

STAFF AND FACULTY RESOURCE GUIDEBOOK



Oregon State University
Cascades

Fall 2023 Revision

Notes

Notes

RESOURCES AT YOUR FINGERTIPS.

From emergency support to professional development to community engagement, there’s a variety of support systems and resources available to staff and faculty at OSU-Cascades. This resource guide contains a comprehensive list of all benefits and resources staff and faculty can access on campus at OSU-Cascades, through OSU-Corvallis, and in the Central Oregon community.

Selected resources are listed without any implied or explicit endorsement. Please note that resources, including contact information and webpages, are subject to change.

Visit OSUcascades.edu/employee-guide to see the most updated list of resources.

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HOW TO READ THIS RESOURCE GUIDE



OSU-Cascades Resources
These OSU-Cascades resources are available virtually, over the phone, or on-campus right here in Bend.



OSU-Corvallis Resources
These shared resources are available virtually or over the phone through Oregon State University’s main campus in Corvallis.



Central Oregon Resources
These resources are available virtually, over the phone, or in-person through a community organization in Central Oregon.

Abbreviations	
E	Email Address
P	Phone Number
W	Website
ASCC	Associated Students of Cascades Campus
CO	Central Oregon
COCC	Central Oregon Community College
OSU	Oregon State University
SFC	Student Fee Committee

ACADEMIC/PROFESSIONAL DEVELOPMENT



Academic Faculty Workshop Series

Remote workshops for all OSU faculty members dedicated to different topics of interest offered by the Office of Faculty Affairs.

W: beav.es/SEj



Core Curriculum for Managers and Supervisors

Learn more about responsibilities managers, supervisors, and lead workers have in their roles and be able to empower employees in every stage of employment.

W: beav.es/SE9



Dual Career Resources

Provides support and resources for partner's or spouses of OSU employees through access to internal and external postings, letters of support, resume/CV review, and more.

W: beav.es/SEC



FYI Friday

The FYI Friday agenda consists of a variety of campus partners presenting brief, one-off, awareness- or foundational skill-building topics of interest to a wide audience at no additional cost to staff and faculty.

W: beav.es/SEy



LinkedIn Online Learning Library

Develop business, technology, and creative skills for no additional cost through 16,000 expert led videos and courses.

W: beav.es/SEF



OSU Search Advocate Program

Become a Search Advocate through the Search Advocate Foundations workshop and learn more about implicit bias and diversity, more about the legal landscape in hiring, and an overview of inclusive employment principles.

W: beav.es/SEt



Staff Fee Privileges

OSU employees receive a 70% reduction on up to 12 undergraduate courses for yourself or one family member at a time. Select Graduate Programs are also eligible.

W: beav.es/SEv

ACTIVITIES



Cascades Rentals

Cascades Adventures offers low-cost equipment rentals for students, staff, and faculty to support all your outdoor needs.

W: beav.es/Sak



Bend Parks and Recreation

Bend Parks and Rec maintains over 3000 acres including 84 parks and 75 miles of trails for everyone to enjoy. Find different activities throughout Bend including the Juniper Swim and Fitness Center, The Pavilion, and the Larkspur Community Center.

W: bendparksandrec.org



Downtown Bend

Experience all Bend has to offer with a mix of shopping, restaurants, local businesses, art and culture, fun activities and more in Downtown Bend.

W: downtownbend.org/dbba-events



Hayden Homes Amphitheater

Enjoy your favorite bands with food carts and cocktails at Oregon's largest outdoor music venue seated along the Deschutes River in the Old Mill District.

W: bendconcerts.com



Old Mill District

Explore the historic Old Mill District and find a variety of shops, restaurants, and walking trails along the scenic Deschutes River.

W: oldmilledistrict.com



Visit Bend

Find restaurants, activities, and events in Bend to help you explore the community whether you are new to the area or local.

W: visitbend.com

CAMPUS CULTURE



Affinity Groups

Meet like-minded colleagues through the Campus Culture Committee's affinity groups. Current groups include book club, outdoor enthusiasts, moms, and more.

W: osucascades.edu/staff-executive-council



Birthday Month Coffee Discount

Redeem a free cup of Backporch Peloton coffee from Study Grounds or \$2 off your purchase during your birthday month.



Local Business Partners

Dining on-campus at OSU-Cascades means supporting a variety of local businesses that provide quality products for you to enjoy. Our current partners include:

Eberhard's Dairy

W: eberhardsdairy.com

Backporch Coffee Roasters

W: backporchcoffee.roasters.com

Metolius Teas

W: metoliustea.com

Inspired Leaf Teas

W: inspiredleaf.com

Haven Bakery

W: havenbagelandcoffee.com

Red Plate Foods

W: redplatefoods.com

Holy Kakow Organic Syrups

W: holyakakow.com



Social Gatherings

Join the Campus Culture Committee for a variety of events such as coffee hours, potlucks, happy hours, hot chocolate bars, and more.

CHILDCARE RESOURCES

Care.com

OSU employees receive a Care.com Premium Membership to be connected with caregivers, tutors, housekeepers, and more.

W: beav.es/SrM



Employment Related Day Care Program (ERDC)

Oregon Department of Human Services subsidizes qualifying working families with cost of child care services and registration fees.

W: beav.es/SrQ



Family Access Network (FAN)

FAN provides assistance to families in Central Oregon by connecting children and parents with essential resources such as food, shelter, healthcare, and more.

W: familyaccessnetwork.org/



Family Resource Center of Central Oregon

Provides parenting education and support to families in Central Oregon.

W: frconline.org



Little Beavs Child Care

Little Beavs Child Care is a comprehensive on-campus, year-round child care and early learning center available to students, staff, and faculty.

W: osucascades.edu/early-learning-center

DISCOUNTS

Active&Fit

Eligible employees can choose from over 9000 participating fitness centers nationwide for \$25 a month.

W: beav.es/SrA



Cascade Lakes Brewing Company

Enjoy a generous dining discount from our campus neighbors: Cascade Lakes.

- 20% off all food and beverages.
- Valid for the entire year, including summer.
- Valid everyday from 11 a.m. to 4 p.m. at any of the 3 Cascade Lakes Brewing Company locations.
- This deal is honored to any student, faculty, or staff member with a valid and present OSU ID.

LifeMart Member Discount Program

All staff and faculty have members access to LifeMart to receive discounts on major brands and every day essentials. Save on groceries, gym memberships, travel costs, and more.

W: beav.es/T3B



Orange Cash Rewards

Receive 10% off all purchases at OSU-Cascades dining center when you use Orange Cash funds.

W: osucascades.edu/dining/orange-cash



Staff Fee Privileges

OSU employees receive a 70% reduction on up to 12 undergraduate courses for yourself or one family member at a time. Select Graduate Programs are also eligible.

W: beav.es/SEv

Working Advantage

Up to 60% off a wide variety of products and services including movie tickets, hotels, electronics, and more.

W: beav.es/T32

WeightWatchers

Gain access to all WeightWatchers memberships for free through PEBB.

W: weightwatchers.com/us/pebb

FOOD AND BASIC NEEDS RESOURCES



Bethlehem Inn

Provides families and adults with 10-week houselessness programs that includes shelter, food, and supplies.

W: bethleheminn.org



Central Oregon Vet Center

The Center offers confidential counseling assistance for veterans, service members, and their families at no cost in a non-medical setting.

W: va.gov/central-oregon-vet-center



Central Oregon Veterans Outreach

Central Oregon Veterans Outreach (COVO) provides basic needs and housing assistance to veterans. They also operate the Central Oregon Veterans Village.

W: covo-us.org



COCC Mobile Food Pantry

ASCOCC is proud to present a new partnership with NeighborImpact to bring free, fresh food to the COCC campus twice a month.

W: cocc.edu/departments/student-life/ascocc/services/community-cabinet.aspx



Family Kitchen

The Family Kitchen offers free lunch and dinner to the public almost every day.

W: familykitchen.org



Grandma's House

Grandma's House provides young parents in Central Oregon with shelter, childbirth education, parenting classes, life skills, case management, and more.

W: grandmashouseofco.org



HousingWorks

HousingWorks is the local housing authority for Deschutes, Crook, and Jefferson County. They provide affordable housing, rental assistance, and new beginnings for low-and moderate-income Central Oregonians.

W: housing-works.org

FOOD AND BASIC NEEDS RESOURCES



OSU-Cascades Dining

OSU-Cascades offers a variety of on-campus dining options through its Beaver Dam cafe and grill, Study Grounds coffee shop, and catering services. Students can pay for food and drinks using their resident meal plan or OrangeCash on their ID Card.

W: [OSUcascades.edu/dining](https://osucascades.edu/dining)



Salvation Army

The Salvation Army offers free meals and operates a food pantry open to the public.

W: bend.salvationarmy.org/bend_corps/cure-hunger



Shepherd's House Ministries

Shepherd's House Ministries operates several emergency shelters around Bend that provide men, women, and children with short-term overnight accommodations, food, and supplies.

W: shepherdshouseministries.org



The Giving Plate

The Giving Plate offers free groceries to families each week and operates a food pantry open to the public.

W: thegivingplate.org

MORE BASIC NEEDS RESOURCES

Looking for food, clothing, temporary housing, utility assistance, laundry services, veterans support, counseling, and more? These community organizations can help connect you with basic needs resource providers in your area. Check out their websites for updated resource lists and maps.

Oregon Safenet (2-1-1)

Call 2-1-1 for help locating and accessing basic needs resources such as food, clothing, shelter, healthcare, and counseling anywhere in Oregon.

P: 2-1-1

W: 211info.org



Thrive Central Oregon

Thrive Central Oregon connects people to basic needs including housing, food, laundry, hygiene, health, and veterans services. Their website includes a regularly-updated resource list.

P: 541-728-1022

W: thrivecentraloregon.org/resources

HEALTH AND WELLNESS RESOURCES

Active&Fit

Eligible employees can choose from over 9000 participating fitness centers nationwide for \$25 a month.

W: beav.es/SrA

Better Choices, Better Health

A free, 6-week online workshop designed for managing chronic conditions through community support and online tools in the comfort of your home.

W: beav.es/T38



Beyond Benefits: Emotional Assistance Program (EAP)

A confidential, no-risk program that offers legal, financial, work-life, mental health, and wellness resources for OSU employees and household members.

W: beav.es/T3X

Healthy Team Healthy U

Healthy Team Healthy U is a peer support-based program that provides participants with all tools needed to complete a 12-week session designed to jumpstart your path to a healthy life.

W: beav.es/Srs



OSU-Cascades Fitness Center

Located on the ground-floor of the Residence Hall, the OSU-Cascades Fitness Center is open staff and faculty for a low monthly fee. Student attendants are present in the Fitness Center to help promote a safe training environment and answer questions.

W: osucascades.edu/recreation/fitness-center



Paid Family and Medical Leave

Eligible employees receive 120 hours of paid family and medical leave to support community members and assist in work-life integration.

W: beav.es/Sre

HEALTH AND WELLNESS RESOURCES

PEBB Benefits

Access to Oregon's Public Employees Benefit Board with benefits such as fertility services, gender affirming surgery, vision therapy coverage, 24/7 telehealth access, and more.

W: oregon.gov/oha/PEBB

Quit for Life

PEBB eligible employees can join Quit for Life, a tobacco cessation program created with the American Cancer Society to provide all necessary resources to help overcome addiction.

W: beav.es/T3W



Wellness Webinars

Access to webinars with a variety of subjects regarding health and wellness in and outside of the workplace.

W: beav.es/T3m

WeightWatchers

Gain access to all WeightWatchers memberships for free through PEBB.

W: weightwatchers.com/us/pebb

HOUSING RESOURCES

Advantage Home Plus

When you're ready to buy, refinance, or sell a home—or if you plan to do so in the future—Advantage Home Plus offers the information, education and personal assistance.

W: advantagehomeplus.com/ahp-advantages



Bend Relocation Services

Provides services to help your move go as smooth as possible. They can help you find a rental, provide information about school districts and answers any questions you might have.

W: bendrelocationservices.com

Landed

Landed offers a variety of resources to help employees in higher education reach a 20% down payment on a home through a shared appreciation program. Landed also provides employees with wraparound homebuying resources.

W: landed.com/osu

EMERGENCY HEALTH & WELLNESS RESOURCES

Experiencing a medical, fire, or criminal emergency on or off campus?

Call 9-1-1 immediately.

Need to report a safety or security concern on campus?

Call OSU-Cascades Campus Safety at 541-322-3110

Need to report a safety or security concern off campus?

Call the City of Bend Non-Emergency Line at 541-693-6911

Experiencing a mental health crisis?

If you or someone else is considering suicide, call 9-8-8 immediately or text 741741.

Otherwise, call the Deschutes County Health Services (DCHS) Stabilization Clinic at 541-322-7500 x9 or visit the DCHS Stabilization Center located at 63311 Jamison Street, Bend, OR 97703. You can learn more at deschutes.org/health/page/crisis-services

Concerned about a student's health or well-being?

Contact the OSU-Cascades Student Care Team immediately.

Email the Care Team: studentassistance@osucascades.edu

File a Care Report: beav.es/iL3

HOUSING RESOURCES

Property Management Rental Agencies

There are a number of property management companies in the area that can assist you in finding rental housing.

Here is a list of property management companies in Bend:

Austin Property Management	bendapm.com
Bend Dutch Property Management	benddutchpropertymanagement.com
Bend Group Property Management	bgpmbend.com
Bend Property Management Company	bendpropertymanagement.com
Brickhouse Property Management	brickhousepropertymgmt.com
Cobalt Properties Group	cobaltpropertiesgroup.com
Deschutes Property Management	rentingoregon.com
Desert Pine Properties	desertpineproperties.com
Distinct Dwelling Property Management	distinctdwelling.com
Elevation Property Management	epmbend.com
Epic Property Management Company	epicopenings.net
High Country Property Management	hicountrypm.com
Hummingbird Property Management	hummingbirdpropertymanagement.com
Lava Ridge Property Management	lavaridgerentals.com
Mount Bachelor Property Management	bendpropertymanagement.net
Mountain View Property Management	today4rent.com
North Star Property Management	northstarproperties.com
Plus Property Management Company	investoregon.com
PMI Central Oregon	propertymanagementinc.com/pmi-central-oregon
Preferred Residential	prbend.com
Rogue Real Estate	roguerealestate.com
Superior Property Management Company	rentaroundbend.com
The Pennbrook Company	pennbrook.com
The Rental Shop	541properties.com
Trailhead Property Management	trailheadpropertymanagement.com
Velocity Property Management	velocitypropertymanagement.com
Obsidian Real Estate Group	obsidianrealestategroup.com



HOUSING RESOURCES

Bend and Surrounding Communities

City of Bend

W: [bendoregon.gov](https://www.bendoregon.gov)

City of Redmond

W: [redmondoregon.gov](https://www.redmondoregon.gov)

City of Sisters

W: [ci.sisters.or.us](https://www.ci.sisters.or.us)

Prineville

W: [cityofprineville.com](https://www.cityofprineville.com)

La Pine

W: [lapineoregon.gov](https://www.lapineoregon.gov)

Off-Campus Temporary Housing

Sabbatical Homes provides temporary home rentals and home exchanges to a community of academics, writers, artists and friends.

W: [sabbaticalhomes.com](https://www.sabbaticalhomes.com)

Popular Rental Property Listing Sites

Trulia

W: [trulia.com/for_rent/Bend,OR](https://www.trulia.com/for_rent/Bend,OR)

Zillow

W: [zillow.com/homes/Bend,-OR_rb](https://www.zillow.com/homes/Bend,-OR_rb)

Airbnb

W: [airbnb.com/bend-or/stays/monthly](https://www.airbnb.com/bend-or/stays/monthly)

VRBO

W: [vrbo.com/search/keywords:bend-oregon](https://www.vrbo.com/search/keywords:bend-oregon)

Homes.com

W: [homes.com/bend-or/homes-for-rent](https://www.homes.com/bend-or/homes-for-rent)

TRANSPORTATION RESOURCES

Bend Cab and Shuttle Service

Bend Cab Company offers taxi and shuttle services in and around Bend.

P: 541-389-8090

W: [bendcab.com](https://www.bendcab.com)

Carpool Incentive

Carpool with a friend, co-worker, or neighbor to receive free VIP parking.

W: [osucascades.edu/transportation](https://www.osucascades.edu/transportation)

Cascades East Transit (CET)

Cascades East Transit (CET) is Central Oregon's public transportation provider and offers fixed Bend bus routes, inter-city community connector bus routes, and dial-a-rides. OSU-Cascades students can use their ID Card to ride fixed Bend bus routes for free.

P: 541-385-8680

W: [cascadeseasttransit.com](https://www.cascadeseasttransit.com)

OSU-Cascades Parking

OSU-Cascades parking management strategy aims to influence individual travel choices so that, on aggregate, the campus moves in a direction of more sustainable travel. As such, students, staff and guests must pay to park in campus parking lots year-round. There are a variety of parking permit options to fit your travel habits and budget. If you have questions, want to appeal a citation, or need a permit, please contact parking services.

E: parking@osucascades.edu

W: [OSUcascades.edu/parking](https://www.OSUcascades.edu/parking)

OSU-Cascades Sustainable Transportation Incentive Program

OSU-Cascades Transportation Services offers students, staff and faculty rewards for commuting to and from campus using sustainable travel methods such as walking, cycling, taking public transit and carpooling.

W: [OSUcascades.edu/transportation/incentives](https://www.OSUcascades.edu/transportation/incentives)

Passport Parking Tool

Quickly and easily pay for daily or hourly parking online or on the Passport app.

W: [passportparking.com](https://www.passportparking.com)

TRANSPORTATION RESOURCES

CO Redmond Airport

The Redmond Municipal Airport offers regional air transportation options to students, staff and their families including service to Los Angeles, Denver, and Seattle.

W: flyrdm.com

CO Shuttle Oregon

Shuttle Oregon offers scheduled van and bus shuttle service to and from Central Oregon and the Willamette Valley.

P: 541-903-0724

W: shuttleoregon.com/shuttle-service

CONNECT WITH OSU-CASCADES

Benefits

E: employee.pebbbenefits@oregonstate.edu

W: hr.oregonstate.edu/benefits

Campus Safety

E: campus.safety@osucascades.edu

W: OSUcascades.edu/campus-safety

Human Resources

E: human.resources@osucascades.edu

W: OSUcascades.edu/human-resources

Information Technology

E: service.desk@oregonstate.edu

W: OSUcascades.edu/it

Mail and ID Center

E: mail.services@osucascades.edu

W: OSUcascades.edu/IDcards

Payroll

E: payroll@osucascades.edu

W: OSUcascades.edu/business-office/payroll

Retirement

E: retirement@oregonstate.edu

W: beav.es/T3A

Transportation

E: transportation@osucascades.edu

W: OSUcascades.edu/transportation-services

Social Media Accounts

Follow OSU-Cascades on Facebook, Twitter, Instagram, and more!

@OregonState

@OSUCascades



This publication is made available to staff and faculty thanks to support from the OSU-Cascades Human Resources and Office of the Chancellor and Dean. Updated on September 14, 2023.

If you have resource suggestions or corrections, please contact human.resources@osucascades.edu

An updated listing of resources is also available at OSUcascades.edu/employee-guide