

Appreciating Our Volunteers

Article by Trish Kingsbauer, LLM Volunteer Coordinator

Hi! This is Trish your Volunteer Coordinator! I would like to give a shout-out to some of our amazing volunteers that keep our Live Lifestyle Medicine classes and program going!

First of all, kudos to our amazing healthcare providers that volunteer their time to teach our classes! Scott Wagnon, PA-C; Charlie Ross, DO; Eric Colgrove, MD; Elizabeth Maxwell, PhD; Pam Birrell, PhD; Kristin Linzmeyer, MD FACC; Kathy Meldum, PT; Tamera Wilhite, FFL; Karen Booth, RD; and many others throughout the years.

Second, thanks to our behind the scenes people that make our events happen! Ed Zacharek with our tech, Debby Coulthard, RN, Jamie Gorbet for our lending library, and Auriana Koutnik with our beautiful monthly newsletter!

Next, to some wonderful class members who have stepped up to help at various events! Jerry Godfrey and Deanna Palm with the Eugene VeganFest and escorting Dr. Klaper, and to the many people who have helped hang flyers and get the word out about the LLM program: Anita Leipper, Dottie Rundles, Arun Toke and Bidyut Das, and many, many more who bring a friend, hang a flyer, or talk about our classes to others!

And finally, to the super talented cooks who have volunteered to share their favorite recipes with our classes this session! Debby Coulthard with several recipes, Diane Schnell

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Photo by Trish Kingsbauer

Volunteer Jamie Gorbet helps to manage the LLM lending library collection, available at group events.

LLM Program Thanks Our Volunteers

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with waffles, Sue Starr with yogurt, Angela Wagnon with lemon cookies, Jerry Godfrey with hummus, and Jamie Gorbet with Caribbean black beans!

Thanks to everyone for creating such an amazing and supportive community.

Interested in becoming a LLM volunteer? If you are interested and wish to help us:

- Hang flyers to promote Live Lifestyle Medicine,
- Help out with LLM events
- Share recipes or food sampling
- Share your particular skill

Please send an email inquiry to Trish Kingsbauer, Volunteer Coordinator for Live Lifestyle Medicine, at pkingsbauer@gmail.com.



Photo by Trish Kingsbauer



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Top photo: Volunteers Pam Birrel and Diane Schnelli offer plant-based food samples before class. Above: Charlie Ross, DO, and Scott Wagnon, PA-C, discuss the benefits of a plant-based diet.

A Warm Welcome to Tim Welch, MD, DDS

By Scott Wagnon PA-C

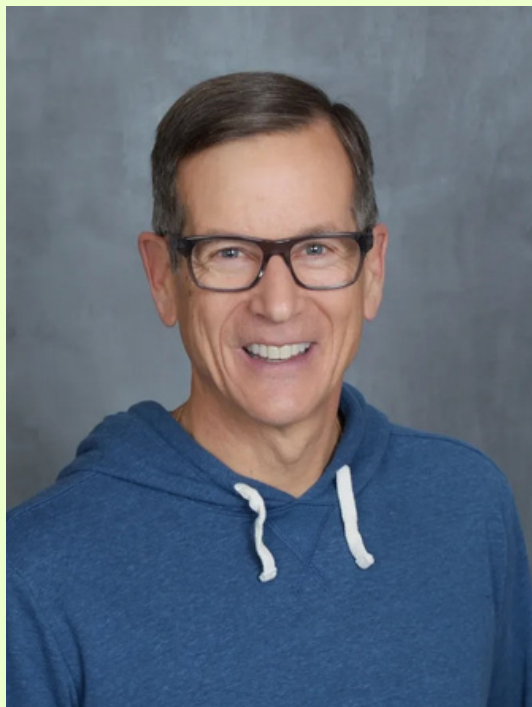
We are happy to welcome our newest member to Eugene Plant-Based Providers, Tim Welch MD, DDS. Welcome Tim, we are excited to have you join us!

Earlier this year, Tim started the Eugene chapter of Walk With a Doc, an International organization connecting medical providers with their patients and other community members to develop healthy physical activity habits. Eugene Plant-Based Providers and Live Lifestyle Medicine have partnered with Walk with a Doc and together hold walks every Saturday at 9 a.m. More information can be found at livelifestylemedicine.com.

Tim completed a single-degree oral maxillofacial surgery program in Boston/New England Medical Center/Boston City Hospital in 1989. He taught for four years at Loma Linda with internationally renowned surgeon Phil Boyne. He created the technique to bone graft cleft palate patients, among many other book chapters/papers.

Tim notes it feels like he did a lifetime of surgery in four years as they covered two level 1 and one level 2 trauma centers/craniofacial clinic/outpatient anesthesia (just the two of them with residents!). He thought he would step away from academics and tested out of the first two years of medical school and entered Loma Linda as a third year.

He completed a year of General Surgery at OHSU to activate his medical license in Oregon and moved to Eugene in 1996. He opened his own practice in October 1996 and saw one patient the first day. The phones began ringing the following May when the new annual Yellow Pages came out with his office's phone number in it.



Tim Welch, MD, DDS

Tim started and runs a local continuing education club "Exploring Excellence" where dentists meet nine times a year to review the latest and greatest. In November 2025, he learned about Lifestyle Medicine online and went to the American College of Lifestyle Medicine Conference in Dallas, Texas, because he thought it looked fun. (He and his wife and had visited Dallas in 2004 to attend a week at the Cooper Clinic to celebrate their 10th wedding anniversary.) He loved the Lifestyle Medicine meeting, met the Walk With a Doc people there and signed up.

"Eugene needs this!" he thought. Shortly after, he met Eugene Plant-Based Providers founders Charlie Ross, DO, and Scott Wagnon, PA-C. Tim is slowly adopting a whole-food plant-based diet and discussing it with his team and patients.

"It's fun and makes so much sense!" he said.

Grow Your Own Fresh Sprouts

What you'll need: 1 clean quart-size glass canning jar. Mesh sprouting lid or screw-on strainer lid. (Down To Earth in Eugene carries the glass jars with screw-on mesh strainer lids.) 1-2 tablespoons sprouting seeds. Fresh water.

Directions: Add seeds to the jar and cover with water. Soak 8-12 hours (overnight). Drain and rinse well. Rinse and drain twice a day. Keep the jar upside down at an angle so excess water drains away.

Enjoy! In 3-7 days, your sprouts are ready to enjoy! Give them one final rinse, refrigerate, and add them to sandwiches, salads, wraps, or smoothies.

A few tips: Use only seeds sold specifically for sprouting. Keep everything clean. Refrigerate harvested sprouts and enjoy within about a week.

Food Safety: Always use seeds labeled for sprouting, rinse well, and refrigerate harvested sprouts. Young children, older adults, pregnant women, and anyone with a weakened immune system should consider cooking sprouts before eating them.

Let us Know: Have you tried growing sprouts before? What's your favorite variety — broccoli, alfalfa, clover, radish, mung bean, or something else?

“Fresh, inexpensive, nutritious... and fun to grow right on your kitchen counter!”

- Lee Erickson



Photo courtesy of Lee Erickson

Bringing lifestyle medicine to the community, to improve lives, one plant-based kitchen at a time...

www.livelifestylemedicine.com

