

As the holiday season approaches, I would like to express my **gratitude** for a wonderful year with all of you. To our staff who put in long hours to care for young athletes in Central Oregon, **thank you** for your hard work and dedication to the profession. To our board of directors, **thank you** for your commitment to our mission and ensuring we remain a fiscally sustainable organization. To our local school districts and community sponsors, we are **grateful** for your partnership and collaboration. To you, our advocates and donors, my **sincerest THANKS**. We could not provide such high quality programming to so many in Central Oregon without your support.

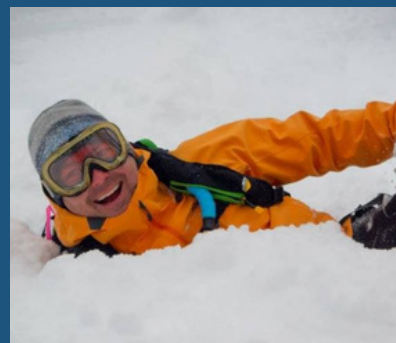
I hope you enjoy this newsletter and discover a bit more about our organization. We have a number of **IN-PERSON** programs and events happening in 2023, including our annual professional education conference April 14th-15th, the Blue Jean Ball Gala on April 29th, and a new event at Brasada Ranch on February 11th. Please join us!

Sandy

Executive Director

DONATE TO WIN!

The mountain is calling!



Win a Mount Bachelor Ski or Ride in 5 Program Pass!

For every \$50 you donate to The Center Foundation between now and December 31st, you will automatically be entered to win a **Ski or Ride in 5 Program Pass** to Mount Bachelor.

- \$50 - One entry
- \$100 - Two entries
- \$150 - Three entries
- \$200 - Four entries

Every donation is matched!

Make your donation go further. Every donation made through this campaign will be matched up to \$25,000!





Partner Spotlight

Pahlisch Homes

The founders and employees of Pahlisch Homes strive to improve the quality of life for people in Central Oregon. They continually invest in the health of our friends and neighbors, and contribute to a host of nonprofit organizations.

As a Varsity Partner since 2015, Pahlisch Homes has made an incredible impact for our organization and the children and families we serve. Their support has allowed The Center Foundation to expand our work and keep kids safe as they pursue a healthy, active lifestyle.

Our deepest gratitude for our long-standing partnership with Pahlisch Homes.

Thank You



ImPACT Concussion Baseline Testing Dates Announced

According to the Center for Disease Control and Prevention, concussions are second only to auto accidents as the leading

cause of childhood injury. It is estimated that 15-20% of high school athletes receive a concussion in any given year. If an athlete returns to play before the brain is fully healed, they are at risk of Second Impact Concussion Syndrome. As part of the effort to reduce Second Impact Syndrome, The Center Foundation has adopted the ImPACT Concussion Baseline Test.

ImPACT Concussion Baseline testing is available for children ages 12 through 18 who have not already received the baseline in the past two years. Group testing will be available on

- **Monday, December 19th**
- **Monday, January 16th**
- **Monday, February 20th**

Appointments are required. Contact us at 541-322-2323 for more information and to schedule an appointment.



Are you OK TO PLAY?

Winter sports season is under way, but it is not too early to think about spring sports! All student athletes in grades 7 through 12 are required by OSAA to have a documented sports clearance.

To get the OK to Play, see your primary care provider for an annual check-up which includes a sports physical. This visit is covered by most insurance plans, including the Oregon Health Plan. Annual check-ups include a physical health and development assessment, preventative care plans, and important conversations with a physician to screen for stress, anxiety, and risky behavior in teens. [Scan here for more information:](#)





Staff Spotlight

Jon Skau, Crook County High School

After graduating with a Masters in Athletic Training from the University of Montana in 2016, Jon put his education to work! Over the past six years, Jon has been the Head Athletic Trainer for Bellevue Christian School in Washington state - first through Seattle Children's Hospital and then as an employee of the school. He also taught High School Strength Training and Athletic Injury classes. In August of this year, Jon joined The Center Foundation as our athletic trainer at Crook County High School. He has received rave reviews from students, parents, and coaches alike. We are lucky to have Jon on our team!

What is Jon's favorite part of being an athletic trainer? "I enjoy serving my community and helping kids return to the sports they love after they get injured," he says.

Hobbies: Golf...it's a passion!

Favorite Snack: Quest Bars
(Especially Birthday Cake Flavor)

Cat or Dog: Dog



Our gourmet Feasts are craftfully prepared by Bowtie Catering and include a main course, side dishes, wine, dessert, and an insulated cooler tote. Just pop the meal in the oven, open the bottle of wine, and celebrate! All dinners are available for pick up or delivered directly to your Central Oregon doorstep.

Wait, there's more!

The Center Foundation wants to celebrate our community partners at the NeighborImpact Food Bank. Help thank the folks at the Food Bank by purchasing a gourmet dinner for them and we'll deliver it to their door!

Free delivery is available to Bend, Redmond, Sisters, La Pine, Sunriver, Madras, Prineville, and all points in between. Curbside pick up also available.

Scan to order:



NeighborImpact

MidOregon
Credit Union



Fact!

Since July 2021, The Center Foundation has:

Tended to **1190** injuries

Administered over **9615** treatments

Cared for **127** concussions

Referred over **200** patients to The Center for care

Conducted over **1400** ImPACT Baseline Tests



THE CONCUSSION COLLECTIVE

Best Practices and Advances in Concussion Management

April 14-15, 2023

A Benefit for



THE CENTER
FOUNDATION

Bend, Oregon



The Concussion Collective continues our tradition of excellence in providing high level continuing education on the topic of concussions and mild traumatic brain injury. This year's conference is a combined effort between The Center Foundation, The Center Orthopedic & Neurosurgical Care & Research, St. Charles Health System, The Center on Brain Injury Research and Training, High Desert Education Service District, and Oregon State University – Cascades.

The Concussion Collective: Best Practices and Advances in Concussion Management is intended for health care professionals with an interest in mild traumatic brain injury; concussion prevention, diagnosis, and treatment; and caring for these injuries special populations including military blast injuries in veterans, domestic violence victims, and pediatric and adult patients.

Visit our website under "Events" for more information.

FRIDAY NIGHT SOCIAL AND KEYNOTE SPEAKERS

Join us on Friday, April 14th at Oregon State University - Cascades for a special evening with keynote speakers, Dr. Stan Herring, former team physician for the Seattle Seahawks and the Seattle Mariners, and David Stricklin, Head Athletic Trainer for the Seattle Seahawks. Dr. Herring will share stories from his life and insights from over 30 years of concussion management. Mr. Stricklin will share his view as an athletic trainer treating professional athletes in the NFL.

Hors d'oeuvres and drinks will be served. The public is welcome to the keynote event.

Registration is required and opening soon.



David Stricklin
HEAD ATHLETIC TRAINER

Seattle Seahawks



Stan Herring, MD
**FORMER TEAM PHYSICIAN, CLINICAL
PROFESSOR, MEDICAL DIRECTOR**

Seattle Seahawks
UW Medicine, Zackery Lystedt Sports
Concussion Endowed Chair