

Get Your Flu Vaccine

According to the CDC, Flu vaccinations reduce the risk of flu illness by up to 60% among the US population during flu seasons.



Benefits of Flu Vaccinations*

- ✔ Supports flu prevention
- ✔ Reduces the severity of illness for those hospitalized with flu
- ✔ Reduces the risk of flu-related hospitalizations
- ✔ Can be a helpful tool for people with certain chronic health conditions
- ✔ Reduces children's risk of life-threatening influenza

*According to the CDC

We offer flu vaccinations for the entire community!

You do not need to be a High Lakes Patient to get your flu shot. We offer flu vaccinations for ages 6 months and Up.



How to Book Your Vaccination:

1. **View Vaccination Dates from the links below**
2. **Call to Schedule**

High Lakes Health Care -
Sparks Lake Building

📍 2175 NW Shevlin Park Rd.
Bend, Oregon 97701

☎ (541) 389-7741

[View Vaccination Dates](#)

High Lakes Health Care
- Upper Mill

📍 929 SW Simpson #300
Bend, Oregon 97702

☎ (541) 389-7741

[View Vaccination Dates](#)

High Lakes Health Care -
Redmond

📍 645 NW 4th St
Redmond, Oregon 97756

☎ (541) 389-7741

[View Vaccination Dates](#)

High Lakes Health
Care - Sisters

📍 354 W. Adams Ave.
Sisters, Oregon 97759

☎ (541) 389-7741

[View Vaccination Dates](#)

KNOW WHERE TO GO FOR THE RIGHT CARE



PRIMARY CARE


For **non-emergency and preventative services.**


- Routine Checkups
- Immunizations
- Minor Illnesses
- Minor Injuries
- Mental Health Services
- Chronic Disease
- Medications Management



HIGH LAKES HEALTH CARE

We have multiple locations to serve you!

 Visit our website at: HighLakesHealthCare.com

 (541) 389-7741



URGENT CARE


For **urgent but not life threatening conditions.**


- Cold and Flu
- Asthma Exacerbation
- Headache
- Pink Eye
- Ear Wax Removal
- Rashes
- Urinary Infections
- Vomiting
- Diarrhea
- Orthopedic Injuries
- Minor Injuries




HIGH LAKES URGENT CARE

2 Urgent Care Locations!

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

 1140 SW Simpson Ave. #110
Bend, Oregon 97702

 (541) 389-7741




EMERGENCY ROOM

For **emergency and life threatening conditions.**

- Chest pain
- Seizures
- Difficulty Breathing
- Major Injuries
- Heavy Bleeding
- Stroke
- Poisoning
- Loss of Consciousness
- Severe Shortness of Breath
- Severe Abdominal pain



TO THE NEAREST HOSPITAL

 Find a hospital online that is nearest to you.

Congratulations!



Emmah Collins

*Clinical Medical Assistant, Neurodiagnostic Technician,
Pacific Crest Neurology*

Winner of Cascade Business News' 2024

Accomplished

under 40

"Emmah provides exceptional care to neurology patients both as the neurology clinic neurodiagnostic technician performing EEG's and autonomic/Tilt table studies but also as medical assistant. Her upbeat outlook and compassion is infectious in the clinic and makes everyone around her better."

-Dr. Lanford

Patient Family Advisory Committee



Thank You for Your Feedback and Participation

Thank you to all who participated in the 2024 Patient Family Advisory Committee.



The valuable feedback we received through this year's committee, has helped us make changes in multiple workflows to improve the patient experience with our clinics.



Your voice does make a difference to us and we want to continue to hear it.



Join Us in 2025!

If you would like to join the Patient Family Advisory Committee in 2025, please reach contact:

Dr. Jason Prinster



PFAC@gopxh.com

STARTING NOVEMBER 2024

Welcome!


Quick Facts About Our Provider


- Josh Brooks focuses on a holistic approach to medicine, identifying health barriers and tailoring individualized treatment plans to promote patient wellness and quality of life through preventative healthcare.
- Committed to evidence-based practice and collaboration, Josh values long-lasting provider-patient relationships and group decision-making to ensure exceptional care.
- In his free time, Josh enjoys backcountry skiing, mountain biking, and spending time with his dog, Huckleberry, often exploring the outdoors with his wife.



Joshua Brooks, PA-C

High Lakes Shevlin Park - Cultus Lake

 2165 NW Shevlin Park Rd
Bend, Oregon 97703


 (541) 389-7741

**Schedule an
Appointment Today!**



Scan QR Code

Schedule an Appointment Today!

 (541) 389-7741

NOW ACCEPTING NEW PATIENTS!

Welcome!


Quick Facts About Our Provider


- Carmella is a primary care provider with a passion in focusing on cardiovascular health, chronic illness, and preventive health care for adults.
- Carmella is excited by the prospect of helping manage daily healthcare for her patients, with a deep understanding of patient-caregiver relationships, education, preventive medicine, and disease interactions, backed by 20 years of direct patient care experience.
- Carmella is returning to Central Oregon where she started her nursing career as a nurse practitioner graduate from Spring Arbor University!



Carmella Fullenwider, FNP

High Lakes Redmond

 645 NW 4th St
Redmond, OR 97756


 (541) 389-7741

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NOW ACCEPTING NEW PATIENTS!

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.


Schedule an Appointment Today!


 (541) 389-7741



Erin Storck, PA-C

High Lakes Health Care Upper Mill

 929 SW Simpson #300
Bend, Oregon 97702

 (541) 389-7741

**Schedule an
Appointment Today!**



Scan QR Code



SEASONAL TIPS on living with **DIABETES**



1 Cold Weather Effects

Cold temperatures can impact blood sugar levels. Insulin sensitivity may change, so it's important to monitor blood sugar regularly.

2 Exercise

Stay active indoors if outdoor activities are difficult due to weather. Consider home workouts or indoor sports to maintain your routine.

3 Dietary Adjustments

Comfort foods are often high in carbohydrates. Choose healthier options like soups and stews with lean proteins and plenty of vegetables.

4 Stay Hydrated

It's easy to forget to drink water in winter. Dehydration can affect blood sugar levels, so aim to stay hydrated. Warm water helps hydrate more in the Winter vs Cold



5 Holiday Challenges

Be mindful of holiday treats and parties. Plan ahead by bringing healthy snacks or checking nutritional information before indulging.

6 Foot Care

Cold weather can lead to dry skin leading to cracks and potential infection. It also can cause poor circulation. Check your feet regularly for any issues and keep them moisturized. But avoid putting it between your toes to prevent excess moisture. Also make sure you wear insulated, breathable socks and well-fitting shoes. Avoid tight footwear.

7 Sick Day Management

Illness can affect blood sugar levels. Have a plan in place for managing diabetes if you get sick, including having necessary medications on hand.

8 Vitamin D

Shorter days can reduce sunlight exposure, affecting Vitamin D levels. Consider talking to your doctor about supplementation.

9 Keep Medications Warm

Insulin and other medications can be affected by cold temperatures. Store them at appropriate temperatures and avoid leaving them in cold vehicles.



10 Mental Health

Seasonal changes can affect mood. Engage in activities that promote well-being and stay connected with friends and family.