalist Scandinavian — the neighborhood has a timeless, custom feel, as if it's been here for generations. This thoughtful variety stands in contrast to neighborhoods where homes look nearly identical.

It also offers safe, convenient access to schools, parks, trails and nearby retail by foot, bike or mobility device — something rare among Bend's newer developments.

Another hallmark of Discovery West is its thematic purpose woven throughout the neighborhood — from street names to public art. The theme of discovery first emerged when naming streets. Initially, most of the explorers considered were men, which sparked a deeper search for remarkable women whose contributions to science, space, and exploration deserved recognition. This led to the creation of the "Women of Discovery" initiative, honoring trailblazing women through street names, art installations, bronze medallions around Discovery Corner, and neighborhood banners.





PHOTOS | COURTESY OF DISCOVERY WES

These stories bring depth, character, and inspiration to the neighborhood, making Discovery West a place where the spirit of exploration lives in both its design and its identity.

discoverywestbend.com







Michael Sipe, President CrossPointe, Inc.

Thinking of Selling Your Business? Don't Leave Money on the Table.

Considering a sale raises many challenging questions:

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For the past 34 years, I've been helping entrepreneurs sell their businesses. I recently wrote an Amazon #1 best-selling book. It's a street-smart guide on how to prepare, position and sell your business for top dollar. You might not be considering selling now, but it's never too soon to plan and prepare for your eventual profitable exit. Grab your copy of Finish Strong – Exit Well on Amazon and contact me confidentially to explore your business options.



Central Oregon's Labor Market

Health Care Leads the Way as Growth Slows

by NICOLE RAMOS, Regional Economist — Oregon Employment Department

entral Oregon's labor market is at an interesting point in its cycle. After revisions, regional total nonfarm employment gains over the past year were found to be slightly weaker than originally thought. While the difference is not large, it does reinforce what we have seen in recent months: the pace of job growth has slowed, both statewide and locally. Even so, Central Oregon continues to perform slightly better than Oregon overall a modest but important distinction as employers and jobseekers adjust to changing conditions.



the beginning of 2024 and construction continues to show resilience in Crook and Jefferson counties. Similarly, employment in leisure and hospitality has been slowly increasing since the start of the year; however, as of July, average employment remains 224 jobs below the level seen during the first half of last year.

Bend, OR MSA (Central Oregon) Nonfarm Employment, July 2025 vs. July 2024

Oregon employment Department, Current Employment Estimates

Industry	July 2025	July 2024	Change (year)	% Change (year)
Total nonfarm employment (seasonally adjusted)	111,110	111,310	(200)	-0.2%
Total nonfarm employment	110,290	112,470	(2,180)	-1.9%
Total private	97,740	100,100	(2,360)	-2.4%
Mining, logging, and construction	9,300	9,540	(240)	-2.5%
Manufacturing	8,670	8,470	200	2.4%
Trade, transportation, and utilities	18,420	19,410	(990)	-5.1%
Information	2,100	2,410	(310)	-12.9%
Financial activities	5,710	5,860	(150)	-2.6%
Professional and business services	12,670	13,000	(330)	-2.5%
Private education and health services	19,540	18,940	600	3.2%
Leisure and hospitality	17,440	18,410	(970)	-5.3%
Other services	3,890	4,060	(170)	-4.2%
Government	12,550	12,370	180	1.5%

GRAPHICS | COURTESY OF OREGON EMPLOYMENT DEPARTMENT

Among Central Oregon's private industries, private education and health services — and specifically health care and social assistance, which accounts for approximately 93% of employment in this industry — stands out. Together, health care and social assistance now employs over 18,000 workers in Central Oregon, up nearly 180% since 2001. By 2024 private education and health services stood more than one-third above its pre-pandemic level and accounted for 17.1% of all employment in the region, making it the second largest industry of employment, slightly behind trade, transportation, and utilities (17.4%), and ahead of leisure and hospitality (14.7%). From 2023 to

ontinued on Page 10 🕨





The broader job market has cooled. Private sector employers are more cautious, and hiring is no longer as brisk as it was in the immediate recovery period following the pandemic. Some industries have weathered this environment better than others. Retail trade, for instance, has softened, with Deschutes County losing the most positions over the past year. Trade, transportation, and utilities as a whole has not kept pace with the growth we see elsewhere. In contrast, manufacturing has managed steady gains since



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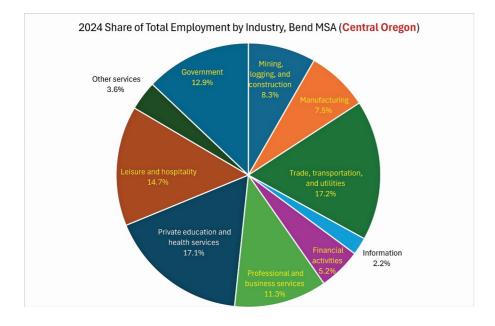
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REDMOND 615 SW DESCHUTES AVENUE REDMOND, OR 97756

entral Oregon's Labor Market Continued from page 9

2024 alone, regional health care added jobs at a faster pace than any other major sector, offsetting losses elsewhere. This local trend mirrors the state where health care has been one of the principal drivers of employment growth. So far this year, private education and health services has continued its long-term momentum, while trade, transportation, and utilities has lagged. As a result, as of July, there are now more private education and health services jobs than trade, transportation, and utilities jobs.



By 2033, Central Oregon is expected to add another 2,190 health care and social assistance jobs--the most of any industry with a growth rate of 13.6%, which is higher than the regional average of 8.6%. Within that, health care itself

is projected to grow even faster, at nearly 14.6%. This outpaces construction (+13.5%), professional and business services (+12.6%), and leisure and hospitality (+11.7%).

Top 10 Health Care Occupations by Job Growth (Crook, Deschutes and Jefferson Counties), 2023-2033

Oregon Employment Department, Workforce and Economic Research Division

	Employment		Replacement
Occupation Title	Change (NEW)	Percent Change	Openings
Total, All Occupations	9,848	8.6%	134,904
Health Care	1,573	15.4%	9,639
Healthcare Practitioners and Technical Occupations	912	14.8%	3,504
Healthcare Support Occupations	661	16.3%	6,135
Registered Nurses	237	10.5%	1,225
Home Health and Personal Care Aides	221	15.5%	2,238
Medical Assistants	154	22.4%	979
Nurse Practitioners	81	55.5%	80
Nursing Assistants	67	11.3%	877
Physician Assistants	53	35.6%	86
Physical Therapists	51	23.3%	87
Dental Assistants	47	13.6%	486
Veterinarians	34	28.1%	37
Dental Hygienists	29	14.3%	140

GRAPHICS | COURTESY OF OREGON EMPLOYMENT DEPARTMENT

In the East Cascades region, medical and health services managers are projected to grow by 34% (+161 jobs) through 2033, with similarly high percentage increases expected for physician assistants (+36%), nurse practitioners (+56%), and other frontline providers. In terms of absolute growth, however, registered nurses lead with a projected increase of 237 jobs, the highest in the region, followed closely by home health and personal care aides (+221 jobs) and medical assistants (+154 jobs). Despite these gains, replacement needs dominate future openings: even if growth slows, retirements alone will create thousands of openings that must be filled in the coming years. That said, economic uncertainty and policies that negatively affect the healthcare industry, or patients' ability to pay for care, could slow or even halt growth. Pending these factors, however, the healthcare industry is expected to continue growing and remain one of the fastest — if not the fastest — growing industries in the region by 2033.

oregon.gov/employ

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Jackstraw

New Community Blends the Best of Bend

by NOAH NELSON — CBN Feature Writer

ackstraw, a new mixed-use community located at 310 SW Industrial Way here in Bend, aims to bring residents a modern, clean and community-oriented way of life.

Jackstraw is a 480,000-squarefoot mixed-use residential and retail community located on a 4.7-acre site at the corner of Industrial Way and Lava Road in Bend's Southern Crossing neighborhood, centrally positioned between the Old Mill District and Downtown. Developed by Killian Pacific, Jackstraw is adjacent to the popular Box Factory retail center and is designed to reflect the vibrancy, natural beauty and creative spirit of Central Oregon.

Other local players are involved in bringing Jackstraw to life, including Lease Crutcher Lewis in partnership with CS Construction as the general

contractor, SERA Architects, Hickman, Williams & Associates, Inc. as civil engineers, KPFF as structural engineers, and Ground Workshop for landscaping. Compass Commercial Real Estate Services provides retail brokerage and property management services, while Avenue 5 Residential provides residential leasing services.

The project includes 313 apartments and townhomes, along with 18,000 square feet of ground-floor retail space. It will be the first LEED Platinum for Homes certified multifamily development in Bend, with Net Zero Ready design, pollinator-friendly landscaping and all-electric building systems built to meet the demands of a changing climate. The site hosts multiple active beehives as part of its ecological commitment.



secured, leasing efforts are underway to bring a dynamic mix of retailers that will complement the site and the surrounding neighborhood.

Jackstraw is still leasing more commercial space, and the developers are excited to add to the already dynamic mix.

Resident-focused amenities include gear storage for bikes and oversized recreational equipment, parking, multiple landscaped podium gardens and courtyards, a fitness center, rooftop lounge with views of the Cascade Range, resident lounge, coworking areas, and a terrace overlooking Lava Road and the Box Factory. The development will feature a dedicated pedestrian plaza on the southwest edge of the site, located just south of Lava Pass.

ontinued on Page 12



The residential units have begun pre-leasing, while move-ins will occur in October.

Retail tenants include The Way West, a Western-inspired bar with a fresh-cut deli and provisions counter from Bend Brewing Company in collaboration with Sisters Meat & Smokehouse, as well as Drybar and Sisters Coffee Company. With several beloved regional brands and a premier national brand already





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Attorney at Law

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Collin was born and raised in Central Oregon. He graduated from Crook County High School in 2002 as a valedictorian. He graduated summa cum laude from SUNY Oswego in New York state with a BA in Public Relations and cum laude from Willamette University College of Law in 2017.

He and his wife are raising their two daughters in Redmond. They enjoy hunting in the Ochocos, backpacking, hiking, snowboarding and Collin has a passion for fly fishing.

Collin loves working with organizations that give back and help Central Oregon.

Collin proudly serves all of Central Oregon offering

FREE consultations* and **NO retainer fees*** (*some exclusions apply)

Demand for Mentoring Grows!

You Can Help!

by JIM DARCEY, Chair — SCORE Central Oregon

f you have ever run your own company or been involved in business management, you have a lot of valuable experience from which others could benefit. How? Become a business mentor.

If you enjoy helping others and would like to share your experience, becoming a SCORE certified mentor could be a great fit for you.

The need for mentors in our area has never been greater than it is now. Our chapter averages over 70 requests for mentoring each month. The requests come from both people just starting a business as well as many who are looking to expand.

Some of our mentors are retired, some semi-retired, and some are still active in business. The time commitment is very manageable, perhaps four to five hours per week, totally on your preferred schedule. Mentors can easily "pause" their work while on vacation, so there is full flexibility in that regard.

SCORE in Central Oregon is part of a national volunteer organization. Nationwide, there are about 150 chapters providing mentoring and education to both new entrepreneurs and existing businesses in need of guidance to address their business challenges.

Including the full state of Oregon, in the recent fiscal year, SCORE supported the start of 769 businesses — a very significant impact on the economy. Our mentoring requests include interest in help with developing business plans, carving out the right marketing plans, assessing and organizing finance info, operational and staffing issues, and just about any other aspect of starting or building a business.

As a point that reflects the breadth of SCORE and the support the mentor team provides, over half of the clients that request mentoring support from SCORE are women business leaders and entrepreneurs. In addition, many of our newer mentors are women and the chapter is working to encourage further increase in the number of women mentors.

Here are some recent comments from clients who have received mentoring

support from our local chapter team:

"My mentor and I have a great understanding. She has made herself available to me for all of my business needs. She has been a great sounding board and given the best advice."

"My mentor did listen and understand my needs from an entrepreneurial perspective - very helpful in being able to convey that he was listening and offering feedback that was understandable to me and corresponded with the nature of my concerns."

"Our mentor is providing great insight and helping us stay aligned with our mission."

A very straightforward training program is part of the process of becoming a SCORE mentor. The combination of this training, along with the foundation background of experience in business, equips someone new to mentoring to be able to succeed. In addition to this beginning training, there is a lot of peer interaction between mentors that allows for sharing of experiences and collaborating to provide the best service possible — plus there are great opportunities to get to know like-minded people in the community.

From the mentor perspective, here is some feedback from their experiences:

"It is a pleasure to be able to share the business knowledge that I have built from decades of work experience."

"I get to experience the creativity of working with all types of new and experienced business clients. Mentoring for SCORE is a great way to give back to my community."

As noted, SCORE is expanding. While we have added 12 mentors to our team in the last year and now have a team of 46, more help is needed to handle the volume of mentoring requests that are received every month. The application process is very simple and accessible via the website: score/centraloregon.org. On the site, there is also further information about the scope of the mentor role. You can also call 541-316-0662.

score/centraloregon.org

2025 State Legislative Session Review



September 18, 2025
Unitarian Universalist
Fellowship of Central Oregon
11:30 am - 1:00 pm

Register at cityclubco.org



ackstraw

Continued from page 11



RENDERING | COURTESY OF KILLIAN PACIFIC

Lava Pass is a shared, multimodal street designed for low-speed traffic, flexible use, and community events. The plaza will feature Fossils of the Future, a site-specific public art installation by West Coast artist E. Tyler Brown, offering a space for reflection, art, and neighborhood connection. Lava Pass creates a new pedestrian-friendly link between Jackstraw and Box Factory and allows for occasional street closures to host events, concerts, and markets throughout the year.

According to the Jackstraw PR team, "Jackstraw gives people the best of Bend; a walkable, bikeable lifestyle right between downtown and the Old Mill District, with the river and the city's best spots just steps away. The apartment homes are light-filled, designed with sustainability in mind, and set new standards for quality living as Bend's first LEED Platinum multifamily project."

Jackstraw is expected to be a welcome addition to our growing community, helping us usher into an era of mixed-use developments that are geared towards sustainability.

jackstrawbend.com





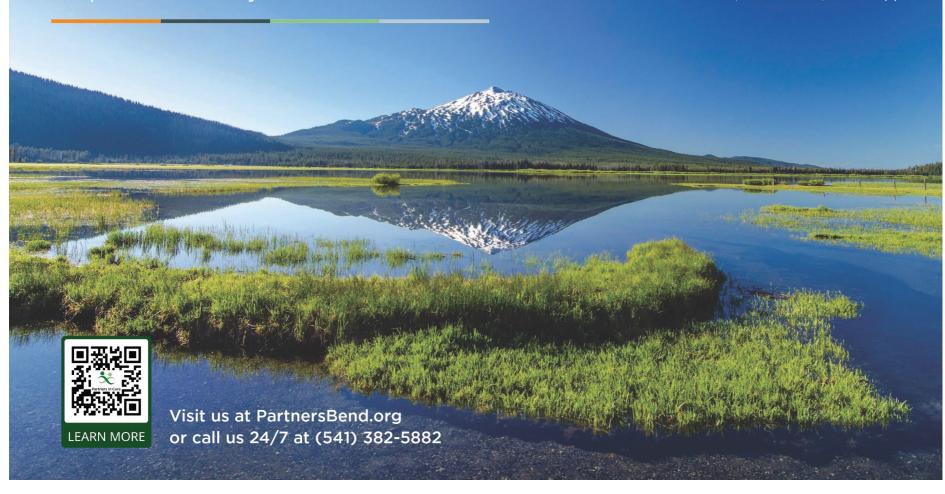
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Physician Groups & Clinics (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Doctors	Other Area Locations	Patients Per Month	Services
Bend Dermatology Clinic, LLC 2747 NE Conners Ave. Bend, OR 97701	541-382-5712	541-382-2605	www.bendderm.com suzanne@bendderm.com	Suzanne Maitland	45	1980	5	Central Oregon	3,300	Diseases & surgeries of the skin.
Bend Hernia Center 2450 Mary Rose Pl., Ste. 210 Bend, OR 97701	541-383-2200	541-383-5170	www.bendherniacenter.com wimel@bendsurgicalassociates.com	Michael J. Mastrangelo	6	2003	1	N/A	200-250	Laparoscopic & Robotic surgery. All types of hernia repair & general surgery.
Bend Surgery Center 1342 NE Cushing Dr., Ste. 170 Bend, OR 97701	541-318-0858	541-318-6740	www.bendsurgery.com tcurrier@bendsurgery.com	Todd Currier	150	1997	50	N/A	1,200	Ambulatory surgery.
Cascade Direct Care 198 NE Combs Flat Rd. Prineville, OR 97754	541-362-8688	541-550-7779	www.cascadedirectcare.com cascade.reception@gmail.com	Lindsey G. McKay	4	2013	Lindsey McKay, PA-C	N/A	N/A	Family medicine clinic & primary direct care office that offers primary care services to its members for a monthly fee including minor in-office procedures & many labs. Insurances accepted as well.
Cascade Surgicenter 2200 NE Neff Rd., Stc. 100 Bend, OR 97701	541-322-2395	541-322-2394	www.cascadesc.com cgilstrap@cascadesc.com	Cammy Gilstrap	45	2006	Staff doctors from The Center & Central Oregon Doctors.	N/A	500	Outpatient surgeries by The Center physicians, as well as pre- & post- operative care. Specialty areas include minimally invasive knee & shoulder arthroscopy, carpal tunnel surgery, pain management injections & other outpatient surgical procedures Pediatric dentist, Podiatry.
Central Oregon Dermatology 388 SW Bluff Dr. Bend, OR 97702	541-678-0020	541-323-2174	www.centraloregondermatology.com info@centraloregondermatology.com	Mark A. Hall	9	2000	1	Bend. LaPine, Redmond, Madras	450	General dermatology & specializes in skin can- cer diagnosis & skin cancer surgery & various cosmetic procedures involving Botox, Juvederm, Restylane, Radiesse, laser treatment, photothera- py & photodynamic therapy.
Central Oregon Ear, Nose & Throat, LLC 2450 NE Mary Rose Pl., Ste. 120 Bend, OR 97701	541-382-3100	541-385-4935	www.coent.com	Dr. Ryan P. Gallivan	20	1970	5 Physicians, 2 Audiologists	N/A	2,000	Ear, nose, throat & hearing.
Central Oregon Pediatric Associates (COPA) 760 NW York Dr., Second Floor Bend, OR 97703	541-389-6313	541-389-8760	www.copakids.com wjackson@copakids.com	Wendy Jackson	104	1975	16 Board Certi- fied Pediatrician MD's, plus 6 PA/PNP's	East Bend, South Bend, Redmond	4,200	Pediatric & adolescent medicine.
Central Oregon Radiology Assoc. PC 1460 NE Medical Center Dr. Bend, OR 97701	541-382-6633	541-382-6635	www.centraloregonradiology.com sstuemke@cmillc.org	Sara Stuemke	295	1947	35+	Redmond & Bend South Side	7,500	MRI, CT, ultrasound, nuclear medicine, PET, mammography, x-ray, DXA, vascular/interventional radiology.
Central Oregon Regional Pathology Services 1348 NE Cushing Dr. Bend, OR 97701	541-382-7696	541-389-5723	www.copc.net jdover@copc.net	Brad Bryan	19	2000	7	N/A	N/A	Pathology services.
Dermatology Health Specialists 1693 SW Chandler Ave., Ste. 250 Bend. OR 97702	541-382-8819	541-797-7971	derm-health.com info@derm-health.com	Tammy Wisco, Matt Zullo	24	2019	6 (3 physicians, 3 PAs)	Redmond, La Pine, Burns	1,000 (Bend)	General (medical) dermatology, Mohs surgery, aesthetic dermatology.
Doctors Park Surgery Center 2090 Wyatt Ct., Ste. 102 Bend, OR 97701	541-389-5931	541-389-5932	doctorsparksc.com ehicks@amsurg.com	Erin Hicks	14	2002	5	N/A	300	Outpatient ambulatory surgery.
East Cascade Women's Group 2400 NE Neff Rd., Ste. A Bend, OR 97701	541-389-3300	541-389-8115	www.eastcascadewomensgroup.com info@ecwg.net	Ashlyn Clason	36	1994	8	N/A	Over 2,000	OB/GYN
Endocrinology Services Northwest 929 SW Simpson Ave., Ste. 220 Bend, OR 97702	541-317-5600	541-317-5676	www.endonorthwest.com	Patrick McCarthy	5	2012	2 M.D.'s, 2 P.A.'s	Redmond	1,200	Diabetes, thyroid & cholesterol disorders, hormonal imbalances & testosterone deficiencies.
High Lakes Health Care - Bend-Upper Mill 929 SW Simpson Ave., Ste. 300 Bend, OR 97702	541-389-7741	541-278-8375	www.highlakeshealthcare.com	N/A	197	1996	16	Bend- Shevlin Park, Bend-Hospital District, Sisters, Redmond Primary Care & Specialty Care	4,000	Primary care/family practice, internal medicine, physical medicine & rehabilitation, pediatrics, GYN, cardiology.
Infocus Eye Care 2450 NE Mary Rose Pl., Ste. 110 Bend, OR 97701	541-318-8388	541-318-7145	www.infocus-eyecare.com info@infocus-eyecare.com	Tona Buck	35	1998	5	N/A	1,800	Specializing in cataract & eyelid surgery, LASIK refractive surgery & more. Ophthalmologists: Ida Alul, MD; Patricia Buehler, MD; Meryl Sundy, MD; Amanda Selchau, MD. Optometrists: Winter Lewis, OD; Elizabeth Potvin, OD; Sheena Rolston, OD.
Inovia Vein Specialty Center 2200 NE Neff Rd., Ste. 204 Bend, OR 97701	541-382-8346	541-382-5796	www.inoviavein.com/contact/bend kristen@inoviavein.com	N/A	12	2005	2	N/A	N/A	Complications from varicose veins, compression therapy, endovenous vein ablation, ambulatory phlebectomy
Madras Medical Group 76 NE 12th St. Madras, OR 97741	541-475-3874	541-475-3503	www.madrasmedicalgroup.com info@madrasmedicalgroup.com	Bob Jones	25	1973	4	N/A	1,400	Family practice.
Mosaic Community Health - Bend High School-Based Health Center 230 NE Sixth St., Rm S-19 Bend, OR 97701	541-383-3005	541-383-1883	MosaicCH.org	N/A	450	2015	See website	Throughout Central Oregon	9,500+ system-wide	Full service pediatric clinic, open to any youth.
Mosaic Community Health - Conners Health Center & Pharmacy 2065 NE Tucson Way Bend, OR 97701	541-383-3005	541-383-1883	MosaicCH.org	N/A	450	2021	See website	Throughout Central Oregon	9,500+ system-wide	Primary care, family care, pharmacy.
Mosaic Community Health - Courtney Health Center 2577 NE Courtney Dr., Ste 100 Bend, OR 97701	541-383-3005	541-383-1883	MosaicCH.org	N/A	450	2018	See website	Throughout Central Oregon	9,500+ system-wide	Primary care, family care.
Mosaic Community Health - Crook Kids School-Based Health Center 757 E First St. Princville, OR 97754	541-383-3005	541-383-1883	MosaicCH.org	N/A	450	2011	See website	Throughout Central Oregon	9,500+ system-wide	Full service pediatric clinic, open to any youth.
Mosaic Community Health - East Bend Health Center 2084 NE Professional Ct. Bend, OR 97701	541-383-3005	541-383-1883	MosaicCH.org	N/A	450	2018	See website	Throughout Central Oregon	9,500+ system-wide	Primary care, family care, pediatrics, dental.
Mosaic Community Health - Lynch School-Based Health Center 1314 SW Kalama Ave., Rm B Redmond, OR 97756	541-383-3005	541-383-1883	MosaicCH.org	N/A	450	2012	See website	Throughout Central Oregon	9,500+ system-wide	Full service pediatric clinic, open to any youth.
Mosaic Community Health - Madras Health Center & Pharmacy 500 NE A St. Madras, OR 97741	541-383-3005	541-383-1883	MosaicCH.org	N/A	450	2006	See website	Throughout Central Oregon	9,500+ system-wide	Primary care, family care, pharmacy, dental.
Mosaic Community Health - Madras High School-Based Health Center 390 SE Tenth St. Madras, OR 97741	541-383-3005	541-383-1883	MosaicCH.org	N/A	450	2017	See website	Throughout Central Oregon	9,500+ system-wide	Full service pediatric clinic, open to any youth.
Mosaic Community Health - Mountain View School-Based Health Center 2755 NE 27th St. Bend, OR 97701	541-383-3005	541-383-1883	MosaicCH.org	N/A	450	2023	See website	Throughout Central Oregon	9,500+ system-wide	Full service pediatric clinic, open to any youth.
Mosaic Community Health - Princville Health Center & Pharmacy 375 NW Beaver St., Ste. 101 Princville, OR 97754	541-383-3005	541-383-1883	MosaicCH.org	N/A	450	2002	See website	Throughout Central Oregon	9,500+ system-wide	Primary care, family care, pharmacy.

An American Reality

Living with Multiple Health Problems

by EMILY BURNHAM, Digital Communications Coordinator — Mosaic Community Health



DUSTIN IS ON THE PATH TO RECOVERY AND HEALTH WITH SUPPORT FROM THE TEAM AT MOSAIC'S PRINEVILLE HEALTH CENTER | PHOTO AND GRAPHIC COURTESY OF MOSAIC

hen Dustin Harris moved back to his hometown of Prineville after working as a plumber in Texas, he had just finished a stay in rehab. He was on a path to recovery from alcoholism and trying to build a healthier life with help from his family. But then he suffered a different health setback: his blood sugar was dangerously high and he ended up in the Emergency Room (ER). That's where he found out he had diabetes.

After getting signed up for the Oregon Health Plan (Oregon's version of Medicaid) while in the ER, Dustin was sent to Mosaic's Prineville Health Center. There, he received care from a whole team: a primary care provider, a pharmacist, a nutritionist and a mental health specialist. They helped him understand his conditions, change his diet and work through the emotional parts of recovery. "I was so ignorant of all that was going on that it actually brought me to tears," said Dustin. "Addiction is a hard thing... it's a really, really hard thing. Without people to help you along the way, it's difficult to do it all yourself."

What is Team-Based Care?

Nearly half of adults in the U.S. have two or more long-term health problems, like diabetes and alcohol use disorder, which often require several different types of healthcare. That's why "team-based care" — where medical professionals work together across specialties all in one building — is so important. Team-based care is especially effective in community health centers like Mosaic, where many patients face complex needs and barriers to care.

Studies show that team-based care helps people stay healthier, lowers costs, increases satisfaction and helps patients manage chronic conditions like diabetes successfully. They're also less likely to need to go to the emergency room or be hospitalized, avoiding costly medical bills and financial strain on the system.

How Team-Based Care Helps People Heal

Instead of just treating symptoms, the care teams at Mosaic help people deal with the deeper causes of their health problems and make changes that last. This includes screening for housing and food insecurity, mental health, dental needs, health insurance issues, language barriers, substance use disorders, medication needs and financial issues.

The goal is to remove as many barriers as possible. For people on a low income, for example, Mosaic offers a sliding scale payment plan and has in-house enrollment specialists who can get patients signed up for Medicaid and other programs. Community Health Workers help connect patients to resources, whether it's food or housing opportunities or simple health tools to support at-home care.

Dustin's treatment plan included seeing a primary care provider to review his overall health, explain his diagnoses and coordinate care with other specialists. Dustin met with a clinical pharmacist to educate him on how to properly use his medications. He worked with a nutritionist to learn how to make sustainable changes to his diet and manage his glucose levels. He also saw a behavioral health specialist to process the emotional and psychological foundations of his illnesses.

For Dustin, having a long-term, inclusive care plan made a big difference. After a few months, his A1C — a key number that measures how much sugar is in the blood — dropped by more than half. "I control my diabetes with a prescription, diet and exercise, and I stick to it religiously," Dustin said. He gives credit to the team at Mosaic for his progress. "They have walked with me along this journey and have made it so much better than I thought it could ever be."

Healing is Possible — But It's Harder Alone

"I'm convinced that without Mosaic — there's no way I could be at the level of wellness I am now," Dustin said. "[They] gave me this ray of hope that there's a way we could actually beat this and manage this."

He's not just managing diabetes, either. He's quitting smoking through Mosaic's tobacco cessation program and finally getting the dental care he needs. He's working toward full-body health and feels thankful for this second chance. "I did so many things to try to kill myself for so long," said Dustin. "I thought: if I could do

that, then why couldn't I put that much effort into reversing it all? I had to start brand

new and build myself back up." And Dustin's transformation goes beyond his physical health. He's also rekindled his Christian faith and is returning to his plumbing career. He wants to be of service to others — whether through his profession or by sharing his journey to inspire others facing similar struggles. "Hopefully they can hear and read what's happened to me and relate it to their own life," said Dustin, adding that he's thankful for the new "sense of hope that most people in their lives don't get."

MosaicCH.org

Behavioral Health Insurance Help

Social Needs

Pharmacy

Nutrition

Patient

Formula Medical

Health Insurance Help

Access

Medication Assisted Treatment

DUSTIN'S CARE PLAN INVOLVED MULTIPLE SERVICES THROUGH
MOSAIC AS PART OF THE TEAM-BASED CARE MODEL



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Vanessa Green, LMT
and Wyatt Winterbottom, LMT
to the team!

VALID UNTIL 10/1/2025





Physician Groups & Clinics (Listed Alphabetically)

CONTINUED FROM PAGE 14

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Doctors	Other Area Locations	Patients Per Month	Services
Mosaic Community Health - Redmond Health Center & Pharmacy 125 SW Veterans Way Redmond, OR 97756	541-383-3005	541-383-1883	MosaicCH.org	N/A	450	2013	See website	Throughout Central Oregon	9,500+ sys- tem-wide	Primary care, family care, pharmacy, dental.
Mosaic Community Health - Redmond High School-Based Health Center 675 SW Rimrock Way Redmond, OR 97756	541-383-3005	541-383-1883	MosaicCH.org	N/A	450	2017	See website	Throughout Central Oregon	9,500+ sys- tem-wide	Full service pediatric clinic, open to any youth.
Mosaic Community Health - Sisters School-Based Health Center 535 N Reed St., Sisters, OR 97759	541-383-3005	541-383-1883	MosaicCH.org	N/A	450	2023	See website	Throughout Central Oregon	9,500+ sys- tem-wide	Full service pediatric clinic, open to any youth.
MyMD 695 NW York Dr., Ste. 100 Bend, OR 97703	541-322-6869	N/A	mymdbend.com info@mymdbend.com	Dr. Mac Donell	6	2021	1	N/A	N/A	Unique healthcare model offering highly personalized medical services by a physician with advanced training in internal medicine. Private, smaller practice. Accepts all commercial insurance & Medicare.
Northwest Brain & Spine 2115 NE Wyatt Ct., Ste. 201 Bend, OR 97701	541-585-2400	541-585-2407	www.neuronwbs.com ckauer@nwbrainandspine.com	Ms. Courtney Kauer, Dr. Anthony Hadden, Dr. Kent Yundt	50	2004	2	N/A	1000	NeuroSurgical treatment of the brain & spine, injections.
Northwest Medi Spa 447 NE Greenwood Ave. Bend, OR 97701	541-318-7311	541-318-2884	www.northwestmedispa.com northwestmedispa@gmail.com	Dr. Rebecca Morton	5	2002	1	Klamath Falls	500	Array of medical aesthetics procedures to help you look & feel your best.
OnePeak Medical 2088 NE Kim Ln. Bend, OR 97701	541-309-0031	541-610-1996	OnePeakMedical.com Bend@OnePeakMedical.com	Brigitte Nickel	22	2021	2 at this location.	Ashland, Central Point, Eugene, Grants Pass, Klamath Falls, Lake Oswego, Medford-Hill- crest, Med- ford-Siskiyou, Redmond, Roseburg, Springfield, Talent, White City	N/A	Primary care, functional medicine, nutrient therapy, hormone testing & balancing.
Optima Foot & Ankle 1506 NE Williamson Blvd., Ste. 201 Redmond, OR 97756	541-383-3668	541-383-4546	www.optimafootandankle.com brandi@optimafootandankle.com	Brandi Abbas, Office Manager	9	1997	3	Redmond	800	Comprehensive foot & ankle treatment for all ages. Ingrown toenails to reconstructive foot & ankle surgery. Cold laser therapy for toenail fungus.
Redmond Medical Clinic 1245 NW Fourth St., Ste. 201 Redmond, OR 97756	541-323-4545	541-323-4546	www.redmondmedical.com admin@redmondmedical.com	Adrien Harris	7	1999	2 FNP	N/A	800	Preventative care for all ages, chronic & acute illness, primary care.
St. Charles Center for Women's Health 340 NW Fifth St. Redmond, OR 97756	541-526-6635	541-526-6636	www.stcharleshealthcare.org	N/A	19	2025	19	Bend, Prineville, Sisters	N/A	Women's health, OB/GYN
St. Charles Family Care - Bend East 2600 NE Neff Rd. Bend, OR 97701	541-706-4800	541-706-4806	www.stcharleshealthcare.org	N/A	35	2011	16	Bend South, Madras, Redmond, Sisters, Prineville, La Pine	N/A	Family medicine, internal medicine, pediatrics, women's health, sports medicine.
St. Charles Family Care - Bend South 61250 SE Coombs Place Bend, OR 97702	541-706-5935	N/A	www.stcharleshealthcare.org	Daggi Stafford	9	2015	8	Bend East, Madras, Redmond, Sisters, Prineville, La Pine	N/A	Family medicine, internal medicine, pediatrics, women's health
St. Charles Family Care - La Pine 51781 Huntington Rd. La Pine, OR 97739	541-907-7040	541-907-7059	www.stcharleshealthcare.org	N/A	5	2025	5	Bend East, Bend South, Prineville, Redmond, Madras, Sisters	N/A	Family medicine, internal medicine, pediatrics, women's health.
St. Charles Family Care - Madras 480 NE A St. Madras, OR 97741	541-475-4800	541-475-4805	www.stcharleshealthcare.org	Joe Gillespie	204	1967	8	Bend East, Bend South, Redmond, Sis- ters, Prineville, La Pine	N/A	Family medicine, internal medicine, pediatrics, women's health, OB/GYN, sports medicine, mental health care, basic dermatology, occupational medicine & work injuries.
St. Charles Family Care - Prineville 384 SE Combs Flat Rd. Prineville, OR 97754	541-447-6263	541-447-8724	www.stcharleshealthcare.org kasavage@stcharleshealthcare.org	Karrah Savage	226	2008	14	Bend East, Bend South, Redmond, Sisters, Ma- dras, La Pine	N/A	Family medicine, internal medicine, pediatrics, women's health, sports medicine, mental health care, basic dermatology, occupational medicine & work injuries.
St. Charles Family Care - Redmond 211 NW Larch Ave. Redmond, OR 97756	541-548-2164	541-548-0534	www.stcharleshealthcare.org	Jill Dubisar	15	1949	15	Bend East, Bend South, Prineville, Sis- ters, Madras, La Pine	N/A	Family medicine, internal medicine, pediatrics, women's health.
St. Charles Family Care - Sisters 630 Arrowleaf Trail Sisters, OR 97759	541-549-1318	541-588-6002	www.stcharleshealthcare.org	Christine Brophy	7	2011	4	Bend East, Bend South, Prineville, Red- mond, Madras, La Pine	N/A	Family medicine, internal medicine, pediatrics, women's health.
St. Charles Surgical Specialists 1245 NW Fourth St., Ste. 101 Redmond, OR 97756	541-548-7761	541-598-3485	www.stcharleshealthcare.org rmoor@stcharleshealthcare.org	Raylene Moor	13	2005	5	Prineville	N/A	General surgery, specialized laproscopic complex vascular, breast, endocrine, thoratic & gastrointestinal surgery.
St. Charles Urgent Care - Bend South 61250 SE Coombs Place Bend, OR 97702	541-706-5930	N/A	www.stcharleshealthcare.org	N/A	13	2025	13	La Pine, Prineville	N/A	Urgent Care
St. Charles Urgent Care - La Pine 51781 Huntington Rd. La Pine, OR 97739	541-907-7050	N/A	www.stcharleshealthcare.org	N/A	13	2025	13	Bend, Prineville	N/A	Urgent Care
St. Charles Urgent Care - Prineville 384 SE Combs Flat Rd. Prineville, OR 97754	541-447-8750	N/A	www.stcharleshealthcare.org	N/A	9	2025	9	Bend South, La Pine	N/A	Urgent Care
Summit Health Solutions 2421 NE Doctors Dr. Bend, OR 97701	541-382-2811	541-323-3366	www.smgoregon.com info@smgoregon.com	Darci	6	2013	Dr. Jack E. Berndt, MD	N/A	N/A	Dr. Jack Berndt is a board certified Anesthesiologist & certified in age management medicine. He practices in comprehensive pain management medicine. Interventional spine & joint procedures & multi-modality medical management.
Summit Medical Group 1501 NE Medical Center Dr. Bend, OR 97701	541-382-2811	N/A	www.smgoregon.com info@smgoregon.com.com	N/A	565	1946	78	Eastside, Redmond, Old Mill Dis- trict, Sisters, Mt. Bachelor Urgent Care	16,000 different patients, 29,000 ap- pointments	Specialties: family medicine, internal medicine, pediatries, urgent care, lab & imaging services, allergy & asthma, baratric surgery, cardiology, dermatology, endocrinology, gastroenterology, hospitalist, infectious disease & more.
The Center 2200 NE Neff Rd., Ste. 200 Bend, OR 97701	541-382-3344	541-382-1681	www.thecenteroregon.com info@thecenteroregon.com	N/A	274	1954	22	Redmond, LaPine, Burns, John Day, Madras, Prineville	4,000	Disease & injuries of the brain, spinal cord & nerves; neurosurgery; comprehensive spine care; sports medicine; hand, foot & arthroscopic surgery; joint reconstruction & replacement; occupational medicine; physical medicine & rehabilitation; walk-in injury care; digital xray & MRI.

Maximize Nutrition, Minimize Cost

Tips for Stretching Your Food Dollars

provided by SYNERGY HEALTH & WELLNESS



STEPHANIE RUSSEL PHOTO COURTESY OF SYNERGY HEALTH & WELLNESS

hen working with clients to improve their nutrition or address medical concerns through nutrition therapy, our focus is always on what we can add to the diet to support health—rather than what we remove. A common concern we hear from clients is: "Healthy eating is so expensive!"

Our goal is to show that all foods can fit into a balanced diet, and eating well doesn't have to cost a lot. Keep these tips in mind to help stretch your food dollars without sacrificing taste or nutrition:

Plan ahead to save more and waste less

One of the most effective strategies for stretching food dollars is to plan ahead. This means taking just a little time to create a shopping list before heading to the grocery store. Before creating your list, be sure to check the fridge and pantry for ingredients you have on hand. Doing this will ensure you don't purchase unnecessary items and determine the meals and recipes you want to purchase new ingredients for. Be sure to take note of any coupons or store deals *before* heading to the store, this way you can ensure these ingredients (and savings!) make your list.

Choose ingredients that are versatile

When planning meals, consider ingredients that can be used in a variety of different recipes. This helps keep costs low while keeping meals interesting. For example, chicken and broccoli can be used in soups, casseroles, stir-fries, wraps, pastas, and rice bowls. The more flexibility an ingredient has the more meals you can create with it! Choose recipes that are easy to adapt and be creative mixing and matching the ingredients you have available. Want to save time, too? Plan for leftovers! You may have heard that utilizing leftovers is a great way to reduce food waste, but did you know planning for leftovers can save you time and money? Select recipes and meals that you or your family enjoy eating often and make larger batches to store in the refrigerator or freeze for later. This may take a little more prep time initially, but it will save tons of time, energy, and money in the long run.

Shop Smart! Check in-store deals and unit prices

Before throwing items in the grocery cart, take a pause to compare product pricing. Store brand items are often less expensive but always check prices to know for sure. Grocery stores often have in-store deals that may only be apparent when you check the price tag. Paying attention to unit prices can also mean big savings. Unit prices are typically found at the bottom of an item's retail price tag but may be in a different location. The unit price tells you what an item costs per its unit of measurement, such as an ounce or pound. For example, if a 6 ounce container of yogurt has a retail price of \$.69 and a unit price of \$.12 per ounce and a 32-ounce container of yogurt has a retail price of \$2.99 and a unit price of \$.09 per ounce, purchasing the 32-ounce container will give you more for your money.

Buying Fruit and Veggies

When it comes to fruits and vegetables, plan meals and snacks based on what's seasonal in your area. Buying local, inseason produce not only saves money, but often means better taste quality, and nutritional value, too! Look for locally-grown fruits and vegetables at farmers markets, farm stands, and your local grocery store. Or try growing your own!

DID YOU KNOW?

SNAP Benefits (food stamps) can be used to purchase seed packets to grow your own produce!

Don't have outdoor space for growing? Many vegetables and herbs can be grown in a small container on a windowsill, with adequate sunlight. Keep in

mind that produce doesn't always have to be fresh. There's plenty of nutrition in frozen and canned fruits and vegetables, and these options may offer flexibility in food storage, usage, and cost. Check the Nutrition Facts label on the back of food packages to select options that are low in sodium and added sugars.

Stephanie Russel is a Registered Dietitian Nutritionist (RDN) at Synergy Health and Wellness with 20 years education and experience in community and public health nutrition settings. At Synergy she supports clients of all ages in improving metabolic health, and their relationship with food and body.

Synergy Health & Wellness is a comprehensive clinic for diabetes and nutrition counseling, along with professional massage therapy services. With an AADE Accredited Diabetes program led by a team of experienced Registered Dietitian Nutritionists, including a CDE RDN, Synergy offers both individual and group training sessions. As the largest private clinic in Central Oregon dedicated to diabetes care, Synergy also addresses a range of other health concerns, including gastrointestinal and kidney disorders, hypertension, eating disorders, body image, and weight concerns.

synergy health bend. com

More tips and resources to help stretch food dollars from Synergy's Dietitians . . .

Rosalie Tierney: "Fresh isn't always best- I love using frozen and canned foods to make cooking easy and affordable."

Corrin Kalinich: "More foods can be frozen than you think, which can help prevent wasting money when the food turns bad. Consider freezing bread, cheese, butter, nuts, cooked grains and pasta, fruit, fresh herbs, baked goods, and leafy greens."

Lucy Ramquist: "Store brands are often just as good as the popular name brands, but much cheaper."

RanDee Anshutz: "Don't shy away from the clearance meats section! These protein sources just need to be frozen or cooked and used quickly. This can save you a lot of money on meat. Don't worry too much about the safety of the meat—if something is opened, has a strong odor, leaking blood, or the appearance of an oil slick/shiny then I'd put it back. Otherwise well sealed foods are fair game."



MEDICAL • DENTAL • PHARMACY BEHAVIORAL HEALTH • AND MORE









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Quality Care For All Atención de Calidad para Todos

Bend • Redmond • Madras • Prineville • Sisters

MosaicCH.org

Home Assistance & Care Services (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services	Area Covered
Almost Family, LLC 698 NW York Dr. Bend, OR 97703	541-389-0006	541-389-0906	www.almostfamilycare.com kristy@almostfamilycare.com	Kristy Walters	698	1982	Medication management, registered nursing services, 24-hr. companion & homemaking services, personal & respite care. IDD/DD attendant care	Deschutes, Jefferson & Crook counties.
At Home Care Group 856 NW Bond St., Ste. 230 Bend, OR 97703	458-292-5010	541-312-0077	www.athomecaregroup.com edbend@athomecareonyx.com	Customer Service	8	1999	Services offered include home assistance, companionship, personal care & nursing services.	Deschutes, Jefferson & Crook Counties.
Heart 'n Home Hospice & Palliative Care, LLC 1550 NE Willimson Blvd., Ste. 120 Bend, OR 97701	541-508-4036	541-508-4037	www.lhcgroup.com	Customer Service	15	2004	Services include on-call nursing support, hospice CNAs, medical social services, spiritual counseling, trained volunteers, physician support, grief & loss support, veteran services & recognition.	Central Oregon
Home Instead 20380 Halfway Rd., Ste. C Bend, OR 97703	541-330-6400	541-330-7362	www.homeinsteadbend.com jonathan.mack@homeinstead.com	Cole Mack, Jonathan Mack	104	2000	Non-medical companionship & home care for seniors, specializing in 24 hour care, personal care, homemaking, respite care, nursing services & Alzhiemer. Licensed & insured.	Deschutes, Jefferson & Crook Counties.
Hospice of Redmond 732 SW 23rd St. Redmond, OR 97756	541-548-7483	N/A	www.hospiceofredmond.org lauren@hospiceofredmond.org	Jane McGuire	27	1979	Hospice & Transitions programs, Medical Director Hospice certified, licensed registered nurses, social workers, hospice aides, licensed thera- pists, bereavement support, Veterans' support & trained volunteers. 24/7 nurse on call.	Redmond, Bend, Sisters, Tumalo, Crooked River Ranch, Powell Butte, Culver, Terrebonne, Black Butte Ranch, Camp Sherman & Prineville.
Lincare, Inc. 1052 SE Pauite Way, Ste. 100 Bend, OR 97702	541-382-8303	866-345-3336	www.lincare.com tmatthe2@lincare.com	Tracey Peterson, Michael Sheldon	5	2000	Respiratory care & durable medical equipment.	All of Central Oregon
Norco Medical 63024 Sherman Rd. Bend, OR 97703	541-388-2273	541-383-5996	www.norco-inc.com tylerl@norco-inc.com	Tyson Lick	40	1987	Home delivery of medical supplies including all respiratory, durable medical equipment, incontinence, diabetic & rehabilitation products. 24-hr. on-call service.	Central & Eastern Oregon
Partners In Care - Hospice-Home Health-Transitions-Palliative Care 2075 NE Wyatt Ct. Bend, OR 97701	541-382-5882	N/A	www.partnersbend.org lisamhurley@partnersbend.org	Lisa Hurley	220	1979	Medicare-certified home health, hospice & palliative care. Non-medical transitions & bereavement for adults & children. Skilled nursing physical, occupational, speech therapy; medical social work; certified nursing assistants & spiritual care. Hospice House is a 12-bed, in-patient unit. On-call 24/7. Nonprofit, Medicare-certified home health, hospice & palliative care. Non-medical transitions & bereavement for adults & children. Skilled nursing; physical, occupational, speech therapy; medical social work; certified nursing assistants & spiritual care. Hospice House is a 12-bed, in-patient unit. On-call 24/7. Nonprofit.	Headquarters in Bend & branch offices in Redmond & La Pine; drop-in locations in Madras & Prineville for local support. Serving Central Oregon from Madras & Prineville in the north to Christmas Valley & Chemult in the south.
St. Charles Home Health Services & Hospice 2275 Doctors Dr. Bend, OR 97701	541-706-7796	541-706-4996	www.stcharleshealthcare.org kmmenard@stcharleshealthcare.org	Kristina Menard	78	1984	Skilled nursing, certified home health aides, medical social workers, physical, occupational & speech therapy, including orthopedic & neurological rehabilitation, collect & deliver lab specimens, fall prevention education, medication, post-operative & pain management, evaluation & treatment, wound /ostomy care, lifeline emergency response, nutritional evaluation & counseling, I.V. therapy, specializing in chronic disease management including diabetes, congestive heart failure, chronic obstructive pulmonary, disease, hypertension.	Deschutes, Jefferson, Crook, Wasco & Northern Klamath Counties
Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702	541-383-1414	541-312-7080	www.touchmarkbend.com SDN@Touchmark.com	Kaitlin Dahlquist, Scott Neil	200	2004	Home care.	Deschutes, Jefferson & Crook Counties
Visiting Angels, Living Assistance Services 376 SW Bluff Dr., Ste. 9 Bend, OR 97702	541-617-3868	541-330-5645	www.visitingangels.com/bend Nrodriguez@visitingangels.com	Nancy Rodriguez	75	2007	Visiting Angels is proud to be the nation's leading provider of senior home care services. Our Angels provide in-home care, medication management, elder care, respite care, senior personal care & companion care services. With our senior home care services, elderly adults can continue to live independently in their own homes.	Central Oregon

From Medicare to the Marketplace

Making Smart Coverage Decisions for 2026

by PATRICK O'KEEFE — Inszone Insurance

Whith this issue's focus on healthcare providers, it's worth looking at how most of us actually pay for those services—through health insurance. We are once again approaching the season when anyone on an individual plan or Medicare must make decisions about their coverage for the coming year. Each enrollment period brings its own deadlines, rules and changes, and 2026 is no exception.



Before long, we'll see familiar faces like Joe Namath, William Shatner and

Jimmie Walker promoting Medicare Advantage plans. Whether you find the commercials entertaining or annoying, they serve as a reminder that Medicare's Annual Election Period (AEP) runs October 15-December 7. This is the window when anyone eligible for Medicare can enroll in, drop, or switch Medicare Advantage and Part D prescription drug plans. Because benefits and costs change each year, it pays to review your plan annually.

There is also the Open Enrollment Period (OEP), January 1-March 31. This is more limited: it allows people already on a Medicare Advantage plan to switch to another Advantage plan or drop it and return to Original Medicare, with the option to add a Part D plan. However, switching back does not guarantee acceptance into a Medicare Supplement policy, so discuss your options with an insurance professional before making changes.

Watch for notices from your insurance carrier —

by mail, email or text.

Insurers send plenty
of reminders, but ultimately
it's your responsibility
to compare options
and make timely choices.

increasing slightly to \$2,100 in 2026 due to the Inflation Reduction Act. While still a significant amount, this is a major improvement compared to just a few years ago when there was no cap at all. Even better, enrollees can spread payments out in monthly installments rather than paying large amounts up front early in the year. For those with expensive prescriptions, this provides both savings and predictability.

For individuals on non-Medicare health plans, open enrollment runs November 1-January 15. Since 2014, the Affordable Care Act (ACA) has provided Premium Tax Credits (PTCs) to help reduce premiums. In 2021, the American Rescue Plan

expanded those credits, making more people eligible and increasing subsidy amounts. The Inflation Reduction Act extended the expansion through 2025. But as of now, there is no sign they will continue into 2026. If they expire, many households could see premiums rise significantly, and some may struggle to keep the coverage they've relied on in recent years.

The bottom line: watch for notices from your insurance carrier — by mail, email or text. Insurers send plenty of reminders, but ultimately it's your responsibility to compare options and make timely choices. Missing the enrollment window could leave you with higher costs, fewer choices, or a plan that doesn't fit your needs. Taking time this fall to review your options with a licensed agent experienced in Medicare and individual plans who can interpret the information, identify potential gaps and guide you toward a plan that matches your and financial

needs can make a big difference in the year ahead.

inszoneinsurance.com

A positive development for Medicare beneficiaries has been the new annual out-of-pocket cap on Part D drug costs. In 2025, the maximum is \$2,000,

Not listed?

Call 541-388-5665 <u>& get your company on a list!</u>





Physical & Occupational Therapy (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Active Care Physical Therapy 57067 Beaver Rd. Sunriver, OR 97707	541-390-7518	541-389-6272	www.physicaltherapysunriver.com Brentgbradley@gmail.com	Brent Bradley	2	2013	Rotator cuff injuries, knee replacement rehab, hip replacement rehab, post-surgical rehab, acute & chronic musculoskeletal pain or impairment. Auto, work, sports related injuries, back, neck & spine pain / disc / nerve injuries, Sacro Iliac (SIJ) & Pelvis issues, Shoulder, arm, elbow, wrist & hand pain, carpal tunnel injuries, Leg, hip, knee, ankle & foot pain / tendonitis & more.
Alpine Physical Therapy & Spine Care 336 SW Cyber Dr., Ste. 107 Bend, OR 97702	541-382-5500	541-389-5669	www.alpinephysicaltherapy.com info@alpinephysicaltherapy.com	Lacy Langer	12	2006	Physical therapy & spine care. Alternate office at 2546 Conners Ave., Ste. 110, Bend.
Falling Waters Injury & Health Management 55 NW Wall St., Ste. 100 Bend, OR 97703	541-389-4321	541-389-4420	www.fallingwaterscenter.com amanda@fallingwatersbend.com	Amanda Guy	40	2007	Specializing in auto injuries, work comp injuries, aquatic therapy, sports, post surgical & functional & strength rehabilitation of the back, neck, shoulder & knee. Also chiropractic, physical therapy, massage & nutritional counseling
Focus Physical Therapy, Inc. 1001 SW Emkay Dr., Ste. 100 Bend, OR 97702	541-385-3344	541-312-5256	focusptbend.com amy@focusptbend.com	Burke Selbst, Amy Royce	12	2005	Results-based sports, spine, postsurgical & specialty care physical therapy clinic with a reputation for effective & private treatments with the same therapist for each visit.
Hand & Arm Therapy of Central Oregon 2041 NE Williamson Ct., Ste. B Bend, OR 97701	541-633-7535	541-706-9036	www.handandarm.net michelle@handandarm.net	Kristin Gulick	4	2010	Hand & arm occupational therapy, custom orthotics & extensive upper extremity rehabilitation.
Hands On Physical Therapy, PC 147 SW Shevlin Hixon Dr., Ste.104 Bend, OR 97702	541-312-2252	541-312-8822	www.handsonptbend.com mary@handsonptbend.com	Lisa Kennedy-Leary, Steve Leary	9	2006	Physical therapy with a comprehensive & individualized hands-on approach incorporating advanced manual therapy & functional exercises. One-on-one with a licensed physical therapist. Treatment of scoliosis.
Healing Bridge Physical Therapy 354 NE Greenwood ,Ste. 105 Bend, OR 97701	541-318-7041	541-388-3711	www.healingbridge.com allisonsuran@gmail.com	Allison Suran	1	1998	See website.
Living Well Therapy 497 SW Century Dr., Ste. 105 Bend, OR 97702	541-312-2004	541-312-2056	www.livingwelltherapy.com info@livingwelltherapy.com	Dr. Erik Zamboni	5	2003	Physical Therapy, Chiropractic, Massage Therapy & Nutrition.
Madras Physical Therapy 785 SE McTaggart Rd. Madras, OR 97741	541-475-2571	541-475-2590	www.madrasphysicaltherapy.com madraspt@madrasphysicaltherapy.com	Trevor Groves, Rob Nelson	9	2010	Physical, outpatient orthopedic, aquatic therapy, workmen's comp, headaches, spine care, sports rehab, geriatric rehab, manual therapy, fall risk assessment & therapy, lymphatic therapy & treatment of vertigo.
Proactive Physical Therapy 1470 NE Third St. Prineville, OR 97754	541-447-6846	541-447-1243	www.proactivepts.com	Joe Kundrat	9	1989	Physical therapy - wide range of services.
Proactive Physical Therapy Specialists 450 NW Greenwood Ave. Redmond, OR 97756	541-923-0410	541-923-7393	proactivepts.com	Andrew Knox	20	1986	One-on-one customized care, emphasizing manual therapy, therapeutic exercise, return to work programs, aquatic therapy, job site evaluations, healthy lifestyle step-down program. Se habla espa $\Lambda\pm$ ol, TMJ & chronic pain.
Rebound Physical Therapy - Bend East 1342 NE Medical Center Dr., Ste. 150 Bend, OR 97701	541-382-7875	541-382-2181	www.reboundoregon.com info@reboundoregon.com	Stuart Johnson	18	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Bend North Side 2700 NE Fourth St., Ste. 105 Bend, OR 97701	541-323-5864	541-323-5865	www.reboundoregon.com info@reboundoregon.com	Eric Edwards	7	2016	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Bend West 1160 SW Simpson Ave., Ste. 200 Bend, OR 97702	541-322-9045	541-322-9044	www.reboundoregon.com info@reboundoregon.com	Laura Mann	25	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - La Pine 51600 Huntington Rd., Ste. B La Pine, OR 97739	541-536-7443	541-536-7805	www.reboundoregon.com info@reboundoregon.com	Kristi Edgar	6	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Prineville 1590 NE Third St., Ste. B Prineville, OR 97754	541-416-7476	541-416-7478	www.reboundoregon.com jhoggarth@reboundoregon.com	Justin Hoggarth	9	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - RAC 1717 NE Second St. Redmond, OR 97756	541-504-2350	541-504-2354	www.reboundoregon.com info@reboundoregon.com	Nicolette Sapigao,	3	2012	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Redmond 1315 NW Fourth St., Ste. B Redmond, OR 97756	541-504-2350	541-504-2354	www.reboundoregon.com info@reboundoregon.com	Seth Ramsey	17	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - South Bend 61470 S Hwy. 97, Ste. 4 Bend, OR 97702	541-585-1022	541-585-1024	www.reboundoregon.com info@reboundoregon.com	Hailey Foster	4	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Sunriver 56870 Venture Lane, Ste. 103 Sunriver, OR 97707	541-585-3148	541-323-3452	www.reboundoregon.com/re- bound-physical-therapist/sunriver info@reboundoregon.com	Eric Walberg	3	2012	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy @ Boss Sports Performance Center 1305 SE Armour Rd., Ste. 10, Bend, OR 97702	541-797-3136	541-389-4428	www.reboundoregon.com info@reboundoregon.com	Laura Mann	3	2018	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Regency Redmond Rehabilitation & Nursing Center 3025 SW Reservoir Dr. Redmond, OR 97756	541-548-5066	541-923-8652	www.regency-pacific.com/ senior-living/or/ redmond/regency-	N/A	52	1960	In-house physical & occupational rehabilitation therapy.
Southside Physical Therapy Inc. 121 NW Greenwood Bend, OR 97702	541-388-2681	541-388-9236	www.southsidept.com southsidept@bendbroadband.com	Morag Sampson, Jonathan Sampson	5	1992	Personalized one-to-one manual therapy in a supportive environment. Emphasize education & home exercise programs. Treatment of lymphedema by nationally certified lymphedema therapist.
Step & Spine Physical Therapy - Bend 2185 NW Shevlin Park Rd. Bend, OR 97703	541-728-0713	541-728-0715	www.stepandspine.com glenn@stepandspine.com	Barrett Ford	15	2010	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Step & Spine Physical Therapy - Eagle Crest 7555 Falcon Crest Dr. Redmond, OR 97756	541-527-4353	541-527-4354	www.stepandspine.com therapy@stepandspine.com	Barrett Ford	4	2019	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Step & Spine Physical Therapy - Redmond 974 SW Veterans Way Redmond, OR 97756	541-504-5363	541-504-7677	www.stepandspine.com brittany@stepandspine.com	Barrett Ford	24	2010	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Therapeutic Associates Central Oregon - Bend 2200 NE Neff Rd., Ste. 202 Bend, OR 97701	541-388-7738	541-312-0121	www.therapeuticassociates.com/bend bend@taipt.com	Chuck Brockman	20	1982	Orthopedic physical therapy, sports rehab, pediatric physical therapy, hand therapy, variety of exercise programs for the public, cycle fit & running analysis.
Therapeutic Associates Central Oregon - Bend 2 61615 Athletic Club Dr. Bend, OR 97702	541-382-7890	541-382-7498	www.therapeuticassociates.com/ locations/oregon/central-o lcooper@taipt.com	Laura Cooper	9	1991	Orthopedic & sports physical therapy with focus on manual therapy & functional strengthening with specialties in aquatic therapy, therapeutic yoga, golf performance/fitness/rehabilitation, biomechanical bike & running analysis, breathing assessment & women's health.
Therapeutic Associates Central Oregon - Sisters 1011 Desperado Trail, Ste. 201 Sisters, OR 97759	541-549-3574	541-549-1092	www.therapeuticassociates.com/sisters sisters@taiweb.com	Matt Kirchoff	6	2001	Sports rehab physical therapy & a variety of exercise programs to the public. Aquatic therapy, myofascial release, cranio-sacral therapy, ASTYM & post-operative rehabilitation.
Therapeutic Associates Redmond Physical Therapy 413 NW Larch Ave., Ste. 102 Redmond, OR 97756	541-923-7494	541-504-9153	www.therapeuticassociates.com/ redmond redmond@taipt.com	Eric Coughlin	5	1999	Our clinic offers board certified orthopedic/sports rehab physical therapy, hand therapy, pain management & work conditioning/ergonomic consulting with fitness exercise prescription for the public.
Therapy Works Physical Therapy 865 SW Veterans Ways, Ste. 205 Redmond, OR 97756	541-678-5177	541-685-2639	www.therapyworkspt.com frontoffice@therapyworkspt.com	Derek Hopp, Meg Navish	4	2024	Vestibular rehab, TMJ, low back pain, sciatica, spinal stenosis, muscle spasms & strains, post-operative therapy, joint strains & sprains, headaches, neck pain/whiplash, rotator cuff dysfunction, frozen shoulder/adhesive capsulitis, overuse injuries/tendonitis, motor vehicle accidents, work injuries, sports rehab, orthopedic injuries & dysfunctions, gait assessment & training, body mechanics & more.
Therapy Works Physical Therapy 330 NE Marshall Ave. Bend, OR 97701	541-383-8179	541-685-2639	www.therapyworkspt.com frontoffice@therapyworkspt.com	Derek Hopp, Meg Navish	8	1997	Low back pain, sciatica, spinal stenosis, muscle spasms & strains, post-operative therapy, joint strains & sprains, headaches, neck pain/whiplash, rotator cuff dysfunction, frozen shoulder/adhesive capsulitis, overuse injuries/tendonitis, motor vehicle accidents, work injuries, sports rehab, orthopedic injuries & dysfunctions, gait assessment & training, body mechanics, postural training, plantar fasciitis, post-concussion treatment, balance issues, vertigo/dizziness, falls prevention, cranio sacral & visceral therapy, McKenzie techniques, pool therapy.
Therapy Works Physical Therapy 2115 NE Wyatt Ct. Ste. 103 Bend, OR 97701	541-382-2070	541-685-2639	www.therapyworkspt.com frontoffice@therapyworkspt.com	Derek Hopp, Meg Navish	8	1997	Low back pain, sciatica, spinal stenosis, muscle spasms & strains, post-operative therapy, joint strains & sprains, headaches, neck pain/whiplash, rotator cuff dysfunction, frozen shoulder/adhesive capsulitis, oversue injuries/tendonitis, motor vehicle accidents, work injuries, sports rehab, orthopedic injuries & dysfunctions, gait assessment & training, body mechanics, postural training, plantar fascitis, post-concussion treatment, balance issues, vertigo/dizziness, falls prevention, cranio sacral & visceral therapy, McKenzie techniques, pool therapy.
Wellness Arts 2863 NW Crossing Dr., Ste. 130 Bend, Or 97703	541-668-8212	N/A	www.wellnessatcrossroads.com info@wellnessaycrossroads.com	Arlene Ros	1	2024	Chronic & acute low back pain, chronic & acute neck & shoulder pain, fibromyalgia, orthopedic injuries, peripheral neuropathy, headaches/migraines, knee, ankle & foot problems, tennis elbow, lymphedema, functional manual therapy, visceral manipulation, neural manipulation, zero-balancing, craniosacral therapy. The Alexander Technique of postural ed, therapeutic exercise.

Comprehensive Physical Therapy in Bend

Gentle, Targeted Care for Pain & Movement

by ARLENE ROSS, PT, DPT — Physical Therapy

am a Licensed Physical Therapist with over 30 years of clinical practice, learning and skill development. I currently have a private practice in Bend. I combine traditional Physical Therapy interventions, Manual Therapy and effective modalities to create a comprehensive approach to treating musculoskeletal and other physical problems. Manual Therapy interventions include Functional Manual Therapy, Visceral Manipulation, Neural Manipulation, Zero-Balancing, Craniosacral Therapy and the Integrated Systems Model. Intervention can also include Frequency Specific



Microcurrent, The Alexander Technique of Postural Education and Therapeutic Exercise. My goal is to help to alleviate pain and dysfunction with these gentle interventions and then address the postural and movement habits that have contributed to the development of these problems. As we become aware of how to improve our everyday movement activities, we minimize our pain and dysfunction and optimize our feeling of well-being.

Comprehensive Physical Therapy is beneficial for many conditions, including

Chronic and Acute low Back Pain

- Chronic and Acute Neck and Shoulder Pain
- Fibromyalgia & Myofascial Pain Syndrome
- Chronic Fatigue Syndrome
- · Orthopedic Injuries
- Peripheral Neuropathy
- Headaches/Migraines
- · Knee, Ankle and Foot Problems
- Facial Pain/TMJ Pain Syndrome
- Tennis Elbow
- Lymphedema

I am a Certified Functional Manual Therapist, a certified practitioner of Frequency Specific Microcurrent, a certified practitioner of Neural Manipulation, a certified Teaching Assistant of Visceral Manipulation for the Barral Institute, a certified practitioner of Zero-Balancing, and a certified teacher of The Alexander Technique.

Professional Associations & Memberships:

American Physical Therapy Association

wellnessatcrossroads.com

St. Charles to Open Community Pharmacy in Prineville This Fall

by ALANDRA JOHNSON, Manger of Public Relations — St. Charles Health System

t. Charles Health System announced plans to open a Community Pharmacy in Prineville to help to preserve access to local pharmacy services in Crook County. St. Charles is acquiring the current Clinic Pharmacy operating near St. Charles Prineville, with the transition slated to take place later this fall. "We are excited to announce this news to our community, as we work to maintain access to this critical health need for the region. While the name of the pharmacy is changing, the service and stability offered will remain the same and we know that's important for our community members," said Todd Shields, vice president hospital administrator for Prineville.

Clinic Pharmacy owner Sean Phothiyane has long been committed to serving the residents of Crook County and says that's why he thinks this change will benefit the community long term. "I really appreciate the opportunity to create a permanent stable future for this pharmacy and the patients it serves," said Phothiyane. "St. Charles is going to continue the legacy we've built here. And I'm happy to share that this will be a seamless transition for community members with existing prescriptions. We are working together so that the new St. Charles pharmacy will automatically be able to continue to fill needed medications with zero interruption of services."

This is the second Community Pharmacy St. Charles has opened this year, after opening a pharmacy in Madras in June. St. Charles Chief Pharmacy Officer Michael Powell explains that this is part of a larger commitment the health system is making to prescription access and keeping care local. "We are continuing to see pharmacies across the nation, state and region closing their doors and our goal is to ensure access for the communities we serve," said Powell. "We know that when people don't have access to necessary medications, it increases their risk for hospitalization and poor health outcomes. And we believe no one in Central Oregon should go without needed medications."

The new St. Charles Community Pharmacy in Prineville will open later this fall at 198 NE Combs Flat Road in Prineville. Additional details, including hours of operation, will be updated as the transition approaches.

About St. Charles Health System:

St. Charles Health System, Inc., headquartered in Bend, owns and operates



Therapeutic Interventions Include:

- Functional Manual Therapy
- Visceral & Neural Manipulation • Zero Balancing
 - Frequency Specific Microcurrent
 - The Alexander Technique of Postural Education
 - Therapeutic Exercise

Conditions Treated Include:

Comprehensive Manual Physical Therapy in Bend

- Chronic & Acute Low Back Pain Chronic & Acute Neck & Shoulder Pain
 - Fibromyalgia Orthopedic Injuries
 - Headaches/Migraines
- Knee, Ankle & Foot Problems
- Facial Pain/TMJ Pain Syndrome Lymphedema

Arlene Ross, PT, DPT, CFMT info@wellnessatcrossroads.com • www.wellnessatcrossroads.com

To make an appointment call: 541-668-8212

St. Charles Bend, Madras, Prineville and Redmond. It also owns family care and specialty clinics in Bend, La Pine, Madras, Prineville, Redmond and Sisters. St. Charles is a private, nonprofit Oregon corporation and is the largest employer in Central Oregon with more than 5,000 caregivers. In addition, there are more than 400 active medical staff members and nearly 200 visiting medical staff members who partner with the health system to provide a wide range of care and service to our communities. stcharleshealthcare.org

designing for healthier communities Aviva Health Teaching Clinic, Roseburg Educating the next generation of rural healthcare providers

Hospitals (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Number of Beds	Number of Doctors	Number of Nurses	Operating Expenditures
St. Charles Bend 2500 NE Neff Rd. Bend, OR 97701	541-382-4321	541-388-5807	www.stcharlesheathcare.org isimmons@stcharleshealthcare.org	Iman Simmons	3851	1918	256	175	979	\$555.3 million
St. Charles Madras 470 NE A St. Madras, OR 97741	541-475-3882	541-475-0615	www.stcharleshealthcare.org jcbishop@stcharleshealthcare.org	John Bishop	207	1967	25	7	58	\$33.5 Million
St. Charles Prineville 384 SE Combs Flat Rd., Ste. 1200 Prineville, OR 97754	541-447-6254	541-447-6705	www.stcharleshealthcare.org jcbishop@stcharleshealthcare.org	John Bishop	226	1950	16	18	62	\$35.9 million
St. Charles Redmond 1253 N Canal Blvd. Redmond, OR 97756	541-548-8131	541-526-6504	www.stcharlesheathcare.org isimmons@stcharleshealthcare.org	Iman Simmons	461	1952	48	69	175	\$92.30

Emergency Transportation (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Area Served	Services
AirLink Critical Care Transport 2500 NE Neff Rd. Bend, OR 97701	N/A	N/A	www.airlinkcct.com	Kristin Lingman	75	1985	Central Oregon, Eastern Oregon, Southern Oregon	Emergency air medical transportation.
Bend Fire & Rescue 1212 SW Simpson Ave. Bend, OR 97702	541-322-6300	541-322-6321	www.bendoregon.gov/fire communications@bendoregon.gov	Todd Riley	125	1905	Bend	Ambulance & fire services emergency & non-emergency.
Crook County Fire & Rescue 500 NE Belknap St. Prineville, OR 97754	541-447-5011	541-416-2053	www.crookcountyfireandrescue.com info@crookcountyfireandrescue.com	Matt Smith	48	1882	Crook County	Fire & emergency services.
La Pine Rural Fire Protection District Administrative Office 51590 Huntington Rd., PO Box 10 La Pine, OR 97739	541-536-2935	541-536-2627	www.lapinefire.org info@lapinefire.org	Erick Holsey	43	1971	Southern Deschutes County & North Klamath County.	Fire, rescue & emergency ambulance transport services.
Life Flight Network 743 SE Salmon Ave. Redmond, OR 97756	541-280-1224	503-678-4369	www.lifeflight.org cmcgrath@lifeflight.org	Cindy McGraith	15	1978	The Pacific NW in four states: Oregon, Washington, Idaho & Montana	Life Flight is nationally-recognized not-for-profit air medical service.
MASA Medical Transport Solutions 70 SW Century Dr. Bend, OR 97702	541-848-8124	N/A	masamts.com/biz-solutions turioste@masamts.com	Tony Urioste	170	1974	N/A	N/A
Redmond Fire & Rescue 341 NW Dogwood Ave. Redmond, OR 97756	541-504-5000	541-526-1254	rdmfire.org admin@rdmfire.org	Diane Cox	73	1910	Redmond, Terrebonne, Smith Rock State Park, Powell Butte, Roberts Field - Redmond Municipal Airport, Cline Falls, Eagle Crest & outlying areas	Ambulance, Fire Suppression, Rescue Services & Air Rescue Fire Fighting (ARFF).
Sunriver Service District 57475 Abbot Dr. PO Box 2108 Sunriver, OR 97707	541-593-8622	541-593-2768	www.sunriversd.org ssdadmin@sunriversd.org	Mindy Holliday	40	2002	Sunriver	Police, fire & EMS.

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





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Three Sisters Rural Track Program Residents Arrive in Madras

by ALANDRA JOHNSON — St. Charles Health System

Residents in the Three Sisters Rural Track Program (RTP) arrived in Madras earlier this month and are immediately helping fill a need in the community by providing care for up to 900 patients a year in local primary care clinics and at St. Charles Madras. Drs. Ben Khalil and Callie Krewson are the first two residents to participate in the program, which is sponsored by Oregon Health & Science University and is the first graduate medical education program in Central Oregon.

"It's thrilling to see these doctors caring for community members. We have been planning and eagerly awaiting this moment for many years and now it's here," said Dr. Jinnell Lewis, RTP director and St. Charles family doctor. "This program is helping us to develop and train providers who will specialize in rural family medicine and also helps us fill a shortage of primary care doctors in the region."

Residents spend the first year of the program completing advanced training at OHSU before spending two years training and caring for patients in Jefferson County with a focus on rural family medicine. Khalil is caring for patients at Mosaic Community Health, while Krewson is caring for patients at St. Charles Family Clinic in Madras. Both doctors conduct rotations at the hospital and with area specialists where they train in family medicine, family birthing, emergency medicine, behavioral health and hospital medicine. They will also have

learning opportunities at the Indian Health Services' Warm Springs Health and Wellness Center.

"Drs. Krewson and Khalil have hit the ground running and are already enhancing the care of patients in our region," said Dr. Katie Snyder, clinical medical director for Mosaic's Madras Health Center and residency program teaching physician. "I look forward to continuing to partner with this critical program and train physicians locally to benefit our community for years to come."

Research has shown that about 55 percent of physicians stay within a 100-mile radius of their residency site¹. This means, within ten years, Three Sisters RTP is estimated to produce more than 20 physicians who would reside in Central Oregon and provide care for 20,000 to 40,000 patients in the region.

Learn more about Three Sisters RTP at bit.ly/4g0AyG5.

About St. Charles Health System:

St. Charles Health System, Inc., headquartered in Bend, owns and operates St. Charles Bend, Madras, Prineville and Redmond. It also owns family care and specialty clinics in Bend, La Pine, Madras, Prineville, Redmond and Sisters. St. Charles is a private, nonprofit Oregon corporation and is the largest employer in Central Oregon with more than 5,000 caregivers. In addition, there are more than 400 active medical staff members and nearly 200 visiting medical staff members who partner with the health system to provide a wide range of care and service to our communities.

About Mosaic Community Health:

Mosaic Community Health is a nonprofit community health center that serves Central Oregonians from all walks of life. Through a network of more than a dozen clinics across the region, we offer integrated health services



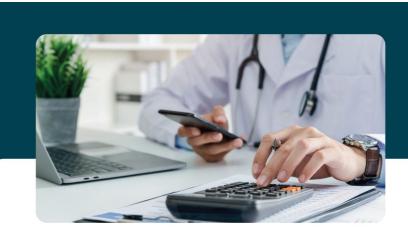


DRS. CALLIE KREWSON AND BEN KHALIL ARRIVED IN MADRAS EARLIER THIS MONTH TO CARE FOR LOCAL PATIENTS AS PART OF THE THREE SISTERS RURAL TRACK PROGRAM, THE FIRST GRADUATE EDUCATION MEDICAL PROGRAM IN CENTRAL OREGON | PHOTO COURTESY OF ST. CHARLES HEALTH SYSTEM

that address each patient's medical, dental, behavioral health, nutrition and medication needs. Our care is never influenced by how much money our patients make, what language they speak or the status of their insurance coverage. Mosaic Community Health provides quality care for all.

¹pubmed.ncbi.nlm.nih.gov/25646984/

MosaicCH.org





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Our proactive advisory relationship with provider-owners and practice administrators allows us to develop innovative solutions to help you reach your goals. Learn more about our award-winning team and how we can help you achieve your financial goals at *jrcpa.com*.







Prineville Expands Inclusive Recreation with New Adaptive Golf Cart at Meadow Lakes Golf Course

by DEB SHAW, Operations Manager — Prineville-Crook County Chamber of Commerce

Prineville is raising the bar for inclusive recreation with the addition of a new Vertacat adaptive golf cart at Meadow Lakes Golf Course. This is one of the few courses in the Pacific Northwest to offer this specialized equipment for golfers with mobility challenges.

The new cart, also known as a Paramobile, allows users to stand and swing while maintaining full mobility across the course. It is available free of charge to golfers with accessibility needs. Reservations can be made by calling Meadow Lakes Golf Course in advance.

The project was made possible thanks to a regional grant from the Central Oregon Future Fund, a generous donation from the Stand Up and Play Foundation, and a local partnership with the City of Prineville, which houses and maintains the cart at Meadow Lakes.

"This is a proud moment for Prineville," said Kim Molnar, director of tourism for Explore Prineville and the Prineville-Crook County Chamber of Commerce. "Golf 'Fore' All is about more than sport — it's about removing

barriers and making sure everyone can enjoy the beauty and camaraderie that golf brings to locals and visitors alike."





PHOTOS | BY CODY ROUX



accessibility, and we're thrilled to be one of the few courses offering this option. This shows how community partnerships and smart tourism investments can allow us to serve more people who want to enjoy the game of golf."

The Stand Up and Play Foundation, a volunteer-run 501(c)(3) nonprofit, played a critical role in bringing the Vertacat to Prineville. The foundation is dedicated to helping people with mobility impairments stand up and engage in active recreation using specialized equipment like this.

This new addition not only enhances the golf experience for players of all abilities but also cements Prineville's leadership in inclusive outdoor adventure—a key focus of the Central Oregon Future Fund, which supports tourism initiatives that benefit both locals and visitors.

prinevillechamber.com



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Ideal Option & the Opioid Crisis in Oregon

Clinic Finds Low-Potency Analogs, & and Mass Success in Recovery

by NOAH NELSON — CBN Feature Writer

deal Option, an outpatient addiction clinic with a location here in Bend, has released a new report that sheds some light on the Oregon opioid crisis. Ideal Option was founded in 2012 and has since helped more than 93,000 patients through a network of 80+ office-based medication-assisted treatment (MAT) clinics across nine states. One of their main issues now is the prevalence of fentanyl, an opioid that, while commonly used in medical circumstances for moderate to severe pain, can be deadly when used recreationally or even accidentally.

The report considers 1,500 Oregon patients and finds that while fentanyl has been present in a number of drugs purchased off the street (meth, heroine, Xanax, Adderall, marijuana, etc...) the type, or analog, of fentanyl is one that is typically much less potent; sometimes, only around 30 percent as potent as medical-grade fentanyl.

According to Rhonda Woodside, an advanced registered nurse practitioner with Ideal Option who has more than 30 years under her belt helping victims of addiction, this news has both pros and cons.

The obvious pro is a lower rate of overdoses, and as a result, fewer deaths. The medical-grade fentanyl found in hospitals can be deadly, even in extremely small doses. Woodside mentioned that "the amount of fentanyl you could balance on the tip of your pencil" can be deadly. Now with lower potency, fewer lives are being lost.

However, Woodside also mentioned that the lower potency could be used to get more people addicted, even unknowingly. She has reported people coming into her Ideal Option clinic who are unaware that they have even ingested fentanyl. With a substance as addictive as this one, sometimes all it takes to form an addiction is one accident.

Josh Lair, the senior director of community development at Ideal Option, mentioned another side effect of the differing potency. The opioid crisis finally met the public eye when overdoses became much more common. While fewer deaths is absolutely a fortunate thing, it also takes off the media attention. Now that people don't hear about the overdoses as often, there is this idea that the opioid crisis is over, or at least, not a problem anymore.

According to Lair and Woodside, that is a dangerous misconception. While fentanyl in Oregon is now, on average, less potent and less deadly, it is still absolutely a substance that ravages Oregon communities and destroys lives.

Luckily, Ideal Option has found resounding success with their MAT programs. That

same report of 1,500 Oregon patients shows a staggering 93 percent reduction in opioid use, with an 85 percent reduction in overall stimulant use. Overall, their program shows a 95 percent success rate for long-term opioid abstinence. This MAT program factors in multiple facets of a patient's life, and above all else, it treats addiction like a disease, not a crime. According to Ideal Option, "In all the communities it serves, Ideal Option collaborates with existing stakeholders and providers to improve the continuum of care. This approach includes partnerships with emergency rooms and county jail systems, where individuals with substance use disorder often appear, as well as collaborating with numerous support agencies and municipal programs addressing social needs such as housing, mental health and nutrition support."

With a compassionate and human-forward philosophy, Ideal Option has found great success. Woodside said that one of the biggest reasons people fall into addiction in the first place is due to mental health reasons, and societal factors. Many addicts first started with family members like parents or siblings, while many others have undiagnosed depression, anxiety, bipolar disorder and other mental health issues.

"We all have a vice, of some sort," Woodside said. "For most of us, that vice is not something that will put us in prison and put a stigma on us that will get us mistreated by everyone, from family and friends to potential professional connections and even medical practitioners. We've seen patients who would literally rather risk dying, than get treatment only to be labeled a junky, a derelict, or a criminal."

Lair himself is living proof that addiction recovery takes compassion and humanity. Now 15 years sober, Lair had once served prison time due to his issues with substances. Now, he has multiple master's degrees and he is currently working on his PhD while helping others beat their own addictions.

This sentiment of compassion is proven to be successful through a number of organizations and studies, including this report from Ideal Option. Addictions and dependencies are, unfortunately, normal human behavior, when humans are put through a number of traumatic factors, combined with access to a vice. With mental health support, peer support and housing connections, Ideal Option leads the path in Oregon by getting addicts back on their feet, back into work and even reconnecting with their families.

Recovery is possible and it's never too late to get your life back together. Help is there, and Ideal Option is there to provide it.

idealoption.com

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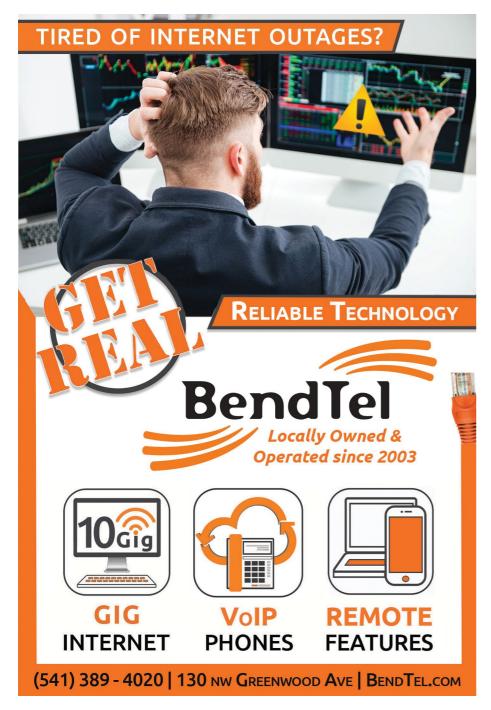


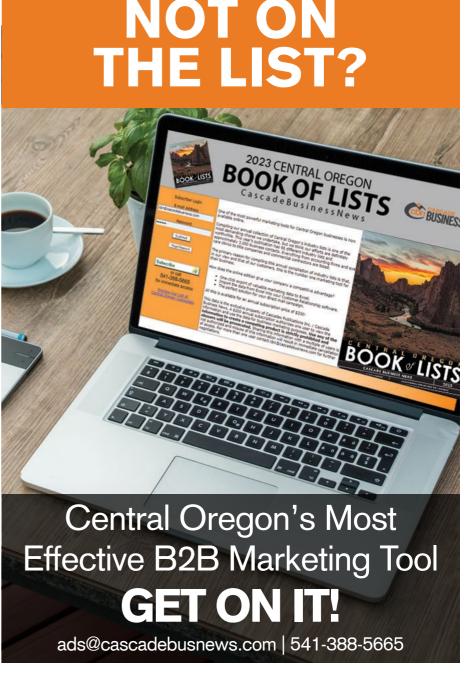


Eye Care Surgery Clinics & Examinations (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Alpine Eyecare 505 SW Mill View Way, Ste. 100 Bend, OR 97702	541-588-2013	541-317-1202	alpineeyecare@bendbroadband.com	Dr. Tom S Thomason	2	2000	Family vision care.
Bend Ophthalmology LLC 2357 NE Conners Ave., Ste. 101 Bend, OR 97701	541-389-3166	541-389-9817	www.bendeyes.com info@bendophthalmology.com	Connie McCurdy	26	1976	Comprehensive medical eye care, corneal, glaucoma specialties, cataract & laser surgery including the Light Adjustable Lense+. Ophthalmologists: Jason W. Dimmig, MD, James T. Banta, MD; Stephanie B. Hoatson, MD. Optometrists: Darcy C. Balcer, OD, Nancy M. Bonetto, OD.
Cascade Eyecare 62968 OB Riley Rd., Ste. 11 Bend, OR 97703	541-382-2020	541-382-5004	www.cascadeeyecare.com frontdesk@cascadeeyecare.com	Erin Follen	6	1952	Comprehensive eye examinations, contact lens exams, medical eye care, emergency eye visits, designer eyewear.
Central Oregon Eyecare - Bend 2155 NW Shevlin Park Dr. Bend, OR 97703	541-647-2760	541-647-2763	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care,contact lenses, Lasik & surgery co-management, complete optical, sunglasses, LASIK.
Central Oregon Eyecare - Madras 65 NE Oak St., Ste. 110 Madras, OR 97741	541-475-9999	541-475-4247	www.centraloregoneyecare.com info@centraloregoneyecare.com	Michelle Lima	4	2009	Eye disease detection & treatment, family vision care, contact lenses, Lasik & surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare - Prineville 198 NE Combs Flat Rd., Ste. 120 Prineville, OR 97754	541-447-5133	541-447-6891	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care, contact lenses, Lasik & surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare - Redmond 1000 SW Indian Ave. Redmond, OR 97756	541-548-2488	541-548-5334	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	12	1943	Eye disease detection & treatment, family vision care, contact lenses, LASIK, surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare- Sisters 625 N Arrowleaf Tr., Ste. 103 PO Box 1986 Sisters, OR 97759	541-549-2105	541-549-2106	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care, contact lenses, Lasik & surgery co-management, complete optical, sunglasses, LASIK.
Coffman Vision Clinic 61535 S Hwy. 97, Ste. 16 Bend, OR 97702	541-389-4774	541-389-3971	www.coffmanvision.com meredith@coffmanvision.com	Howard Schor, Michael A. Coffman	21	1998	Comprehensive vision exams, high fashion frames, newest technology lenses, one hour service, 3-D retinal imaging.
Elemental Eyecare 2736 NW Crossing Dr., Ste. 120 Bend, OR 97703	541-323-3937	541-323-3938	www.elementaleyecare.com info@elementaleyecare.com	Dr. Amanda Balsalobre, Dr. Gabby Marshall	6	2008	Pediatric eye exams & vision therapy. Pediatric eyewear. Vision rehabilitation & sports vision training.
Eye Mart Express 3148 N Hwy. 97 Bend, Or 97703	541-516-1208	N/A	www.eyemrtexpress.com	N/A	12	2020	Eye exams- 1 hour glasses.
Eyes on Wall St. 822 NW Wall St. Bend, OR 97703	541-382-4756	541-382-4455	eyesonwallstbend.com	Dr. Lorraine M. Winger	4	1999	Professional eye examinations & contact lens fittings. Complete optical services including on-site optical lab. Feature a large selection of quality fashion eyewear & repair.
High Desert Vision Source 443 SW Evergreen Ave. Redmond, OR 97756	541-923-2221	541-923-3776	www.visionsource-highdeserteyecare.com hdvs@bendbroadband.com	Dr. Karisa M. Cervantes, Dr. Kilah S. Atkinson, Dr. Gretchen I. Chadwick, Dr. Audrey H. Brumley	11	1983	Complete comprehensive eye care, including contact lenses, primary eye care, optical services, laser & surgery co-management, children's vision & comprehensive eye exams.

Continued on Page 28





Partners In Care Selected as Beneficiary of the 2025 Great Drake Park Duck Race

by TYLER CARSKADON, Marketing Manager — Partners In Care

artners In Care is thrilled to announce its selection by the Mt. Bachelor Rotary Club as one of the nonprofit beneficiaries of the 36th annual Great Drake Park Duck Race, taking place on Sunday, September 7, 2025, at Drake Park in Bend.

"We are honored to be chosen as one of the community organizations benefiting from this long-standing event," says Lisa Hurley, chief operations officer. "As an established care provider in this community, we recognize the impact of this event and are grateful to be a part of the Great Drake Park Duck Race."

This beloved community event, hosted by Bend-area Rotary Clubs and Credit Unions Working Together, has raised over \$1.1 million for Central Oregon nonprofits since its inception in 1990. This year, Partners In Care joins Family Access Network, Latino Community Association and Deschutes Children's Foundation as featured beneficiaries.

Proceeds from duck sales directly support Partners In Care's mission to provide compassionate hospice, home health, and palliative care services to individuals and families throughout 10,000 square miles of Central Oregon. Every duck sold helps sustain Partners In Care's position as a leading provider of end-of-life care — an excellence reflected in its prestigious 5-star hospice rating from Medicare.

Duck race tickets are available for just \$5 each and can be purchased online at

theduckrace.com. Be sure to select Partners In Care as your chosen beneficiary. Every ticket enters a duck into the race for a chance to win nearly \$16,000 in prizes, all while supporting compassionate community services across Central Oregon.

About Partners In Care:

Partners In Care is a local, independent, 501(c)(3) nonprofit organization serving a 10,000 square mile region of Central Oregon. It is now the leading provider of hospice, home health, and palliative care in the region, with over 200 staff members and over 200 volunteers. In addition to community Hospice care in homes, facilities, and Hospice House, Partners In Care also provides: Home Health in the patient's home or care facility; Palliative Care symptom management and support; a non-medical case management program called Transitions; and Grief Support for adults and children experiencing a loss.

Partners In Care has achieved a five-star hospice and home health rating from patient and family surveys through CMS in 2025. The nonprofit is also a five-star We Honor Veterans national hospice partner (one of only three in the whole state of Oregon), selected by the National Hospice and Palliative Care Organization as a leader in caring for veterans' unique needs at end of life. Partners In Care was also chosen by the Central Oregon community as the Bend Bulletin's 'Best of Bend' hospice for 2024.

partnersbend.org

MountainStar Raises Over Half a Million Dollars at Birdies 4 Babies

Announces Partnership with Oregon BlessFest!

by SAMMI PENNINGTON, Events & Marketing Manager — MountainStar Family Relief Nursery

ountainStar Family Relief Nursery (MountainStar) announced this year's 11th Annual Birdies 4 Babies Golf and Gala Fundraiser raised over \$500,000 — and counting! This record-breaking success reflects the incredible generosity of our community and a shared commitment to preventing child abuse and neglect across Central Oregon.

"Every single person who attended, volunteered, sponsored and donated helped make this year's Birdies 4 Babies truly extraordinary," said Kara Tachikawa, executive director of MountainStar. "We are beyond grateful for the outpouring of support that will allow us to continue providing critical services to local families during their most challenging times."

The event, held August 9-10, brought together hundreds of supporters for an unforgettable weekend of community, connection and giving. Funds raised will directly support MountainStar's therapeutic early childhood programs and wraparound family services, benefiting hundreds of vulnerable children across Central Oregon.

We extend heartfelt thanks to the Unitarian Universalist Fellowship of Central Oregon and Awbrey Glen Golf Club for hosting two incredible days. A special thank-you to our longtime sponsors — Pahlisch Homes, Plateau Forest Products, Norman Building & Design, First Interstate Bank and nearly 30 additional community partners—whose generosity covered all event expenses, ensuring 100% of guest contributions directly support MountainStar's programs and services.

But the celebration isn't over yet! MountainStar is honored to be the beneficiary of the 2025 Oregon BlessFest, happening Thursday, August 28 at the High Desert Music Hall in Redmond. This inspiring event features live music, community connection and an opportunity to further strengthen MountainStar's programs for local families.

MountainStar is thrilled to collaborate with Andrew Belinsky and BeLove Benefits to bring this unique fundraising experience to life. "Raising over half a million dollars is an incredible milestone, but the need continues to grow — and partnerships like BlessFest make all the difference," added Tachikawa. "We are deeply grateful to Andrew Belinsky for creating another opportunity for us to come together and build a stronger future for Central Oregon's children."

About MountainStar Family Relief Nursery:

MountainStar prevents child abuse and neglect through therapeutic early childhood programs, home visiting and wraparound family services. With five sites in La Pine, Bend, Redmond, Madras and Prineville, MountainStar strengthens vulnerable families and helps children build safe, stable futures.

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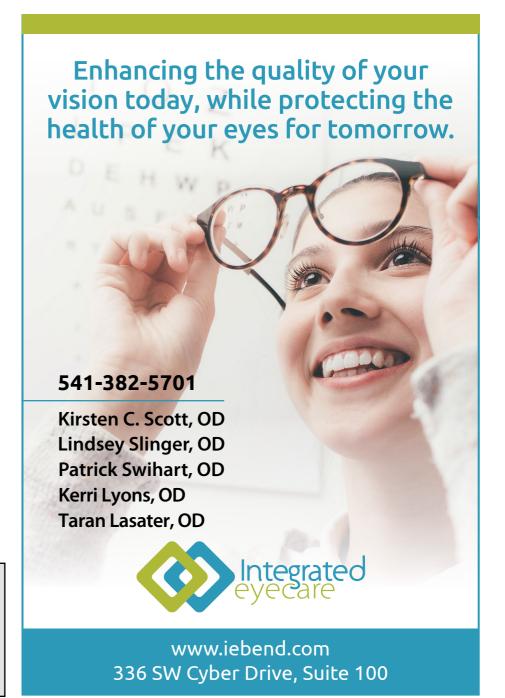
541-388-5665

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Partners for Kids:

MountainStar is deeply grateful to our community for stepping up to support vulnerable children and families. We are proud to highlight the businesses that have joined Partners for Kids (P4K) — their generosity and advocacy for child abuse prevention help build a stronger, more stable future for our community.

mtstar.org



Eye Care Surgery Clinics & Examinations (Listed Alphabetically)

CONTINUED FROM PAGE 26

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Infocus Eye Care 2450 NE Mary Rose Pl., Ste. 110 Bend, OR 97701	541-318-8388	541-318-7145	www.infocus-eyecare.com info@infocus-eyecare.com	Tona Buck	35	1998	Specializing in cataract, eyelid, LASIK/ICL refractive surgeries. Glaucoma, cornea & more. Ophthalmologists: Ida Alul, MD; Meryl Sundy, MD; Amanda Selchau, MD. Optometrists: Winter Lewis, OD; Elizabeth Potvin, OD; Sheena Rolston, OD; Nathan Cazmersen, OD
Integrated Eyecare 336 SW Cyber Dr., Ste. 100 Bend, OR 97702	541-382-5701	541-382-5702	www.iebend.com info@iebend.com	Dr. Kerri Lyons, Dr. Kirsten C. Scott, Dr. Patrick Swihart, Dr. Lindsey Slinger	15	1935	Enhancing the quality of your vision today, while protecting the health of your eyes for tomorrow.
Lifetime Vision Care LLC 901 NW Carlon Ave., Ste. 2 Bend, OR 97703	541-382-3242	541-317-3579	www.lvcbend.com info@lvcbend.com	Dr. Matt Sisson, Dr. Derri Sandberg, Dr. Brock Karben	13	1995	General lifetime optometry care.
Madras Vision Source 211 SE Fifth St. Madras, OR 97741	541-475-2020	541-475-6118	www.visionsource-madras.com	Dr. Jessica B. Tegen	6	1979	Optometric services including corrective eyewear, eye health evaluations, pre & post operative surgical care.
Ochoco Vision Source 340 NW Beaver St. Prineville, OR 97754	541-416-2020	541-447-2608	www.visionsource-ochocovision.com ochocovs@gmail.com	Dr. Kilah S. Atkinson, Dr. Gretchen I. Chadwick, Dr. Audrey H. Brumley	7	1981	Optometric services including corrective eyewear, eye health evaluations, pre & post operative surgical care.
Oregon Vision Center - Madras 1555 S Hwy: 97 Madras, OR 97741	541-475-2700	N/A	www.oregonvisioncenters.com ovc.2020@yahoo.com	Dr. Tom Thomason	2	2009	Thorough vision examinations for prescribing eyeglasses & any type of contact lenses.
Oregon Vision Center - Prineville 1555 NE Third St. Prineville, OR 97754	541-447-3937	N/A	www.oregonvisioncenters.com ovc3937@yahoo.com	Dr. Tom Thomason	4	2001	Thorough vision examinations for prescribing eyeglasses & any type of contact lenses.
Oregon Vision Center - Redmond 632 SW Sixth St. Redmond, OR 97756	541-923-2020	541-923-2082	www.oregonvisioncenters.com ovc.2020@yahoo.com	Dr. Tom Thomason	6	1960	Thorough vision examinations for prescribing eyeglasses & any type of contact lenses.
Orion Eye Center Bend 1475 SW Chandler Ave., Ste. 102 Bend, OR 97702	541-548-7170	541-548-3842	www.orioneyecenter.com	Dr. Suzanna Billinghurst, Dr. Karen Grove, Dr Andrew Pilling, Dr. Ryan Constantine	30	1993	Specialists in retina & cornea, cataract surgery & medical diseases of the eye. Our in-house ambulatory surgical facility offers a low stress approach to surgery.
Orion Eye Center Redmond 1775 SW Umatilla Ave. Redmond, OR 97756	541-548-7170	541-548-3842	www.orioneyecenter.com	Dr. Ryan Constantine, Dr. Justin Pennington, Dr. Kristine Trautason, Dr. Brian Desmond	30	1993	Specialists in retina & cornea, cataract surgery & medical diseases of the eye. Our in-house ambulatory surgical facility offers a low stress approach to surgery.
Riverbend Eyecare 143 SW Shevlin Hixon Dr., Ste. 101 Bend, OR 97702	541-317-9747	541-317-1818	www.riverbendeye.com info@riverbendeye.com	Etosha Fagen, Patrick Ayres	5	1999	Adult & child vision care, therapy for eye muscle disorders & visually-related reading disorders, nutritional therapy for eye diseases.
Summit Family Eyecare 1250 NE Third St., Ste. B100 Bend, OR 97701	541-382-0103	541-385-6851	www.summitfamilyeyes.com sfebend@gmail.com	Dr. Raymond F. Hardy	5	1975	Eye examinations, prescription lenses, glasses frames.
VisionWorks 63455 N Hwy. 97 Ste. 75 Bend, OR 97701	541-389-5207	541 389 2718	www.visionworks.com	Dr. Eric Hinds	7	2006	Designer & exclusive brand frames, lenses, contact lenses, accessories, sunglasses & vision correction.

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

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How Socializing Protects Cognitive Health in Older Adults

by RACHEL MARTY — AARP Oregon

s we get older, keeping our minds sharp becomes increasingly important — and fortunately, one of the best ways to protect our brain health is also one of the most fulfilling: building and maintaining meaningful social connections.

Dr. Suvi Neukam, a geriatrician at Oregon Health & Science University (OHSU), has seen firsthand how social engagement supports cognitive and emotional health in older adults across the state. "Social interaction isn't just something nice to have," she says. "It plays a central role in brain function, emotional resilience, and even longevity."

Why Social Engagement Matters

Research suggests that older adults who maintain active social lives are less likely to develop cognitive impairment and dementia. Dr. Neukam compares socializing to brain exercise: "When we connect with others — talking, laughing, problem-solving — we're strengthening memory, attention, and executive function."

It's not just about the quantity of interactions, either. Quality matters. Sustained relationships, meaningful activities, and feeling needed all contribute to what psychologists call eudaimonic well-being — a sense of purpose that has been directly linked to improved brain health. "If we don't have a reason to get out of bed," Neukam notes, "we often start losing our ability to get out of bed. Social purpose is protective."

The Hidden Toll of Isolation

Social isolation and loneliness have profound biological effects. Studies have shown that isolation triggers stress responses in the body, increasing inflammation and reducing brain resilience.

"When we're disconnected, our cortisol levels rise, and chronic inflammation can set in," explains Dr. Neukam. "That inflammation affects vascular health, which in turn is tied to brain health. What's good for the heart is good for the brain — and isolation is bad for both."

Beyond the chemistry, isolation can lead to depression, anxiety, and apathy — symptoms that are themselves risk factors for cognitive decline. "We often see apathy or withdrawal before other signs of cognitive change," she adds. "These early warning signs should never be ignored."

Creating Connection: What Works Best?

Dr. Neukam encourages older adults to think creatively and personally when seeking connection. "There's no one-size-fits-all solution. The best activity is the one you're going to enjoy and stick with."

Here are some categories of social engagement shown to boost cognitive health:

- Creative and Leisure Activities: Book clubs, art classes, music groups, and even knitting circles stimulate the brain and create bonds.
- Physical Activity with Others: Group exercise, like tai chi or walking groups, combines physical and social benefits.
- Cultural and Faith-Based Involvement: Attending plays, concerts, or services builds both community and purpose.
 - Volunteering and Advocacy: Meaningful service can fill the "purpose gap" left

by retirement, and supports cognitive resilience.

In-Person, Virtual, or Both?

While in-person interaction is the gold standard, virtual and phone-based options still offer real value — especially in rural or transportation-limited communities. Dr. Neukam advises a flexible approach: "Perfection isn't the goal. If you can't get to an in-person event every week, mix it up with virtual activities or phone calls. Something is always better than nothing." She adds that, "thanks to the pandemic, there's now a rich menu of virtual offerings across Oregon."

Oregon Resources to Know

Oregon offers a wide range of virtual classes, community-building events, and volunteer opportunities statewide. But Dr. Neukam also points to lesser-known local programs making a big impact:

- Virtual Resources: AARP Oregon's Virtual Community Center a hub for in-person and online events, plus free digital tools like cognitive assessments and more. Join here: AARP Virtual Community Center.
- Phone Lines: Free phone-based companionship via landline or cell.
- The David Romprey Oregon Warmline is available 24/7 at 1-800-698-2392, led by trained peers.
- Senior Loneliness Line (Lines for Life) available to Oregon adults 60+daily from 5:30am-11:30pm at 503-200-1633 or 800-282-7035.
- VIEWS (Portland area): Conversations on Aging (formerly VIEWS) in-person drop-in peer groups for older adults to connect casually and regularly. Learn more: Conversations on Aging
- Lane County Senior Companion Program: A volunteer program matching older adults in Lane County with trained companions for ongoing social engagement. More info at Lane Community College's site: Senior Companion Program Lane CC To participate or volunteer, call 541-463-6260.
- Community Connection of Northeast Oregon (CCNO): Serving Baker, Union, Wallowa, and Grant Counties, CCNO provides transportation and organizes enriching for older adults. Visit their site: Community Connection of Northeast Oregon Contact the La Grande office at 541-963-3186.
- Club 60 Senior (Josephine County): A grassroots response offering coffee hours, games, Tai Chi, chair yoga, and meaningful connection at the Josephine County Senior Resource Center in Grants Pass. Details: Club Sixty
- Papa: A national program active in Oregon that pairs older adults with younger companions so-called "Papa Pals." They support both companionship and errands, and may be covered through insurance benefits. Explore here: Papa Companion Care

Dr. Neukam encourages Oregonians to explore local community centers, which are often underutilized gems. "Even if it's a youth-focused center, ask what's available for seniors. You might be surprised."

local.aarp.org/virtual-community-center



Central Oregon's Flagship Entrepeneurship Event

The longest-running angel investment conference in the Pacific Northwest, fosters startup investment in Central Oregon. Each fall, hundreds of entrepreneurs and investors gather in Bend for two days of company pitches, networking and insights from industry leaders. Now in its 22nd year, BVC has awarded over \$14 million to startups, providing a crucial platform for growth and exposure. BVC connects prominent investors with founders, facilitating additional funding and support for participating businesses.

TITLE SPONSORS





Interested in sponsorship? Contact larry@edcoinfo.com

Assisted Living Facilities (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Units	Fees	Services
Absolute Serenity Senior Care 182 & 192 E Tall Fir Ct Sisters, OR 97759	541-848-3194	541-549-1726	absoluteserenity.info absoluteserenity@ymail.com	David & Leah Tolle	8	2009	N/A	N/A	Provision of care in a home atmosphere & promotion of indepen- dence with activities of daily living.
Aspen Ridge Memory Care Community 1025 NE Purcell Blvd. Bend, OR 97701	541-385-8500	541-312-6674	www.aspenridgememorycare.com administrator@aspenridgememorycare.com	Simeon	32	1999	42	Upon Request	Meeting the needs of residents & families dealing with dementia & Alzheimers.
Aspen Ridge Retirement Community 1010 NE Purcell Blvd. Bend, OR 97701	541-385-8500	541-330-6687	www.aspenridgeretirement.com administrator@aspenridgeretirement.com	Angela Tuttle	55	1999	167	Upon Request	Independent retirement living, assisted living & specialized Alzheimers/memory care with the ability to transition from one to the other as needed.
Bend Transitional Care 900 NE 27th St. Bend, OR 97701	541-382-0479	541-389-7054	www.bendtransitionalcare.com hjeffers@avamere.com	Heather Jeffers	75	1954	49	Upon Request	Primary focus on skilled nursing care & long- term care.
Brookdale Bend 1099 Watt Way Bend, OR 97701	541-3854717	541-389-1163	www.brookdaleliving.com amepra@brookdale.com	Amei Pratt	35	2000	46	Upon Request	Unique building design with specialized life enrichment pro- gram to enhance quality of life for the memory impaired.
Brookside Place 3550 SW Canal Blvd. Redmond, OR 97756	541-504-1600	541-504-1602	www.brooksideplace.net director@brooksideplace.net	Pam Sessions	24	1995	37	Upon Request	On-site beauty salon, whirlpool, activities room, all one level, library, dining room, one indoor, secure courtyard.
Cascades of Bend Assisted Living 1801 NE Lotus Dr. Bend, OR 97701	541-389-0046	N/A	www.cascadesofbend.com crystalb@cascadeliving.com	Crystal Brokaw	70	1981	121	Upon Request	Onsite & in-home care agency & assisted living.
Central Oregon Adult Foster Care 1532 NW Jackpine Ave. Redmond, OR 97756	541-548-6631	541-548-5519	www.care.com/b/l/central-oregon-adult- foster-care-llc/re	Anna Kitchin	3	2009	5	Call for assesment	Adult foster & senior care.
Fox Hollow Independent & Assisted Living 2599 NE Studio Rd. Bend, OR 97701	541-383-2030	541-383-4979	www.foxhollowbend.com lwilkenfeldt@regency-pacific.com	Luke Wilkenfeldt	53	2006	71	Upon Request	Full service assisted & independent living.
Juniper Springs Senior Living 590 NW 23rd St. Redmond, OR 97756	541-632-6423	N/A	www.juniperspringssl.com sayhello@juniperspringssl.com	Krystal Elzner	N/A	2018	96	Please call.	Life enrichment, resident grown & wellness plans, culture of caring & more.
Pilot Butte Rehabilitation Regency 1876 NE Hwy. 20 Bend, OR 97701	458-256-0737	541-317-5573	www.regency-pacific.com/senior-living/or/ bend/pilot-butte rshire@regency-pacific.com	Robin Shire	45	N/A	42	Upon request	Physical, Occupational & Speech therapies. Skilled nursing care. Recovery from surgery, joint replacement, strokes & fractures.
Prairie House Assisted Living & Memory Care Community 51485 Morson St. La Pine, OR 97739	541-536-8559	541-536-1373	www.prairiehousealf.com director@prairiehousealf.com	Love Pearson	47	1999	61	Upon Request	Assisted Living & Memory care units.
Prestige Senior Living High Desert 2660 NE Mary Rose Pl. Bend, OR 97701	541-312-2003	541-312-2011	www.prestigecare.com/find-a-location highdeserted@prestigecare.com	Addie Gould	38	2003	68	Upon request.	Full service assisted living.
Regency Care of Central Oregon 119 SE Wilson Ave. Bend, OR 97701	541-668-7349	541-383-7662	www.cascadeviewnursing.com astone@regency-pacific.com	Amy Stone	45	1969	47	Upon Request	Intermediate care, respite service, Medicaid certified, 24-hr. nursing care, laundry service, 20-bed Alzheimer care unit.
Regency Prineville Rehabilitation & Nursing Center 950 NE Elm Street Prineville, OR 97754	541-233-4290	541-447-6685	www.regency-pacific.com/senior-living/or/ prineville/regen lgarber@regency-pacific.com	Lee Garber	45	N/A	36	Avail	Skilled Nursing Facility. Respite Care
Regency Village at Bend 127 SE Wilson Ave. Bend, OR 97702	541-317-3544	541-330-0121	www.regency-pacific.com/senior-living/or/ bend/regency-vil lwilkenfeldt@regency-pacific.com	Luke Wilkenfeldt	44	1999	65	Upon Request	Three home-made meals daily & snacks. All utilities except telephone & basic cable. Weekly housekeep- ing. Complementary laundry facilities. 24- hour staff. Scheduled transportation.
Regency Village at Prineville 830 NE Elm St. Prineville, OR 97754	541-416-3600	541-416-9293	www.regency-pacific.com/senior-living/or/ prineville/regen sfloyd@regency-pacific.com	Samantha Floyd	21	1999	47	Upon Request	Assisted living.
Regency Village at Redmond 3000 SW 32nd St. Redmond, OR 97756	541-923-5452	541-923-0280	www.regency-pacific.com/senior-living/or/ redmond/regency- jsturdivant@regency-pacific.com	Jeni Sturdivant	26	1995	45	Upon Request	Assisted living
Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702	888-231-1113	541-383-3434	www.touchmarkBend.com SDN@Touchmark.com	Scott Neil	200	2007	284	Rental, resi- dency deposit.	Full assisted living/ 24 hr staff/ 2 restau- rants/ housekeeping/ transportation/ on-site amenities/ licensed memory care/ Partners in Care on site; Awbrey Dental on site/ two full service salons
Whispering Winds 2920 NE Connors Ave. Bend, OR 97701	541-312-9690	541-312-1450	www.whisperingwinds.info carrie@whisperingwinds.info	Carrie Kasch	50	2003	N/A	N/A	Full service independent retirement community.

Saving Grace Launches Not Alone Campaign to Support Survivors of Intimate Partner Violence, Sexual Assault & Stalking

by DAVID HOOVER, Marketing & Development Coordinator — Saving Grace

aving Grace announced the launch of *Not Alone* — *It Happens Here* — a powerful awareness and fundraising campaign that invites the Central Oregon community to stand together in support of survivors of intimate partner violence, sexual assault and stalking. The campaign centers on a simple but essential truth: no one should feel alone in their experience. Not here. Not ever.

Not Alone — It Happens Here brings together survivors, allies, businesses and organizations in a shared commitment to break the silence, honor lived experiences and create a visible network of community support. Donations are not required to share your story or message of support, but Saving Grace encourages a gift of \$5 or more to the campaign.

"Our goal with this campaign isn't just fundraising — it's about creating an undeniable voice in our community that stands for survivors," said Abby Rowland, executive director of Saving Grace. "No one goes through life untouched by violence — whether we experience it ourselves, know someone who has, or carry generational impacts. In fact, one in three women and one in four men will experience intimate partner violence in their lifetime. These aren't distant statistics — they are friends, coworkers, neighbors and family. Not Alone is how we show up. It's how we say, as a community, that there is safety, dignity and support here. It's a promise that survivors are never alone in Central Oregon, and there will always be someone who cares, someone to help."

Campaign Highlights:

Survivor and Ally Stories — Supporters can dedicate donations to loved ones,

share their own experiences, anonymously if they choose, and share messages of encouragement.

- **Fundraising Teams** We invite the public to create their own fundraising teams, gathering your friends and family on your own custom *Not Alone* fundraising page.
- **Not Alone Merchandise** Coming soon! Purchase campaign apparel (shirts, sweatshirts, hats) that share visible messages of solidarity and hope for survivors.

All donations and merchandise purchases will support Saving Grace's free and confidential services, including 24/7 helpline, emergency shelter, legal advocacy, hospital response and prevention education throughout Deschutes, Crook and Jefferson Counties. This is your moment to speak up, whether for yourself or someone you care about.

How to Get Involved:

Make a gift at saving-grace.org/notalonehere or join the conversation on social media using **#NotAloneHere**. Businesses and organizations are invited to become sponsors at the \$250 or \$500 level, with recognition across campaign materials. Reach out to development@saving-grace.org for questions or sponsorships.

About Saving Grace

Saving Grace provides life-saving services to survivors of intimate partner violence, sexual assault and stalking across Central Oregon. Through advocacy, prevention and education, we work to build a future where everyone can live free from violence. Our 24/7 helpline can be reached at 541-389-7021.

saving-grace.org

Five Strategies for Graduates to Make the Most of Health Benefits

by WHITNEY STIDOM, Vice President of Consumer Engagement — eHealth

record 3.9 million young adults will graduate from high school this year, with another two million college graduates entering what is an increasingly competitive job market. It's a milestone that comes with new responsibilities, including selecting a health insurance plan, often for the first time.

Whether you're stepping into the workforce, continuing your education, or exploring other career options, understanding health coverage is crucial. Here are five strategies to help young people and their families:

Staying on your parent's health plan. A recent eHealth survey1 found fewer than half of young adults know they can stay on their mom or dad's health plan until age 26. This is a popular option, but there are some caveats. Living in a different city or state may put you outside of the insurance company's provider network and result in higher out-of-pocket costs for medical care

Selecting a health plan through your college. For high school graduates continuing their education, most colleges require you to have health insurance. To help make that possible, many offer their own health plans. These are tailored for students and can be a good choice if you don't have the option to stay on your parents' plan or are going to college in a different state. Compare the costs

and benefits under your school's health plan to options available through government exchanges or private online marketplaces.

Enrolling in employer-based coverage. Starting a new job? Many employers offer health insurance as part of their benefits package. A recent survey2 found 79% of young adults consider health benefits a high priority when starting a new job. Most employer-sponsored plans provide comprehensive coverage, and your employer may pay a significant part of the monthly premium. If it takes multiple months to land a job, or if your company's health coverage doesn't start immediately, consider a short-term health plan3. This can be an affordable, flexible option for people needing immediate, temporary coverage, but it has limitations like exclusions for pre-existing conditions and essential health benefits.

Considering an individual plan. If you're not covered by your parent's plan or an employer, you can opt for an individual health plan4, which can be purchased through private marketplaces or government exchanges. It's important to compare plan options from competing insurers. Look beyond the monthly premium to understand your deductibles, copays, and other out-of-pocket costs. To help save, determine if you qualify for health insurance subsidies through the Affordable Care Act. This may be overlooked by some, as five

percent5 of young adults in the survey realized people can earn up to about \$60,000 per year and still qualify for government subsidies to make coverage more affordable.

Understand health savings accounts (HSAs). Young adults or anyone who rarely visits the doctor or uses prescription drugs should consider an HSA-eligible health plan. These plans often have higher deductibles but special tax advantages, allowing you to save pre-tax money for future medical expenses. Many employers also contribute to HSAs, making them a smart choice for healthy young adults. The money in your HSA is yours to keep and can roll over and grow from year to year, enabling you to save for short and long-term health care costs.

Navigating health insurance as a recent graduate can seem daunting, but with the right information, you can make informed decisions that suit your needs.

¹news.ehealthinsurance.com/_ir/68/20254/eHealth_ Young_Adults_Healthcare_Survey.pdf

²news.ehealthinsurance.com/_ir/68/20254/eHealth_ Young_Adults_Healthcare_Survey.pdf ³ehealthinsurance.com/short-term-health-

insurance/?allid=gra329197600

⁴ehealthinsurance.com/individual-family-healthinsurance/?allid=gra329197500

⁵news.ehealthinsurance.com/_ir/68/20254/eHealth_ Young_Adults_Healthcare_Survey.pdf

St. Charles Awards More than \$85K in Community Grants

by ALANDRA JOHNSON, Manager of Public Relations — St. Charles Health System

S t. Charles Health System has awarded more than \$85,000 in Community Benefit grants to 27 local organizations in Central Oregon. The grants were awarded to provide basic needs, sponsor local events and as part of St. Charles' Priority Grant to increase a sense of belonging and reduce loneliness and isolation. Projects supported this year range from providing meals to families in need to creating outdoor spaces for local communities to enjoy.

Local nonprofit organization CASA of Central Oregon received \$5,000 to expand its Family Find programming. Family Find aims to establish family connections between children in foster care and their relatives by locating long-term, caring, permanent connections and relationships for children and youth in foster care. The goal of this project is not only to find placement resources, but to assist youth in learning more about their familial history and having healthy connections with family members.

"We are grateful to St. Charles Health System for a grant to support the Family

Find program with CASA of Central Oregon," said Heather Dion, Executive Director for CASA of Central Oregon. "The Family Find program connects children in foster care to their extended family, addressing loneliness and isolation that can sometimes affect youth in foster care. This work will help Central Oregon's most vulnerable children by giving them belonging within their extended family."

Learn more about St. Charles Community Benefit program on our website.

About St. Charles Health System:

St. Charles Health System, Inc., headquartered in Bend, Ore., owns and operates hospital campuses in Bend, Madras, Prineville and Redmond along with primary and specialty care clinics throughout the Central Oregon region. St. Charles is a private, nonprofit Oregon corporation and is the largest employer in Central Oregon with more than 4,900 caregivers. We proudly partner with our local medical community to provide a wide variety of health services.

stcharleshealthcare.org

Dentists (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Alpine Dental 2078 NE Professional Ct. Bend, OR 97701	541-382-2281	541-382-1610	www.alpinedentalbend.com	Taylor M. Bybee, Branden R. Ferguson	7	1998	General dentistry.
Bend Dental Group 901 NW Carlon Ave., Ste. 1 Bend, OR 97703	541-389-1884	541-330-1461	www.benddentalgroup.com smile@benddentalgroup.com	Sumra Zaidi Elcik, Katherine Stahrr, Stuart Jones	14	2003	General dentistry.
Bend Family Dentistry 660 NE Third St., Ste. 3 Bend, OR 97701	541-389-1880	541-389-1114	www.bendfamilydentistry.com marcie@bendfamilydentistry.com	Marcie Willman	40	1994	General dentistry, specializing in cosmetic dentistry, Invisalign, IV Sedation, TMJ treatment, Sleep Apnea (Vivos) & dental implants.
Bluebird Oral Surgery 1893 NE Neff Rd. Bend, OR 97701	541-382-7981	541-389-6953	www.bluebirdoralsurgery.com info@bluebirdoralsurgery.com	Dr.Garrett Welch, Dr. Amir Azari, Dr. Mark Schlam	12	2001	Oral & maxillofacial surgery.
Bluefish Dental & Orthodontics 2565 NE Butler Market Rd. Bend, OR 97701	541-317-1887	N/A	www.bluefishdental.com info@bluefishdental.com	Dr. Catherine Quas	23	2004	Pediatric dentistry & orthodontics.
Bluefish Dental & Orthodontics - Redmond 1429 SW 15th Redmond, OR 97756	541-923-1300	541-504-1325	www.bluefishdental.com info@bluefishdental.com	Dr. Donna Quinby, Dr. Catherine Quas	23	2005	Pediatric dentistry & orthodontics.
Brandon Turley, DMD 708 W Antler Ave. Redmond, OR 97756	541-548-5105	541-548-5746	www.dentistsredmondor.com turleydmd@yahoo.com	Dr. Brandon Turley	5	2013	General & family dentistry.
Caldera Dental Group 2727 SW 17th Pl. Redmond, OR 97756	541-548-3896	541-548-1859	www.calderadentalgroup.com info@calderadentalgroup.com	Christopher Primley	11	1995	General dentistry.
Cascade Endodontic Group 1590 NE Williamson Blvd. Bend, OR 97701	541-388-1500	541-388-6995	www.cascadeendodontics.com	Dr. Patricia Paparcuri, Dr. Daniel Bitner	6	2013	Endodontics.
Cascadia Family Dental 361 NE Franklin Ave., Bldg. D Bend, OR 97701	541-382-5678	541-382-5678	dentistinbendoregon.com stevenetimmdmd@bendbroadband.com	Dr. Jared Adams	7	1978	General dentistry.
Central Oregon Dental Center 1563 NW Newport Ave. Bend, OR 97703	541-389-0300	541-330-9753	www.centraloregondentalcenter.net codental@bendbroadband.com	Michael R. Hall	5	1999	General dentistry.
Central Oregon Perio, PC 1569 SW Nancy Way, Ste. 3 Bend, OR 97702	541-317-0255	541-317-0355	www.centraloregonperio.com gumdoc@centraloregonperio.com	Dr. Nicholas W. Misischia	8	1992	Periodontist.
Century Dentistry 155 SW Century Dr., Ste. 102 Bend, OR 97702	541-382-7708	541-382-1139	centurydentistrybend.com centurydentistry@gmail.com	Julie K. Lezotte	6	2000	General & implant dentistry.
Contemporary Family Dentistry 1016 NW Newport Ave. Bend, OR 97701	541-389-1107	541-317-5958	www.contemporaryfamilydentistry.com	Jessica A. Henderson	6	1985	General dentistry, TMJ & sleep appliances to general & cosmetic dentistry.
Deschutes Dental Center 159 SW Shevlin Hixon Dr. Bend, OR 97702	541-317-1300	541-317-1351	www.freemansmiles.com	Dr. Phillippe Freeman	6	2001	General dentistry with specialty in cosmetics.
Deschutes Pediatric Dentistry 400 SW Bond St., Ste. 100 Bend, OR 97702	541-389-3073	541-389-9642	www.deschuteskids.com info@deschuteskids.com	Steve Christensen, Stephanie Christensen, Ashley Swan, Stephanie Woolsey	30	2005	Pediatric dentistry. Additional locations at, 2357 NE Conners Ave., Ste. 210, Bend & 3818 SW 21st St., Ste. 102, Redmond.
Gilmore Dental 834 SW 11th St., Ste. 2 Redmond, OR 97756	541-504-5707	541-504-0415	www.gilmoredental.com info@gilmoredental.com	Amy Remick	8	2007	General dentistry.
Greenwood Dental Care 906 NE Greenwood Ave., Ste. 1 Bend, OR 97701	541-382-4848	541-617-9530	www.greenwooddentalcare.com info@greenwooddentalcare.com	Dr. Ken M. Shirtcliff	7	1999	General dentistry.
Greg M. Lee, DMD PC 515 NE Fourth St., Ste. H Bend, OR 97701	888-371-0556	541-382-9469	www.gregmlee.com	Dr Greg M. Lee	3	2006	General & family dentistry.
Highland Family Dental 1332 SW Highland Ave., Ste. 1 Redmond, OR 97756	541-504-3322	541-504-4346	www.highlandfamilydmd.com jparsley2@gmail.com	Dr. Tony Parsley	12	2010	General dentistry including: root canal therapy, cosmetic procedures, extractions & dentures.
James V. Bachman DMD 535 NE Greenwood Ave. Bend, OR 97701	541-388-0777	541-388-5140	www.jbachmandental.com	Dr. James V. Bachman	7	1994	General dentistry.
Jay Gronemyer, DMD 1553 NW Canal Blvd., Ste. 101 Redmond, OR 97756	541-923-2880	541-923-2881	jaygronemyerdmd.com	Dr. Jay Gronemyer	5	2012	General dentistry, cosmetic dentistry.
Juniper Dental 461 NE Greenwood Ave. Ste 100 Bend, OR 97701	541-318-1564	541-318-5229	www.juniperdental.com frontdesk@juniperdental.com	Dr. Chad Stephenson	5	2008	General dentistry.
Krueger & Lenox Oral & Maxillofacial Surgery - Eastside Office 1475 NE Williamson Blvd Bend, OR 97701	541-382-1053	N/A	www.drkeithkrueger.com	Keith E. Krueger, Nathan Lenox	10	1997	Oral & Maxillofacial Surgery

VIM Cascades Expands Healthcare Access with New Dental Hygiene Suite

by COURTNEY GALLANT — Volunteers in Medicine Clinic of the Cascades

Volunteers in Medicine, Clinic of the Cascades (VIM Cascades) is proud to announce the expansion of its Health Within Reach initiative, thanks to generous support from the Cow Creek Umpqua Indian Foundation, the Papé Family Foundation, and SunLife U.S. These grants will bolster VIM Cascades' innovative program pairing medical care with dental hygiene for diabetic patients, providing critical oral health services to an at-risk population while reinforcing the clinic's mission of whole-person care.

Dental Hygiene for Those in Need

Building on the success of a two-year pilot program called Health Within Reach, funded by the Central Oregon Health Quality Alliance (COHQA), a model proven to improve health outcomes by integrating medical and dental hygiene under one roof, VIM Cascades recently established a dental hygiene suite in its clinic. Previously, VIM Cascades' patients did not have access to dental hygiene, but with new funding, the clinic now offers onsite dental hygiene and X-rays through contracted expanded practice dental hygienists. This shift has improved access for diabetic patients, many of whom had never received preventive dental hygiene before.

"VIM's patients are deeply appreciative of the care they receive, and their commitment shows," says Dr. Tom Bordieri, VIM Cascades board member and pro-bono dentist. "We're seeing outstanding improvements after cleanings and periodontal therapy. While some face challenges from past tooth loss, their dedication to maintenance care is remarkable. It's incredibly rewarding to be part of their journey toward lasting oral health."

The Diabetes-Dental Connection: A Two-Way Street

Research has long shown the bidirectional relationship between periodontal disease and diabetes, but VIM Cascades' Health Within Reach and Diabetes Wellness programs puts this knowledge into life-changing practice. The clinic's integrated approach addresses both conditions simultaneously, with remarkable results:

- 65% of participating diabetic patients saw improved A1c levels after receiving dental care.
- Blood pressure control rates jumped from 45% to 70% among program participants.
- Emergency room visits fell 22% below state averages for similar populations.

"I used to struggle with constant gum pain and discomfort, even brushing didn't help," said a VIM Cascades patient. "At my first dental visit, we started with a deep cleaning and fillings, and soon, the pain began to fade. But the bigger surprise was learning I had diabetes. With medication, healthier meals, and regular sugar checks, my health improved in ways I never expected. Now, my mouth feels better, my diabetes is under control, and I'm so grateful for this fresh start."

The Health Within Reach program wraps dental care within VIM Cascades' comprehensive Diabetes Wellness program, including:

- Tailored nutrition classes with a chef and nutritionist.
- Fitness classes to increase physical activity and whole-body movement.
- Dedicated diabetes nurse care coordination for medication management and monitoring.
- Behavioral health support with 100% access rate for those seeking care.
- Oral hygiene supplies and education.

"We used to require nutrition education before dental care," notes Kim Rojas Drew, RN, BSN, Diabetes Nurse Care Coordinator at VIM Cascades. "Now we meet patients where they are, whether that's starting with a painful tooth or joining a cooking class first. The important thing is they're engaging with their health."

A Brighter Future for Central Oregon: How Dental Care via Safety-net Clinics Strengthens our Entire Community

Health Within Reach II is an example of how dental care access can improve across Central Oregon. Where once taking on the care of uninsured patients (who often present with complex, untreated conditions) put strains on local dental practices, VIM Cascades' overall clinic care model makes pro-bono dental care more feasible for providers interested in giving back. Local emergency rooms have fewer people presenting for non-urgent medical issues related to dental health, and VIM Cascades' diabetic patients show measurable improvements in blood sugar control after simply addressing gum disease.

As we look ahead, we are not just expanding dental access for VIM Cascades' diabetic patients, we are championing a new standard for integrated care. With improved access and preventive treatment that avoids an ER visit, with every filling that restores someone's ability to eat pain-free, and every smile refreshed, we are building a Central Oregon where our healthcare system lets no one fall through the cracks. The message is clear: when we provide whole-person care for our most vulnerable neighbors, we nurture the health of our entire community.

About Volunteers in Medicine Clinic of the Cascades:

Volunteers in Medicine Clinic of the Cascades provides healthcare to low-income, working adults who live in Central Oregon and have no medical insurance or means to pay for care. Using a community approach, 200+ in-clinic volunteers and 300 local pro-bono medical partners collaborate to provide patients with necessary primary and specialty medical care, prescription medications, basic dental care and mental health counseling. Patient costs are funded by patient donations along with individual, corporate and foundation support. VIM Cascades has contributed over \$212 million in care to people in Central Oregon since opening in 2004.

vim-cascades.org



CONTINUED FROM PAGE 32

Dentists (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services	
Krueger & Lenox Oral & Maxillofacial Surgery- Westside Office 1475 SW Chandler Ave., Ste. 101 Bend, OR 97701	541-617-3993	541-617-0030	www.drkeithkrueger.com	Nathan Lenox, Keith E. Krueger	10	1997	Oral & maxillofacial surgery.	
La Pine Dental 51384 Hwy. 97 La Pine, OR 97739	541-536-2110	541-536-2093	www.lapine-dental.com whitneyleifarra.lapinedental@gmail.com	Stephen W. Allen	9	1981	General dentistry.	
Masters of Dentistry 628 NW York Dr., Ste. 101 Bend, OR 97701	541-389-2300	541-389-2301	www.mastersofdentistry.net laura@mastersofdentistry.net	Dr. Tad Hodgert	4	1974	General & implant dentistry.	
Nordstrom, Marc A. DMD, PC 108 NW Newport Ave. Bend, OR 97703	541-382-0823	541-385-8665	nordstrom@bendcable.com	Dr. Marc Nordstrom	22	1970	General dentistry.	
Oak Street Dental 376 NE Oak St. Madras, OR 97741	541-475-6156	541-475-6157	osd@bendbroadband.com	Dr. Adam Zangrillo	4	2005	General dentistry.	
Pilot Butte Dental 1909 NE Neff Rd. Bend, OR 97701	541-382-3523	541-382-8129	www.pilotbuttedental.com pilotbuttedental@yahoo.com	Dr. John Wiley	5	2000	General dentistry.	
PNW Dental 499 SW Upper Terrace Dr., Ste. B Bend, OR 97702	541-323-3930	541-323-3929	dentist-bend.com info@dentist-bend.com	Matthew Pavlovich	5	2015	Cosmetic smile makeover & general dentistry, implants, crowns, emergencies, orthodontics, sedation dentistry.	
Ponderosa Dental Center 2088 NE Williamson Ct. Bend, OR 97701	541-640-5234	541-382-1217	www.ponderosadentalcenter.com info@ponderosadentalcenter.com	Joshua Prentice	8	2017	General dentistry.	
Prineville Dental 601 NW Third St. Prineville, OR 97754	541-447-4888	541-447-4686	www.prinevilledental.com wkmcclure@hotmail.com	Dr. Paul Fairbanks	5	1980	General dentistry.	
PureCare Dental 80 NE Bend River Mall Dr., Ste. 105 Bend, OR 97703	541-647-5555	541-647-5554	www.purecaredental.com info@purecaredental.com	Dr. Eric M. Cadwell, Dr. Emily Richard	18	2010	Family dentistry - adults & children, cosmetic dentistry, smile makeovers, porcelain veneers, implants, wisdom tooth extractions, orthodontics & teeth whitening.	
Ridgeline Oraal 1475 SW Chandler Ave. Ste. 101 Bend, OR 97702	541-617-3993	541-617-0030	www.drkeithkrueger.com info@kruegerlenox.com	Dr. Nathan Lenox, Dr. Jake Peterson	11	2000	Oral & maxillofacial surgery.	
River Park Family Dentistry 155 SW Shelvin Hixon Dr. Bend, OR 97702	541-382-0392	541-383-7170	www.riverparkfamilydentistry.com	Dr. Ben Grieb	9	2004	Family & cosmetic dentistry.	
Rosenzweig Orthodontics - Bend 502 NE Fourth St. Bend, OR 97701	541-382-6822	541-382-1263	www.centraloregonortho.com str8bite@bendcable.com	Dr. Brian J. Rosenzweig	9	1975	Orthodontics.	
Rosenzweig Orthodontics - Redmond 646 Rimrock Way Redmond, OR 97756	541-382-6822	N/A	www.centraloregonortho.com str8bite@bendcable.com	Dr. Brian J. Rosenzweig	9	1975	Orthodontics Offices also at 502 NE Fourth St., Bend & 304 W Adams Ave., Sisters	
Select Care Dental 774 SW Rimrock Way Redmond, OR 97756	541-923-7633	541-923-8733	www.selectcaredental.com office.selectcare@gmail.com	Jared R. Anderson, Mark T. Nuttall	16	1996	General dentistry, cosmetic dentistry & implants.	
Shevlin Dental Center 910 SW Simpson Ave. Bend, OR 97702	541-382-8575	541-382-8681	www.shevlindental.com info@shevlindental.com	Dr. Christopher Huff, Dr. David Cauble	12	1971	General dentistry.	
Sisters Dental 491 E Main St. PO Box 10 Sisters, OR 97759	541-549-2011	541-549-4787	dr.everson@bendbroadband.com	Dr. Greg Everson	6	1986	General & family dentistry.	
Skyline Dental 2137 NE Fourth St. Bend, OR 97701	541-389-4807	541-385-6883	www.skylinedentalbend.com info@skylinedentalbend.com	Dr. Natalie Buckley, Dr. Zack Porter, Dr. Mehdi Salari, Dr. Maureen Porter Dr. Macy Huettl	28	1976	General dentistry.	
Studio Nine 30 930 SW Yates Dr. Bend, OR 97702	541-317-9381	541-317-5038	www.studionine30.com smile@studionine30.com	Dr. Matthew B. Engel	4	1994	State of the art restorative, cosmetic & preventative dentistry.	
The Brace Place, Central Oregon Orthodontic Specialists 2357 NE Conners Ave., Ste. 201 Bend, OR 97701	541-382-0410	541-389-0161	www.centraloregonbraceplace.com BracePlace@CentralOregonBracePlace.com	Dr. David Kang, Dr. Neil Wiater	13	1985	Orthodontics, Invisalign preferred provider, complimentary consultations, free custom mouthguards year-round to all Central Oregon athletes.	
Timber Kids Dentistry 1245 SE Third St., Ste. A-1 Bend, OR 97702	541-318-5688	541-322-5581	www.zookadental.com teamzooka@zookadental.com	Dr. Rex Gibson	11	2000	Specialized care for infants, children & young adults & special needs: emphasis on prevention & education.	
Timm Family Dentistry 375 NE Emerson Ave. Bend, OR 97701	541-382-1991	541-330-9095	www.timmfamilydentistry.com info@timmfamilydentistry.com	Dr. Jeffrey Timm, Dr. Andrew Timm, Dr. Ryan Timm	14	1981	General dentistry.	
West River Dental 701 NW Arizona Ave., Ste. 100 Bend, OR 97703	541-317-5732	541-388-9248	westriverdentist.com westriverdental02@yahoo.com	Dr. Dennis Holly	4	1999	General family dentistry.	
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$Chiropractors \ (\textit{Listed Alphabetically})$

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services	
Balance Chiropractic, PC 477 NE Revere Ave. Bend, OR 97702	541-383-5156	N/A	www.jimneilson.com	N/A	2	1995	Gentle treatments, spinal massage, applied kinesiology, a balanced approach to better health.	
Bemis Chiropractic Clinic 124 NW Second St. Prineville, OR 97754	541-447-1043	541-447-1784	www.bemischiropractic.net	Dr. Jill Bemis, Dr. James Bemis	3	1999	Chiropractic services. Specializing in integrated health care.	
Bend We Care Chiropractic Center 932 NE Ninth St. Bend, OR 97701	541-382-8125	541-382-8127	www.bendwecare.com bendwecarechiropracticcenter@gmail.com	Christian K. Schuster	2	1982	Specific spinal reconstructive care, sports injuries & athletic performance enhancement.	
Bend Whole Health Family Chiropractic 354 NE Norton Ave., Ste. 100 Bend, OR 97701	541-389-1191	541-389-1972	www.bendwholehealth.com mgr@bendwholehealth.com	Dr. Daniel Bourque	7	1995	Soft tissue & manual therapies, activator adjusting, nutritional counseling, automobile injuries, massage therapy, weight loss.	
BodyWise Chiropractic 707 SW Ninth St. Redmond, OR 97756	541-548-5089	541-504-5353	www.redmondchiro.com bodywisedc@gmail.com	Dr. Michael Wise, Dr. Laura Gardiner	7	1990	Featuring Graston technique, massage & manual manipulation.	
Butler Chiropractic 537 SW Seventh St. PO Box 2294 Redmond, OR 97756	541-548-0125	541-548-0323	www.activator.com butlerdc@uci.net	Dr. David C. Butler	2	1991	Non-force chiropractic care utilizing activator methods technique, soft tissue work, nutritional support & low level laser therapy. Practices in Bend on Thursdays.	
Cascade Chiropractic Center 477 NE Greenwood Ave. Bend, OR 97701	541-382-8866	541-323-2949	www.bend-oregon-chiropractor.com cascadechiro@gmail.com	Jim I. Wilkens	4	1981	Sports physician-certified utilizing numer- ous adjusting techniques & physiotherapy for spinal & extremity conditions.	
Chiropractic Associates 117 NW Larch Ave. Redmond, OR 97756	541-548-4014	541-548-0544	chiropractic.associates Clinic@Chiropractic.Associates	Dr. Rodney Cross, Dr. Michael Thille	9	1986	Manual medicine including varied adjusting techniques, physiotherapy modalities, exercise prescription & massage therapy.	
Elk Ridge Chiropractic & Wellness Center 424 NE Franklin Ave. Bend, OR 97701	541-388-3588	541-388-0839	www.thebendchiropractor.com elkridgechiropractic@gmail.com	Dr. Natasha Ruegsegger	9	1986	Personal injury, gentle chiropractic services, lifestyle nutrition, sports medicine & veteri- nary orthopedic.	
Falling Waters Injury & Health Management 55 NW Wall St., Ste.100 Bend, OR 97703	541-389-4321	541-389-4420	www.fallingwaterscenter.com amanda@fallingwatersbend.com	Amanda Guy	40	2007	Specializing in auto injuries, work comp injuries, aquatic therapy, sports, post surgical & functional & strength rehabilitation of the back, neck, shoulder & knee. Also chiropractic, physical therapy, massage & nutritional counseling	
Freedom Wellness Center 2940 NW Terra Meadow Dr. Bend, OR 97703	541-389-0263	541-389-0676	drpamcobbs@yahoo.com	Dr. Pam Cobbs, Dr. Jeff Cobbs	7	2005	Chiropractic care, cranial chiropractic, massage therapy, nutrition, wellness talks & wellness coaching.	
Hanes Chiropractic Wellness Center 446 NW Third St. Ste. 200 Prineville, OR 97754	541-447-7230	541-447-5775	www.center4wellness.com	Coby L. Hanes	4	1995	Complete Chiropractic Wellness Center including; gentle chiropractic adjustments, mechanical flexion/distraction for disc problems, cold wave laser, massage therapy, nutritional & herbal medicine, discounted labs, Allergy treatment & Detox.	
HealthSource of Redmond 605 NW Sixth St. Redmond, OR 97756	541-548-4086	N/A	www.healthsourcechiro.com/redmond/#gref	Eric B. Hayden	3	1991	Chiropractic care, manual medicine, physical therapy, exercise & rehab.	
High Desert Chiropractic Clinic 1551 NE Fourth St. Bend, OR 97701	541-389-9373	541-388-0650	www.highdesertchiro.com hdchiro@gmail.com	Dr. Joshua Kuhn, Dr. Brandi Kuhn	8	1994	Holistic healthcare for the whole family, certified chiropractic sports physician, nutritional, exercise & massage therapy.	
Madras Chiropractic Clinic 28 NE 12th St. Madras, OR 97741	541-475-6171	541-475-6172	www.mullinsmadraschiropractic.com mmm4ecc@yahoo.com	Dr. Mark M. Mullins	1	1978	Manual manipulation of the spine & extremities, physical therapy equipment, massage therapy, x-ray facilities & specializing in chiropractic orthopedics.	
McCleery Chiropractic Health Centre PC 61573 Orion Dr. Bend, OR 97702	541-389-7103	N/A	www.drmccleery.com mccleeryoffice@bendtel.net	Dr. Daniel McCleery	2	1977	Care for many types of conditions, scoliosis screening & care, auto accident cases, computerized insurance billing, treat patients of all ages, workers compensation & private insurance.	
Michael D Tobey, DC 141 NW Greenwood, Ste. 101 Bend, OR 97703	541-383-2185	541-388-2606	www.drtobey.com	Dr. Michael D. Tobey	5	1991	Chiropractic. Spinal adjustments. Find it, fix it, leave it alone.	
NorthWest Crossing Chiropractic & Health Center 628 NW York Dr., Ste. 104 Bend, OR 97703	541-388-2429	541-388-2439	www.nwxhealth.com nwxhealth@gmail.com	Erica Staehle	4	2003	Chiropractic Care: Jordan T. Doi MS, DC, CCSP, Theresa Rubadue-Doi DC, CCSP, Erica Staehle MS, DC. Acupuncture: Steven A. Foster-Wexler L.Ac. Massage: Cinda Strauch L.MT. Naturopath: Laura Staver ND.	
Pangea Chiropractic 409 NE Greenwood Ave., Ste. 120 Bend, OR 97701	541-728-0954	541-728-0956	pangeachiropractic.com info@pangeachiropractic.com	Dr. Ashely Campbell, Dr. Andrew Torchio	10	2013	Specializing in corrective chiropractic care with a mission to help families achieve their true innate health potential & save lives in our community.	
Redmond Wellness & Chiropractic 1655 SW Highland Ave., Ste. 6 Redmond, OR 97756	541-923-2019	855-279-8333	www.redmondwellness.com rwc.clinic@gmail.com	Katie Burford, Adam Mazzaferro	5	1999	Hands-on spinal manipulation & other chi- ropractic techniques. Therapeutic massage. Softwave regenerative therapy.	
Ries & McClain Chiropractic Center 711 NE Irving Ave. Bend, OR 97701	541-388-0496	N/A	N/A	Dr. McClain	3	1981	Family chiropractic care. Treatment is a non-force adjustment using an instrument (activator) that gives a quick thrust to the vertebrae.	
Slater Chiropractic 240 NW Claypool St. Prineville, OR 97754	541-447-6627	541-447-6193	www.slaterchiropractic.com chris@slaterchiropractic.com	Paul J. Slater	12	1996	General chiropractic services.	
Snow Creek Chiropractic & Natural Health Center 152 N Larch St. PO Box 1896 Sisters, OR 97759	541-549-0624	541-549-3565	drgivot@outlawnet.com	Irv Givot	1	1992	Light force adjustment, laser-assisted kinesiology, bio-cranial therapy, supplements, herbs & botanical remedies, treatment of chronic disease & herbal & nutritional therapy.	
Sport + Spine 347 NE Kearney Ave. Bend, OR 97701	541-383-4585	541-383-9092	www.sportandspinebend.com info@sportandspinebend.com	Dr. Bradley Pfeiffer	5	1999	Specializing in treatment of automobile accident & on the job injuries, preferred provider for most insurance, corporate health workshops/lectures.	
Teicheira Chiropractic 198 SE Third St. Bend, OR 97702	541-383-3101	541-383-3101	www.teicheirachiropractic.com teichdc@gmail.com	Dr. Todd Teicheira, Dr. Christine Teicheira	2	1991	Chiropractic health care, certified animal chiropractor, Diplomat Gonstead Specific technique.	
Three Sisters Chiropractic Clinic 270 S Spruce St. Sisters, OR 97759	541-549-3583	Same as phone	www.threesisterschiropractic.com staff@threesistesrchiropractic.com	Dr. David Angell	3	1991	Chiropractic care, pain relief, exercise therapy & postural correction.	

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Eric Webber

To better serve our clients and partners, Morrison-Maierle has recently reorganized four of its offices into two business units and initiated new leadership transitions.

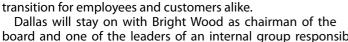
Eric Webber, who has served as the operations manager in Bend since 2022, has been promoted to the position of Bend/Spokane regional operations manager. Ben Miller, who was promoted to Great Falls/Kalispell operations manager in February 2025, will now transition to the role of Kalispell/ Missoula regional operations manager.

Morrison-Maierle is a multidisciplinary engineering firm operating in Montana, Oregon, Washington and Wyoming. The company provides civil, structural, mechanical, electrical, ICT and fire protection engineering design and surveying, planning and scientific services for both the

private and public sectors.

It is with mixed feelings that Bright Wood Corporation announces the retirement of Dallas Stovall as president. Dallas has stepped down after 30+ years of dedicated leadership, leaving a legacy of innovation and excellence that has shaped Bright Wood Corporation into the premier provider of wood-based components for fenestration industry.

Kevin Stovall, the company's long-term chairman and vice president of Material Procurement, has succeeded Dallas as president. Kevin's knowledge of the world's timber resources, thorough understanding of company operations, and commitment to Bright Wood's values will create a seamless





Kevin Stovall

board and one of the leaders of an internal group responsible for spearheading initiatives to improve earnings.



Amir Zubaedi

COCC welcomes **Amir Zubaedi** as our new administrative assistant. He can help connect you with an adviser, register for a class or answer questions about upcoming events. Zubaedi comes to us with a strong administrative background, with prior experience in higher education and IT project management. He is extremely proficient in navigating our many systems and processes and is happy to help with any questions you may have. You will enjoy his professionalism and friendly voice whenever you call (541-389-7290) or email (sbdc@cocc.edu).

Family Access Network (FAN) welcomes Jenny Werner of Redmond board of directors. Werner's extensive professional background, coupled with her dedication to the Central Oregon community, is a valued addition to FAN's mission.

Werner was born and raised in Central Oregon and is a partner and CPA at Alliance Professionals, LLP in Redmond, Oregon. She graduated from Lindfield College with a bachelor's degree in accounting and has over 20 years of experience in the accounting industry. In her spare time, she volunteers for various nonprofits in Central Oregon and enjoys traveling with her husband and children. She believes education is vital for a strong community and economic growth. She is proud to be a part of the FAN organization who works to connect families to resources they need, so their circumstances do not become barriers to learning.

Devise Agency welcomes Travis Caldwell as COO and partner. Caldwell, who has worked alongside Devise in the past and previously served as president of Bear Group, joins the company at a pivotal time. His wealth of experience growing and guiding multifunctional teams will be essential as Devise continues to reach new clients and expand its capabilities, expecting to grow to 30 employees within three years.

Beyond his professional experience, Caldwell, who is based in Bozeman, Montana, is an avid trail runner, skier and mountain biker. He's a natural fit for Devise and its specialty serving the outdoor adventure industry, with clients including Pivot Cycles, Yakima, CRKT and Argali.

With its core competencies in market research, strategy and brand development, combined with its efficient operations, Devise is uniquely positioned to be a goto agency of record for medium-sized, growth-focused brands. As the creative advertising landscape continues to shift dramatically, Caldwell sees a huge opportunity for nimble agencies like Devise to outcompete and outperform larger, slower-moving organizations.

Cole Architects has announced that Ian Schmidt has assumed the role of managing principal effective July 2025. Schmidt succeeds Matt Huffield, who transitions to partner focusing on strategic initiatives and key client relationships.

The planned transition comes as Cole Architects celebrates its 30th anniversary, continuing its evolution as a diversified regional firm serving clients across the Mountain West.

During Huffield's leadership, Cole Architects grew from serving primarily southern Idaho to building a Mountain West presence through strategic acquisitions, integrating firms with 30-year histories of successful client relationships. Recent projects include the Frontier Credit Union Headquarters in Boise, Idaho; Glendale Fire Station #153 in Glendale, Arizona; and Prospect Fire Station in Prospect, Oregon.

The leadership transition will not affect current projects or client relationships. All existing project teams remain in place, ensuring continuity of service and design excellence.

NewSun Energy announces the winners of the Third Annual Climate + Aq Scholarship Essay Contest and will award a total of \$19,500 to 11 graduating seniors from across rural Oregon. The students, selected by a panel of regional leaders, stood out for their thoughtfulness, storytelling and connection to the future of agriculture and energy in their communities.

 $This year's \, recipients \, represent \, a \, diverse \, group \, from \, Crook, Lake, Harney, Sherman, \, and the state of the$ Wasco, Morrow, Gilliam, Coos, Curry, Crook, Douglas, Klamath and Umatilla counties. Their essays explore the complex topic of how climate change is affecting their community, including ranching and farming practices or other related impacts, and how their communities are adapting by blending personal experience with reflection, lived experience and global awareness.

Grace Budre, Crook County High School (Prineville), who plans to study agricultural law, described the financial and emotional burden of climate volatility. "Whether working on water rights legislation or assisting farmers with disaster relief, I want to be a legal advocate for those who work in agriculture," she explained. Budre will attend Oklahoma State University.

Madison Duarte, Lakeview High School (Lakeview) outlined her family's use of no-till farming and crop rotation, while calling for balance between renewable energy development and food production: "Renewable energy helps the environment — but we need enough food to feed the world." Duarte will attend California Polytechnic State University.

Kale Cornell, Burns High School (Burn) shared a firsthand account of bringing calves into his family's house to survive record-breaking winter temperatures. "With over six feet of snow... calves were freezing to the ground or getting buried immediately after being birthed," he wrote. Cornell will attend Saint Cloud State University.

Kali Rockwell, Dufur High School (Dufur) explored the promise and controversy of carbon farming in wheat-growing community. Through interviews with Dufur farmers, she highlighted the potential of regenerative practices like no-till and multi-crop planting to combat soil depletion and weather extremes. "Although this may be an investment now, it will overall pay off in the long run," she wrote. Rockwell will attend Central Oregon Community College.

Jack Jensen, Klamath Union High School (Klamath Falls) interviewed a local rancher for his essay, painting a vivid picture of drought, heat, smoke and shrinking livestock herds. "With this drought, she had to reduce her herd from 500 cows to around 200," he wrote, underscoring the high stakes of adaptation. Jensen will attend Utah State University.

Doctor Welp, Oregon Connections Academy (Arlington) shared his wonder at windmills dotting his family's farmland and a researched examination of wind power's benefits and challenges. "Even though I cannot make decisions about this project ... I still have the same awe for windmills as I did when I saw them in the night, as a child," he wrote. Welp will attend Oregon State University.

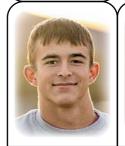
Julianne Jones, Pendleton High School (Pendleton) traces her family's five-generation legacy in agriculture and wildfire resilience, inspired by her great-grandfather's teachings on

defensible space and firebreaks. Now aspiring to be an aviator with the U.S. Forest Service, she wrote: "Wildfires are not just something to fight — they're something to prevent. My duty will be to identify risks from the air and help protect the forests and farmers below." Jones will attend Utah State University.

Amelia Holloway, Elkton Charter School (Elkton) wrote about how a snowstorm and subsequent flooding nearly destroyed her grandparents' ranch and retirement. "These fourteen inches of snow generated an estimated \$8,000 worth of damage ... After almost 24 days of no power... my grandfather never retired," she wrote, tying climate impacts to rural legacy and survival. Halloway will attend Southwestern Oregon Community College



Grace **Madison** Budre Duarte



Kale

Cornell

Kali

Jack

Jensen

Rockwell



Doctor



Welp

Julianne Jones

Amelia **Holloway**



Mason Orem

Peyton **Simonds**



Rank Herrera

11 photos

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

ho's Who
Continued from previous page

Mason Orem, Heppner High School (Heppner) discussed carbon farming and its role in protecting soil quality and supporting multigenerational farms. "There is a delicate balance between doing what is right and what is best for yourself," he wrote. Orem will attend the University of Idaho.

Peyton Simonds, Bandon High School (Bandon) explored the effects of unpredictable rainfall, warming oceans and wildfire smoke on cranberry farming, fishing and tourism in coastal Bandon. "One bad season can mean real financial hardship," she wrote. Simonds will attend Whitworth University.

Rank Herrera, Penn Foster Online School (Coquille) reflected on how climate change has reshaped his sixth-generation ranching family's expectations and traditions. "My ancestors dreamed of owning and living off the land... but my parents have encouraged me to look outside our fences for a skill and means to support myself," he wrote. Herrera will attend Southwestern Oregon Community College.

This year's review committee included 20 leaders from across Oregon, including legislators, nonprofit executive directors, renewable energy policy and legal experts, solar construction partners, county commissioners and conservation and workforce development leaders, as well as staff from NewSun Energy.

Now in its third year, the NewSun Climate + Ag Scholarship is open to graduating high school seniors in select rural Oregon counties who plan to attend college in the fall. More information about eligibility and past winners can be found at newsunenergy.net/scholarship.

Amanda Bedell, founder of **BCC Business Consulting** and a respected small business strategist in Bend, has been appointed to the inaugural Advocacy Advisory Board for Goldman Sachs 10,000 Small Businesses Voices. She will represent Oregon entrepreneurs and carry their concerns directly to lawmakers in Washington, D.C., this October.

Bedell is one of just a few entrepreneurs selected nationwide and only Oregonian to join the board — formed to influence small business policy and elevate the voices of Main Street owners during a time of rising costs, labor shortages and economic uncertainty.

As a board member, she'll lead meetings with policymakers, appear in media interviews and mentor fellow small business owners across the U.S.

This national appointment follows Bedell's successful exit from a \$2.2 million bakery in Seattle and her ongoing work through BCC Business Consulting, where she helps business owners uncover hidden profits, simplify their finances and scale without chaos.

In response to overwhelming demand, her firm recently expanded services to include bookkeeping, payroll and tax preparation — addressing the widespread financial confusion holding back growth-stage businesses.

Since graduating from the 10KSB National Cohort in 2016, Bedell has been an active mentor and contributor in the alumni network, leading strategy workshops and peer forums.

DKS Associates announces that **Chris Maciejewski** has been named president and chief executive officer, effective October 6, 2025. Maciejewski succeeds Peter Coffey, who will retire at the end of November after nearly a decade in executive leadership. This transition is the result of a thoughtful and strategic succession planning process, reflecting DKS's commitment to continued growth and long-term vision.

With 25 years at DKS, Maciejewski brings deep institutional knowledge, practice leadership and extensive experience leading staff through periods of transformation and growth. He will lead DKS's eight offices nationwide, fostering strategic growth, innovation and employee development while maintaining a strong commitment to client success.

Since joining DKS in 2000, Maciejewski has served in multiple leadership roles, including chief operating officer, advisor to the board of directors, portland office manager and principal-in-charge of many significant projects. Over the past eight years, as COO, he has overseen firmwide operations, helping guide strategy and taking the company through a period of disciplined growth and transformation.

Oregon State University - Cascades has been recognized for its novel approach to remediating the former Deschutes County demolition landfill and pumice mine, and transforming them into buildable land for the growing campus.

OSU-Cascades is one of ten award winners across the country recognized by the U.S. Environmental Protection Agency and the International City/County Management Association for innovative approaches in transforming brownfield sites.

A brownfield is an underused piece of land wherein redevelopment is complicated by environmental issues. Brownfields often remain undeveloped and blighted parcels of land because of environmental concerns or costs associated with clean up.

OSU-Cascades' remediation efforts began in 2018, more than two decades after the county landfill had closed. Before those efforts began, the site was considered a human safety liability because of the risk of sink holes forming and intense heat, up to 500 degrees Fahrenheit, generated as materials decomposed.

OSU-Cascades' approach to the remediation was developed by environmental engineers with Maul Foster & Alongi and entailed re-using excavated and processed landfill waste to create useable soil. That soil was then transferred to the former pumice mine, raising the 100-foot floor by 40 feet.

This strategy minimized the cost of the project by eliminating large-scale offsite waste transport and import of fill materials, diminishing truck traffic and other potentially negative neighborhood impacts. To date, OSU-Cascades has made usable 25 acres of the 72-acre landfill, and more than 20 acres of the 46-acre pumice mine.

Edward J. Ray Hall sits atop remediated portions of the pumice mine; the Student Success Center and land undergoing preparation for the first phase of the innovation district sit atop remediated portions of the landfill.

Local and Oregon contractors Taylor Northwest, Knife River, GRI and Carlson Geotechnical also contributed to the effort.

In addition to the EPA, campus planners work with the Oregon Department of Environmental Quality, Deschutes County and community stakeholders during the remediation process.

The county landfill began operation in 1972 and accepted demolition debris including wood, sawdust and boiler ash from the Brooks-Scanlon and Shevlin-Hixon timber mills, which were located on properties that now make up the Old Mill District.

The remediation projects have been funded by the EPA, State of Oregon and OSU.



Amanda Bedell

Businesses Serving Community



PHOTO | COURTESY OF TOUCHMARK AT PILOT BUTTE

TOUCHMARK AT PILOT BUTTE

On Thursday, August 21, team members from retirement community Touchmark at Pilot Butte dropped off school supplies and free-will donations to the Family Access Network. Residents and staff from the community collected supplies and funds for over two weeks leading up to the donation. The Family

Access Network is a program in Central Oregon that connects families in need — especially children — with essential resources like food, clothing, housing, healthcare, and school supplies to help them thrive in school and life.

HEART OF OREGON CORPS

Heart of Oregon Corps announced the launch of its Food Heroes program in Jefferson County, a hands-on initiative that empowers local youth to address the growing issue of food insecurity.

Open to local young people ages 17–24, Food Heroes participants will serve as AmeriCorps members, earning a stipend while helping end hunger and gaining industry-recognized certifications in warehousing, logistics, and supply chain management — high-demand skills that open doors to long-term career opportunities.

Madras Community Food Pantry will serve as the primary job skills service site, where Food Heroes members will support daily operations, increase awareness, build partnerships, and promote access to healthy food throughout Jefferson County. By combining workforce training with community impact, the program creates a true "win-win:" youth gain valuable skills and experience, while families across the county benefit from improved access to nutritious food.

Food insecurity is one of Jefferson County's most pressing challenges. Much of the county is considered a food desert, with only three major grocery stores located in Madras serving residents across a wide, rural area. The increasing demand for food assistance highlights the urgent need for programs like Food Heroes, which provide both immediate support to residents and long-term workforce development for youth.

Applications are now open! The first Food Heroes cohort begins on October 6. Youth ages 17–24 are encouraged to apply and join a close-knit team making Jefferson County healthier and stronger — one meal, one garden, one hero at a time.

adewell Continued from page 3

craftsmanship with modern details and unexpected combinations.

Madewell's new Central Oregon location at 520 SW Powerhouse Dr., Ste. 606, continues the brand's expansion into markets outside traditional metro areas, offering exceptional retail experiences to a wider audience. "We're thrilled to welcome Madewell to Bend and offer a new level of fashion variety for our community," said Beau Eastes, Old Mill District marketing director. "They offer classic and timeless designs for both men and women."

About Madewell:

Madewell is a destination known for best-in-class denim and effortless styling for women and men. Rooted in elevated everyday style, Madewell offers cool classics that are well-made wardrobe builders, denim with unparalleled quality, fit, and craftsmanship and of-the-moment designs. Beyond the curated trends and everyday essentials, Madewell distinguishes itself through meaningful innovative sustainability practices, a membership program that offers insider treatment and community-focused initiatives. A part of the J.Crew Group, it operates 154 Madewell stores nationwide and is available at madewell.com and with select wholesale partners, as of January 2024.

madewell.com • oldmilldistrict.com

hevlin Crossing Continued from page 3

Aesthetics, said, "We are looking forward to moving to our new, larger space in Shevlin Crossing. We have been growing and are simply outgrowing our current space. Shelving Crossing has it all: from ample parking, to great indoor and outdoor spaces, to being right next door to WildRoots Coffeehouse - the overall aesthetic and vibe is perfect for Bloom! We are eager to open our doors and welcome our loyal clients and new quests soon."

Edwards mentioned that she and her team are taking their time with the design of the new suite, ensuring that all the little details are in place to create a beautiful spa-like environment. The new 2,700 s.f. clinic will replace Bloom's current location in downtown Bend. Construction will be complete later this fall, and they anticipate opening in December.

"We are excited for Bloom Aesthetics to join WildRoots in our second Shevlin Crossing building this fall," said Jeremy McPherson Taylor Brooks general manager. "The two will make great additions to the complex and will definitely be wonderful amenities for the surrounding area."

For more information and updates, visit mybloomaesthetics.com, follow Bloom Aesthetics on instagram at @ bloom.medical.aesthetics, follow Taylor Brooks on LinkedIn and subscribe to the Taylor Brooks newsletter.

mybloomaesthetics.com taylorbrooksdev.com

OCU Continued from page 3

familiar with the danger of wildfires and the tremendous damage they can do to our natural surroundings, communities and personal safety," said Kyle Frick, SVP Marketing and Community Relations. "The Flat Fire serves as a reminder of this reality, and in response to an outpouring of concern from members asking how they can help, Mid Oregon has established a dedicated account to provide financial relief to fire victims."

Members and the public can contribute to the relief efforts online, in branch, or by phone/text:

- Online Donations: Visit Mid Oregon's website to donate using a credit or debit card.
- In-Branch Donations: Members can make donations directly from their Mid Oregon accounts at any branch or by contacting the Contact Center at 541-382-1795.

Mid Oregon Credit Union is a not-forprofit financial cooperative committed to making a positive difference in the lives of its members and the communities it serves. The funds raised will be distributed to organizations providing direct assistance to those impacted by the Flat Fire, including those who have lost homes, property, or have been displaced by the blaze.

About Mid Oregon Credit Union:

Mid Oregon Credit Union is a fullmember-owned financial cooperative headquartered in and serving Central Oregonians since 1957. With over 50,000 members in Deschutes, Jefferson, Crook, Wheeler, Lake and North Klamath Counties and more than \$800 million in assets, Mid Oregon partners with members to meet their financial needs and to help them achieve their dreams. Mid Oregon was named a Top Workplace in Oregon and Southwest Washington for 2022, 2023 and 2024. It was also ranked the #1 credit union in Oregon by Forbes for 2023 and 2024 and received the Bend Bulletin's Best of the Best of Bend Community Choice Award in the credit union category for 2023 and 2024.

midoregon.com

ootedHomes Continued from page 3

now offers qualified veterans up to \$60,000 in assistance, a substantial increase designed to help them achieve the dream of homeownership. This funding is available for any of RootedHomes' communities. There are currently 70 homes available in various stages of development.

payment updated The down assistance amounts are as follows: veterans are eligible for up to \$60,000 or 20% of the purchase price, whichever is less. First-time homebuyers can receive up to \$30,000 or 20% of the purchase price, whichever is less. First-generation homebuyers are eligible for up to \$60,000 or 20% of the purchase price, whichever is less. To qualify for the veteran assistance funds, applicants must provide a DD 214 form or proof of veteran's benefits and sign a release form.

Eliza Wilson, executive director of RootedHomes, expressed her excitement about the new program. "We are incredibly proud and grateful to be able to provide this expanded funding to our veterans. It is our way of recognizing their sacrifice and commitment to our country. We know that a significant down payment is a major barrier to homeownership for many, and we are grateful for this opportunity to help more Central Oregon veterans realize their dream of owning a home."

Interested veterans and other homebuyers can start the process by first talking to one of RootedHomes' approved lenders. The next step is to attend a free information session, which RootedHomes offers monthly to provide a complete overview of the programs and the home-buying process. There are two information sessions in September, on the 9th in Spanish and the 11th in English. Both begin at 5:30 pm and are offered through Zoom online.

rootedhomes.org

RECENT TRANSACTIONS

Continued from Page 3

known as 1001 Tech Center. This space will be the new administrative offices of Eastmont Church.

Jeff Reed of **NAI Cascade** represented the Buyer of a 0.45 AC parcel of commercial land off O.B. Riley Rd in Bend. This property closed at \$499,000.

Jenn Limoges, CCIM of **NAI Cascade** represented the Buyer of a 6,384 SF office building located at 2464 SW Glacier PI in Redmond. This building will be the new Redmond office of Capstone Accounting and Tax.

Jenn Limoges, CCIM of **NAI Cascade** represented the Landlord in leasing 626 SF of office space at 178 S Elm in Sisters. This office will be an expansion of Redmond Speech & Language into Sisters.

Walt Ramage of **NAI Cascade** represented the Seller of a 0.77 AC parcel of land with cell tower located at 2329 SW Glacier Ave in Redmond. This property closed at \$230,000.

Submit your Recent Transactions to Jeff@CascadeBusNews.com to be seen in the next edition of Cascade Business News

Connecting our clients to innovative real estate solutions







Speak on environmental as well as energy issues. Margi Hoffman, of the Northwest

50Deschutes

Conservation Council, will discuss the

Oregon Power plan and what it means

for everyone, including fish and wildlife.

Sharon Udasin, author of Poisoning the

well, how PFAS contaminated America,

will help participants understand water quality. Sharon Megdal, an award-winning director of water resources, will discuss Water Diplomacy in Times of Scarcity.

Other experts will help you discover opportunities and solutions in green building, heat pumps, solar, clean energy, efficiency, sustainability, EV charging and electric vehicles. For individuals, businesses, builder-developers and government. Whether you own a home, building, or mobile home, there are options and existing incentives for you. Even nonprofit organizations, schools and

Even nonprofit organizations, schools and faith communities have options. Billed as the most affordable "how to" conference in the region, tickets are Early bird \$30 until September 6, \$65 at the door. Limited tickets are available FREE from Sponsors. Register at GoCleanEnergy.org.

Two Program Tracks will engage both individuals, as well as government and commercial building owners. Owners can now qualify for grants to help pay project costs as many move to meet Oregon's Required Benchmarking Performance standards for efficiency. A key focus will be on the heat pump, a new technology that is a financial and health gamechanger for heating and cooling of spaces and water. Speakers will advise on some of the choices available, as well as cash incentives. Low- to moderate-income

individuals have the most significant incentives, amounting to several thousand dollars in some cases. Presenters will also address solar incentives that can help to pay for solar, as well as reduce monthly bills. Financial options are available. Discover CPACE, Commercial Property Assessed Clean Energy, a pivotal finance tool now available to help lower the cost of capital for clean energy projects. Not to be missed is a session on electric Vehicles and EV Charging. Jim Burness of National Car Charging will discuss why EV's have achieved momentum, and will continue to provide optimal returns in fleet and home use. Pacific Gas & Electric discusses their EV to Everything pilot project, which describes how you can use your electric vehicle as a battery! 350Deschutes and Pacific Power will discuss incentives to pay for fleet and home chargers. Also not to be missed is a session with Rooted Homes who will describe how they've discovered the secret of building an affordable three-bedroom electric home that has a \$20 energy bill, all in. Attendees will learn how clean energy unlocks the best energy savings for all buildings and transportation needs.

Our Generous Sponsors Make This Conference Possible

We thank our generous top tier sponsor, Earthlight Technologies, a leading solar company, as as well as the City of Bend, Energy Trust of Oregon, Cascade Financial Strategies, Pacific Cascade Electric, National Car Charging, Pacific Power, Greensavers, Shasta Power, Beneficial State Bank, SunRiver Brewing, Countryman Capital Partners, SunWest Builders, Deschutes County Solid Waste, Mountain Burger, Compass Commercial and KPOV High Desert Community Radio.

GoCleanEnergy.org

Central Oregon Business Calendar

Email Your Upcoming Business Events to CBN@CascadeBusNews.com Event Details at CascadeBusNews.com/Business-Events

BUSINESS EVENTS



September 3

7:30-9am Sunriver Area Chamber Coffee & Conversation at Brewed Awakenings in The Village at Sunriver.

September 4

11:30am-1pm League of Women Voters of Deschutes County Virtual and In-Person First Thursday Speaker Series Free Public Information Meeting at UUFCO.

September 4

11:45am-1pm ConnectW Munch & Mingle at Feast Food Co.

September 9

8-9:30am Bend Chamber Commerce & Coffee at The Element Hotel.

September 9

5:30-7:30pm SCORE Free, Confidential One-on-One Small Business Counseling at Bend Downtown Library.

September 10

5-7pm Bend Chamber Bend ET Social at Johnson Brothers Appliances.

6:30-10am Excellerate Central Oregon Business Forum at Riverhouse Convention Center, Bend.

September 11

11:45am-1pm ConnectW Munch & Mingle at Currents at The Riverhouse.

September 16

11am-12pm Bend Chamber Ribbon Cutting at W Aesthetics & Wellness.

September 17

3-6pm Bend Chamber Ribbon Cutting at Central Oregon Veterans Ranch.

WORKSHOPS & TRAINING



(Ongoing)

COCC Small Business Development Center Virtual Classes.

Building Permits

DESCHUTES COUNTY 8.19.25 & 8.26.25

\$5,050,635.00 Commercial (New) 12,490 sf. at 5801 Northwest Way Redmond 97756 OR Owner: City of Redmond 411 SW 9th St. Redmond, OR 97756

Builder: City of Bend Permit # 247-24-007124

Commercial (Addition) 1,100 sf. at 100 E Cascade Ave. Sisters 97759 OR Owner: Dixies Properties, LLC 71110 Holmes Rd. Sisters, OR 97759 \$185,787.00

Builder: Tac Construction, Inc. 541-318-9090 Permit # 247-24-000371

Commercial (Alteration) 280 sf. at 250 W Cascade Ave. Sisters 97759 OR Owner: Broken Top Investment Group, LLC PO Box 292 Sherwood, OR 97410 Permit # 247-25-002295 \$55,879.00

\$3,150,000.00 Commercial (New) 15,200 sf. at 16775 CW Reeves Ln. La Pine 97739 OR Owner: Pudding River Properties, LLC 11108 Saratoga Dr. NE Salem, OR 97070 Permit # 247-25-002131

CITY OF BEND 8.19.25 & 8.26.25

\$4,029,218.00 -Commercial (New) 21,930 sf. at 1900 NE 2nd St. Redmond 97756 OR Owner: Sycan B Corp 840 Beltline Rd. #202 Springfield, OR 97477

Builder: Enformed Construction Services, LLC 479-273-7780 Permit # 711-25-000811

\$255,000.00 Commercial (Tenant Improvement) 700 sf. at 1266 SW Lake Rd. Redmond 97756 OR Owner: Charron Properties, Inc. 8670 Leavesley Rd. Gilroy, CA 95020

Builder: Philgood Contractors, Inc. 541-297-0372 Permit # 711-25-001476

Commercial (Alteration) 34 sf. at 2450 NW Champion Cir. Unit A Bend 97703 OR Owner: Multiple \$1,438,000.00

Builder: Emery & Sons Construction Group, LLC 971-216-0050 Permit # PRRE202503064 Commercial (New) 4,107 sf. at 20793 NW Henry Ave. Bend 97703 OR Owner: Powell-Bend, LLC

\$751,604.00 Builder: TJ Nisbet Construction, Inc. 503-257-0308 Permit # PRNC202502033

Commercial (Alteration) 4,800 sf. at 615 SE Glenwood Dr. Ste.100 Bend 97702 OR Owner: Brookman Glenwood, LLC \$40,200.00

Builder: Equity Home Improvement, LLC 541-598-6630 Permit # PRRE202503895

\$40,000.00 Commercial (Alteration) 271 sf. at 1370 SE Reed Market Rd. Bend 97702 OR Owner: D-3 Development, LLC

Builder: Ericsson, Inc. 469-266-1818 Permit # PRRE202503520

CITY OF REDMOND 8.19.25

Commercial (New) 600 sf. at 345 NE Hemlock Ave. Redmond 97756 OR Owner: PCC Structures, Inc. 4600 SE Harney Dr. Portland, OR 97206 \$50,502.00

Builder: Baxter Builders, LLC 541-647-2595 Permit # 711-25-001443

Commercial (New) 400 sf. at 345 NE Hemlock Ave. Redmond 97756 OR Owner: PCC Structures, Inc. 4600 SE Harney Dr. Portland, OR 97206 \$33,668.00 Builder: Baxter Builders, LLC 541-647-2595 Permit # 711-25-001509

Commercial (New) 1,352 sf. at 1005 SW Glacier Ave. Redmond 97756 OR Owner: Park Singh 9040 NE 31st St. Terrebonne, OR 97760

Builder: Montgomery Painting & Construction, LLC 541-668-1214 Permit # 711-25-001391

KLAMATH CO. & CITY OF KLAMATH FALLS 8.26.25

Commercial (New) at 2811 Broadmore St. Klamath Falls 97603 OR Owner: Sonberg Company, LLC PO Box 1828 Bend, OR 97709 \$34,282.00 Builder: Blair Builders, LLC 541-281-7914 Permit # 483-25-002083



\$25,000.00

Continued from page 3

potential proposals, and areas of collaboration with Central Oregon stakeholders.

Attendees will also have the opportunity to pose questions directly to their elected officials and gain firsthand insight into policy decisions that affect the region's future.

Event Details

- When: Thursday, September 18, 11:30am-1pm (PDT)
- Where: Unitarian Universalist

Fellowship of Central Oregon. 61980 Skyline Ranch Road, Bend

Registration is required: Attendees are encouraged to register early to secure a spot. members. cityclubco.org/ap/Events/Register/ MwFZelyc8CeCg.

City Club of Central Oregon exists to be the top-of-mind hub for citizens and community leaders. We intentionally shape our community and influence public policy while preserving our uniquely warm and connected culture. We champion "passionately non-partisan" discussion between diverse perspectives.

cityclubco.org



committed to growing

- ✓ You're open to learning from peers and sharing challenges
- ✓ You have a specific goal and are ready to take action
- ✓ You want to create a positive impact in your community
- If this sounds like you, don't wait. Applications are limited.

What You'll Have Access to:

- ✓ 1:1 advising tailored to your business goals
- ✓ Strategic peer groups for support and accountability
- ✓ Real-world case studies to sharpen

- your decision-making
- ✓ A live pitch event with the chance to win a share of a \$10,000 prize pool
- ✓ Monthly 1:1 advising sessions with seasoned business experts

When: Second Wednesday of each month, October 2025-June 2026, 9am-12pm

Where: COCC Bend Campus

Cost: \$1499 (additional participants from the same company: \$199 each)

Deadlines:

- Application Deadline: September 8
- Acceptance Decisions: September 15 **Learn More and Submit Your SBM**

Application at bit.ly/4oZPdp6. For questions contact sbdc@cocc.edu or 541-383-7290.

cocc.edu/sbdc

Town of Country

Art in the High Desert

PHOTOS BY LAURIE PITTMON



Bekah Zeimetz



Billie Barthelemy



Edd English



Gerald Arrington



Visiting patrons



Kristin Schillaci



Mary Ellen Wilson



Naomi Scarberry and Teri Brown



Stacy Stockseth and Jenni Newby



Sarah Goodhough



Robert Matthews, Christian Benoit and Scott Roach