



Care as Individual as You

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Praxis Health

Behind the Scenes



Behind the Scenes of Your Physicians and Staff at High Lakes Health Care: An Interview with Physician Assistant Erin Stock, PA

In this special feature, we take a closer look at Physician Assistant Erin Stock, a valued member of the High Lakes Health Care team. Through this interview, Erin shares insights into her passions, her love for the outdoors, and what makes life in Bend special to her. Here's a peek behind the scenes:

What is your favorite day of the week? Why?

Monday! Erin shares that Mondays are her favorite because she gets the day off, providing a perfect opportunity to enjoy the mountains without the weekend crowds.

Erin Stock, PA

What is your favorite winter activity?

Erin is passionate about Splitboarding! For those unfamiliar, it's how you snowboard in the backcountry. The snowboard splits into two skis for the uphill climb, and then you put it back together to ride down. "It's the ultimate adventure!"

Erin Stock, PA

Favorite winter sport to watch or participate in?

I'm all about splitboarding for Erin. She grew up in Kentucky, where her family introduced her to snow sports on trips to Indiana. She started skiing at age 3 and snowboarding at 14. Erin used to compete in terrain park competitions. After moving out west post-college, she fell in love with the big mountains and has dedicated much of her time to exploring and playing in them year-round. "Nothing compares to the thrill of snowboarding!"

Erin Stock, PA

What is your favorite Central Oregon mountain to ski at?

Erin is new to Central Oregon, but she's already loving her season pass to Mt. Bachelor, where she looks forward to exploring the slopes all winter.

Erin Stock, PA

Favorite store in Bend?

Erin would have to say The Gear Fix—she states it is perfect for supporting her many outdoor hobbies.

Erin Stock, PA

Are you going to the Provider Skiing Social in January that the providers at High Lakes do together?

Absolutely looking forward to it! Erin is excited to join her colleagues for the Provider Skiing Social in January, a great opportunity to connect outside of work.

Erin Stock, PA

When you are not providing health care, what are your hobbies?

Erin keeps busy with a variety of activities: sewing (she's currently making beanies), experimenting with vegan cooking and pastries, and gardening. She clearly enjoys a creative and fulfilling lifestyle outside of her medical career.

Erin Stock, PA

What is your favorite part about living in Bend?

Erin is drawn to the natural beauty of Bend, especially the easy access to nature, the river trail, and the welcoming nature of the community.

Erin Stock, PA

A Restaurant in Bend you recommend? Do you have a favorite?

While she's still exploring the local scene, Erin highly recommends Toasty at The Podski. It offers delicious and filling vegan options that are perfect after a day of skiing.

Erin Stock, PA

Do you give back to the community in any way (other than providing great health care to patients)? Do you do any volunteering?

Erin hasn't started volunteering yet since she is still getting settled into her new role and home in Bend. However, she would love to get involved with Volunteers in Medicine in the future.

Erin Stock, PA

Are you an animal lover? Do you have pets? If so, what are they?

Erin is a big animal lover! She has a kitty named Messi, whom she adopted during her time in the Peace Corps in Panama. Messi, described as a "true jungle cat," is her adventurous companion.

Erin Stock, PA

Erin Stock's story provides a glimpse into her active lifestyle, her commitment to health care, and her deep appreciation for the community and environment around her. Whether she's splitboarding in the mountains or crafting something new, Erin brings energy and passion to everything she does!

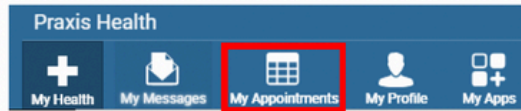


ONLINE SELF-SCHEDULING WORKFLOW

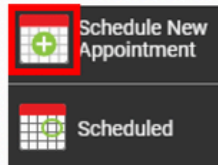


PATIENT STEPS:

1. Log into myhealthrecord.com
2. Click on "My Appointments"



3. Click on "Schedule New Appointment"



4. Fill out "New Appointment" Questionnaire, and press SEARCH.
(You will only be allowed to schedule with providers they have had a visit with in the past.)

Schedule New Appointment

IMPORTANT: In case of emergency, call 911 or go to the nearest emergency room. Direct scheduling and appointment requests should be limited to non-emergency situations.

Patient ARYN TEST

Reason for Visit (required) ESTABLISHED PT - FOLLOW UP

Provider Jeffrey M Blackmon MD

Location High Lakes Health Care Upp 929 SW SIMPSON AVE
BEND OR 97702-3599

Preferred Date 02/17/2025

Search Cancel

5. Select the appointment time you would like and NEXT.

	Monday Feb 17	Tuesday Feb 18	Wednesday Feb 19	Thursday Feb 20	Friday Feb 21
Jeffrey M Blackmon MD	8:40 AM 11:20 AM 11:40 AM 2:40 PM More	8:40 AM 9:00 AM 9:20 AM 9:40 AM More	7:40 AM 8:00 AM 8:20 AM 8:40 AM More	8:00 AM 8:20 AM 8:40 AM 9:00 AM More	

6. Add appointment notes and select SUBMIT.

Schedule New Appointment

IMPORTANT: In case of emergency, call 911 or go to the nearest emergency room. Direct scheduling should be limited to non-emergency situations.

Appointment Information

Appointment	Provider	Location	Day, Date & Time
ESTABLISHED PT - FOLLOW UP	Jeffrey M Blackmon MD	High Lakes Health Care Upper Mill	Monday, February 17, 2025, at 11:20 AM

Notes

Blood Pressure Follow Up|

487 of 512 characters

Submit Cancel

7. New Appointment Confirmation will populate.

Schedule New Appointment

Success! You have scheduled the following appointment:

Patient: **ARYN TEST**
Status: **Confirmed**
Appointment Type: **(ESTFU) - ESTABLISHED PT - FOLLOW UP**
Date of appointment: **Monday, February 17, 2025**
Time of appointment: **11:20 AM**
Location: **High Lakes Health Care Upper Mill** [Map](#)
Provider: **Jeffrey M Blackmon MD**

Print

STARTING JANUARY 2025



IMAGE
COMING SOON


Melanie Black, AGNP-C


Welcome!

Quick Facts About Our Provider

- She has always been drawn to primary care, born out of her passion for preventative medicine, and her ability to foster long-term relationships with her patients in this practice setting.
- Melanie's practice interests include obesity and weight management, menopause counseling and management, care of LGBTQIA+ populations, and providing patient-centered care to promote health and well-being for her patients.
- In her free time, she enjoys travel, hiking, yoga, Nordic and alpine skiing, scuba diving, stained glass art, singing and playing her ukulele.

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

Winter Trivia

Author: Ansley Macejkovic

- 1** How many times a year does the sun set and rise in the Arctic?
a. Everyday b. Once c. Twice
- 2** The largest iceberg ever recorded worldwide was 207 miles long and 62 miles wide. Where was it found?
a. In the Atlantic b. In the Pacific c. In the Arctic
- 3** What is the name of trees that have leaves during the winter?
a. Oaks b. Pines c. Evergreen
- 4** On which other planet in the Solar System have scientists observed snow falling?
a. Mars b. Venus c. Jupiter
- 5** How tall was the world's largest Snowman?
a. 122 feet 1 inch b. 100 feet 10 inches c. 110 feet 3 inches
- 6** Which fruit has a variety called 'Winter Bananas'?
a. Banana b. Pineapple c. Apple
- 7** Chionophobia is the extreme dislike or fear of what?
a. Winters b. Snow c. China
- 8** In fiction, where is the land of talking animals and mythical creatures that one White Witch has ruled for 100 years in deep winter?
a. Westeros b. Middle Earth c. Narnia
- 9** Snowflakes usually have how many sides?
a. Six b. Eight c. Five
- 10** What is Wind Chill?
a. Temperature of the wind
b. How the air temperature feels on the skin
c. Temperature of the wind on bodies
- 11** What is a Chinook?
a. Wind Chill b. Type of Snowflake
c. Warm Winter Wind
- 12** The largest snowflake ever discovered was about the size of a dinner plate:
a. True b. False

Answers

1. Once, 2. In the Arctic, 3. Evergreen, 4. Mars, 5. 122 feet 1 inch, 6. Apple, 7. Snow, 8. Narnia, 9. Six, 10. How the air temperature feels on the skin, 11. Warm Winter Wind, 12. True

Ways to Give Back

The new year is a wonderful time to give back to the community by donating, volunteering, or attending local events that support meaningful causes. Whether you lend a helping hand, contribute to those in need, or participate in activities that bring people together, your efforts can make a lasting impact. Check out the list of events below and join us in spreading kindness and joy this season!



Monday January 20th, 2025

 **MLK Day of Service 2025** Come together with others on January 20th to volunteer in honor of Dr. Martin Luther King, Jr.

Click here to see where you can volunteer locally.

<https://volunteer.connectcentraloregon.org/need/index?tag=MLK+Day+of+Service+2025>

Saturday February 1st, 2025

GRAND CRAFT BEND PRESENTS, CO-SPONSORED BY GASCADE LAKES BREWING:

FLANNEL FEST

WINTER WARMER ALE FESTIVAL

SAT., FEBRUARY 1, 2025 · NOON-6PM
HOSTED BY MIDTOWN YACHT CLUB

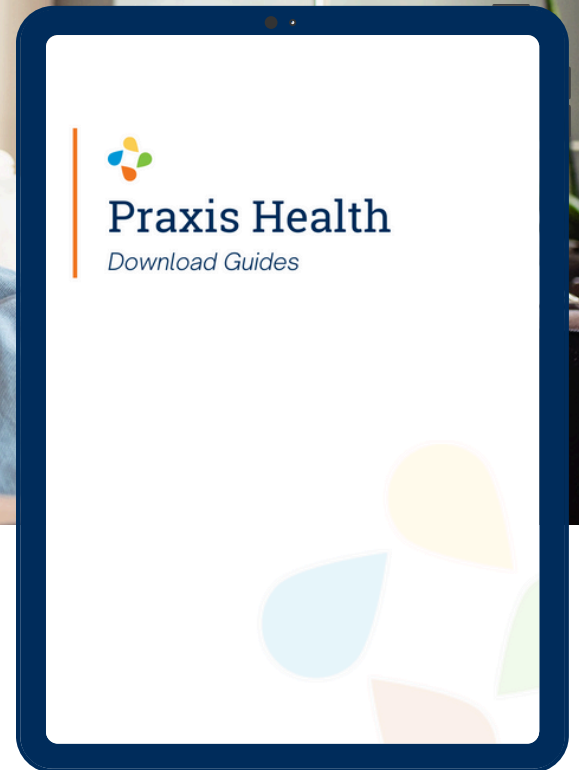
PLEASE BRING DONATIONS OF WARM CLOTHES, GLOVES, SLEEPING BAGS, & PANTRY ITEMS FOR BETHLEHEM INN SERVING CENTRAL OREGON FAMILIES THROUGH SHELTER, HELP, & HOPE

Friday February 14th through Sunday February 16th.

Click [here](#) to check events. Portion of proceeds is donated to Big Brothers Big Sisters of Central Oregon this year! <https://oregonwinterfest.com/>



Patient Portal



Communicate with your care team directly without ever picking up the phone!

Gain access to your health information including:

- Current vitals
- Immunizations
- Lab results
- Important health information



Need Help?

**DOWNLOAD OUR
PATIENT PORTAL GUIDE**

DOWNLOAD GUIDE



**PATIENT
PORTAL**

Try Our Patient Portal