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**

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<tr>
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<th>Email Address</th>
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<td>P</td>
<td>Phone Number</td>
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<td>CO</td>
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<td>COCC</td>
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<td>SFC</td>
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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: oldmilldistrict.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
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: backporchcoffeeroasters.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: holykakow.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.

CHILD CARE 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 form 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

**COC 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
**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

**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: shepherdschouseministries.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

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**FOOD AND BASIC NEEDS RESOURCES**

**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

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**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

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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

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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
## 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:

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

Bend and Surrounding Communities
City of Bend
W: bendoregon.gov
City of Redmond
W: redmondoregon.gov
City of Sisters
W: ci.sisters.or.us
Prineville
W: cityofprineville.com
La Pine
W: 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

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

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

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

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

Passport Parking Tool
Quickly and easily pay for daily or hourly parking online or on the Passport app.
W: passportparking.com

Popular Rental Property Listing Sites
Trulia
W: trulia.com/for_rent/Bend,OR
Zillow
W: zillow.com/homes/Bend,-OR_rb
Airbnb
W: airbnb.com/bend-or/stays/monthly
VRBO
W: vrbo.com/search/keywords:bend-oregon
Homes.com
W: homes.com/bend-or/homes-for-rent

Bend and Surrounding Communities
City of Bend
W: bendoregon.gov
City of Redmond
W: redmondoregon.gov
City of Sisters
W: ci.sisters.or.us
Prineville
W: cityofprineville.com
La Pine
W: lapineoregon.gov

Popular Rental Property Listing Sites
Trulia
W: trulia.com/for_rent/Bend,OR
Zillow
W: zillow.com/homes/Bend,-OR_rb
Airbnb
W: airbnb.com/bend-or/stays/monthly
VRBO
W: vrbo.com/search/keywords:bend-oregon
Homes.com
W: homes.com/bend-or/homes-for-rent

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TRANSPORTATION RESOURCES

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

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