

## Wishing Dr. Mann a Happy Retirement!



Stephen Mann, DO

### A Letter from Dr. Mann

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I am delighted to announce that after 43 years of medical practice I will be retiring April 30th, 2024. Although I started my career with strong interest in emergency medicine and worked in high trauma emergency rooms, family practice fit best and I embraced this approach: delivering a boatload of babies...and their babies, admitting patients and seeing them whether in the ICU or transitioning to a nursing home. I assisted operations on hundreds of patients as an assistant to the main surgeon whenever possible, especially when Bend was still a small town. I served on hospital committees and have participated on the Education Committee at St Charles, chairing that essential committee the most of 40 years.

I worked as a county coroner and have seen the dark side of life. I served leadership positions at the state and local levels for most of my career. Those jobs give a lot on perspective! I have founded several medical institutions promoting primary care wellness and optimal care throughout the Northwest. My founding role at Praxis Health has been my greatest gift. We now provide independent primary care to more patients in Oregon than any other organization!

I partner with patients who are proactive in their health and look forward to every day of work. Although I feel I have had an impact on thousands of people and generations to follow I view my one-on-one relationship with patients as the most precious, even sacred, gift.

Enough about my career. Many of you have been with me for over 30 years. You are probably wondering who will assume your health care. I have put a lot of thought into this. Fortunately, Praxis Health has an amazing line-up of healthcare providers. If there is one that is a best fit based on my knowledge and opinion, I will let you know who they are at our office visit. If you want to review Providers available go to the Praxis Health website (<https://highlakeshealthcare.com/about-us/>) where you can read bios and make a choice. All records will be transferred automatically in the electronic health record we share.

Sincerely,

Stephen Mann, DO

#### QUICK FACTS

- 111,983 Patient Visits since Graduating Residency
- 16,797 Individual Patient Lives Touched
- Founder of High Lakes Health Care
- President of Praxis Health

**WE ARE OFFERING A NEW SERVICE**  
**Chronic Care Management**

**Our nurses are here to help you manage your care**

**This Program Provides You With:**

- Your own phone-based nurse care manager
- Direct answers to your medical questions
- Better coordination of care among all your providers
- Help navigating the healthcare system
- Medication advice
- Assistance with symptom management

**Program Goals**

- Help you achieve health and wellness goals
- Help keep you healthy, independent and out of the hospital
- Educate you on your health conditions and how to best manage them

**How do I enroll?**

 **Our Nurse Will Call You By Phone If You Qualify**

Or reach out to our enrollment specialists for more information

**(503) 200-5330**

**What are the Costs?**

- Your insurance will be billed.
- Services are subject to deductible and coinsurance.
- This service is voluntary and you may opt out at any time.

# Did You Know?

Allergies are one of the most common diseases in the U.S.



Food Allergy Research & Education (FARE) celebrates Food Allergy Awareness Week from May 12th-18th, 2024



- 33 million Americans live with life-threatening food allergies
- 1 in 13 children have life-threatening food allergies
- In the U.S., the most common food allergens include: milk, eggs, peanuts, tree nuts, soy, wheat, fish, and shellfish

In the U.S., over 100 million people experience various types of allergies each year

- Most people with allergies have more than one type of allergy
- The air inside your home or work can be 2-5 times more polluted than the air outside

Over 27 million people in the U.S. have asthma, about 1 in 12 people.

- Where you live can have an impact on your asthma
- If you have asthma, work with your doctor to create an Asthma Action Plan with information about your asthma triggers and how to take your medication





We're Here For What Matters Most


Proudly serving you and your family throughout Central Oregon & beyond.


## Our Services




## Our Praxis Health Locations


### Aspen Mountain Dermatology

 2255 NW Shevlin Park Rd.  
Bend, OR 97703


 (541) 706-3819


### Endocrinology Services Northwest Bend

 2255 NW Shevlin Park Rd. #150  
Bend, OR 97703


 (541) 389-7741


### High Lakes Health Care - Upper Mill

 929 SW Simpson #300  
Bend, Oregon 97702


 (541) 389-7741


### High Lakes Health Care - Cultus Lake Building

 2165 NW Shevlin Park Rd.  
Bend, Oregon 97701


 (541) 389-7741


### High Lakes Health Care - Sparks Lake Building

 2175 NW Shevlin Park Rd.  
Bend, Oregon 97701


 (541) 389-7741


### High Lakes Gynecology

 2195 NW Shevlin Park Rd.  
Bend, Oregon 97701


 (541) 389-7741


### High Lakes Urgent Care - Bend

 1140 SW Simpson Ave. #100  
Bend, Oregon 97702


 (541) 389-7741


### High Lakes Health Care - Redmond

 645 NW 4th St. #101  
Redmond, Oregon 97756


 (541) 389-7741


### High Lakes Urgent Care - Redmond

 645 NW 4th St. #101  
Redmond, Oregon 97756


 (541) 389-7741


### High Lakes Health Care - Sisters

 354 W. Adams Ave.  
Sisters, Oregon 97759

 (541) 389-7741

### Pacific Crest Neurology

 2175 NW Shevlin Park Rd.  
Bend, Oregon 97701

 (541) 389-7741



High Lakes Urgent Care

PRAXIS HEALTH



# Our newest Urgent Care location is in Redmond!

Schedule an Appointment Today!

## Contact Us



(541) 389-7741



Mon - Fri: 8am - 7pm

Sat: 8am - 5pm

Sun: Closed



645 NW 4th Street,  
Redmond, OR 97756



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



**Welcome Madison Odiorne, PA-C**





**Madison Odiorne, PA-C**

## Quick Facts About Our Provider

- Madison will be joining Dr. Jessica Morgan's Shared Practice at High Lakes Cultus Lake
- Madison is passionate about providing patients with an applicable understanding of their health and instilling self-belief.
- She pursued family medicine because she enjoys creating purposeful relationships with patients and continuity of care.
- Currently she is a member of the American Academy of Physician Assistants (AAPA).

### High Lakes Health Care Cultus Lake Building

 2165 NW Shevlin Park Rd.  
Bend, Oregon 97701

 (541) 389-7741

## Services that we offer include:



Family  
Medicine



Pediatrics



Welcome Erin Storck, PA-C





Erin Storck, PA-C

## Quick Facts About Our Provider

- Erin is excited to be in Bend and work with patients of all ages and backgrounds.
- She is passionate about preventative medicine, takes a lifestyle approach to her care, and believes in working as a partner with her patients.
- Erin is also fluent in Spanish and welcomes Spanish-speaking patients!
- With a clinical background as an Exercise Physiologist, she has a special interest in orthopedics and sports medicine.

### High Lakes Health Care Upper Mill

 929 SW Simpson #300  
Bend, Oregon 97702

 (541) 389-7741

## Services that we offer include:



Family  
Medicine



Pediatrics