

Hugh Rettkowski

Hugh Rettkowski was 13 when he moved with his family to Othello in 1961; he has lived and worked here ever since. His friendly, helpful manner has made him known to many in the area. Anyone who has met Hugh would say he's one of the nicest guys you've ever met. Many have commented on the friendly wave they get from him when he's driving his truck and happens to see them.

One of the things Rettkowski thoroughly enjoys is helping with the Adams County Fair. Every fall he uses a week of vacation time just for that purpose. He served on the fair board for many years in the past and continues to be very involved as superintendent of the sheep barns.

The fall of 2007 was no different. Rettkowski went about his regular activities and worked at the fair; however, he didn't feel as well as usual. "I began to experience urinary tract problems and made an appointment to see Swati Kakodkar, MD ("Dr. K") at the Fourteenth Avenue Medical Center." Medical test results were very alarming. His PSA (Prostate Specific Antigen) level registered at 130. PSA levels are generally 4.0 or lower. This was the highest PSA Dr. K had every seen and she immediately referred Rettkowski to a specialist in the Tri Cities.

A cancerous growth of the prostate was surgically removed in October, 2007. Because of Rettkowski's age, 58, and the aggressiveness of the disease when diagnosed, he is being treated with hormone therapy. This reduces androgen levels which can shrink prostrate cancers or slow their growth. Rettkowski has a hormone injection every three months. He has his PSA levels checked prior to receiving the injections.

Today Rettkowski feels good. He works full time at A & L Supply, continues his volunteer work with the fair and 4H and enjoys spending time with his wife, Barbara, and their three children and six grandchildren. "I have some muscle weakness and I work out with weights to keep up my strength," he said. "I also eat lots of vegetables and make sure my diet includes sufficient amounts of vitamin A and calcium."



CBHA Employees Join the Fight Against Cancer!

Successful Fundraising Effort Yields \$7,293.86

Through fundraising efforts such as staff luncheons, garage sales, car washes and raffle ticket sales, CBHA staff raised \$7,293.86 for the Relay for Life event held July 25, 2008. CBHA operations manager, Marsha Simmons, currently undergoing treatment for cancer, served as CBHA team leader. The original goal was to raise \$7,000. CBHA was also a corporate sponsor of the event. The total raised by all participants was more than \$102,000!

A large number of CBHA employees were on hand the evening of July 25th for the opening ceremony of Othello's third Relay for Life event. They cheered and waved during the Cancer Survivors lap as fellow employees and other cancer survivors walked around the track. They stayed throughout the night to take their turn on the track making certain that someone from their team was on the track at all times.

Marsha Simmons, CBHA Relay for Life Team Leader, and husband Bob spent all night at the high school track during the event.



Clinic Hours

Othello Family Clinic		Wahluke Family Clinic	
Monday–Thursday	9 a.m. to 8 p.m.	Monday–Friday	9 a.m. to 6 p.m.
Friday	9 a.m. to 6 p.m.	Pharmacy, M–F	10 a.m. to 6 p.m.
Pharmacy, M–F	9 a.m. to 6 p.m.	Appointments:	932-3535
Appointments:	488-5256		

Othello Family Dental Clinic		Wahluke Family Dental Clinic	
Monday–Friday	7 a.m. to 6 p.m.	Monday–Friday	8 a.m. to 5 p.m.
Appointments:	488-5256	Appointments:	932-3535

14th Avenue Medical Center		Othello EyeCare	
Monday–Friday	8 a.m. to 5 p.m.	Mon, Wed, Thur, Fri	8 a.m. to 5 p.m.
Appointments:	488-6644	Tuesday	10 a.m. to 7 p.m.
		Appointments:	488-2020

Connell Family Dental Clinic	
Tue, Thur	7:30 a.m. to 5:30 p.m.
Appointments:	234-0551

JCAHO Accreditation

JCAHO (Joint Commission on Accreditation of Healthcare Organizations) Accreditation is recognized in the health care industry as an international standard comparable to the Good Housekeeping Seal of Approval. CBHA received this accreditation in March of 2002. Only 18% of all health care facilities in the nation are accredited.



This accreditation is granted only after a strict onsite review and inspection of a health care facility. Cleanliness, patient care policies and practices, adherence to local, state and federal laws and regulations are all taken into account.

Copias en español de esta publicación están disponibles para quien la solicita al llamar al 488-5256.

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140 East Main
Othello, WA 99344

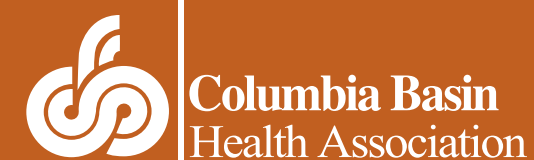


Our Mission

Columbia Basin Health Association assures equal access to quality health care to all persons regardless of age, sex, color, ethnicity, national origin, or the ability to pay.

Our Vision

"To be a model of excellence in patient satisfaction in community and migrant health care and a community leader in initiating and developing collaborative relationships."



Fall 2008



Hometown Health

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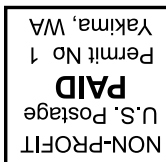
Picture courtesy of Othello Independent

People who watched the Survivors' Lap at the 2008 Relay for Life quickly observed that cancer does not discriminate. Young, middle aged and older people walked together alongside those riding in wheel chairs – united in their determination to be part of the effort to find a cure for cancer.

Progress is being made! According to the National Cancer Institute, a new report from the nation's leading cancer organizations shows that long-term declines in cancer death rates continued through 2004 for both sexes. The report attributes this decline to effective tobacco control, screening, early detection and appropriate treatment.

The Othello area is home to many people currently undergoing treatment for cancer as well as many cancer survivors. Stories about two such people are featured in this issue of CBHA's Hometown Health newsletter. We also remember those who have lost their battle against cancer this past year and it is to them that this issue is dedicated.

"Keeping Healthy Those who Feed the World"



Cancer Wears Many Faces

People living with cancer often hear the following words from their friends: "...but you don't look like you have cancer". Indeed, one can't tell if a person has cancer by merely looking, yet we meet them at work, on the playground and in every walk of life. They undergo treatment, attain survivor status and dedicate themselves to maintaining healthy life styles. They encourage others going down a similar path and offer their help and support. We salute their courage and determination!



CBHA Welcomes New Providers!



Larry W. Loveridge, DMD
Pediatric Dentist

Dr. Loveridge comes to Othello with a great deal of experience in pediatric dentistry. He served as a pediatric dentist in the military for 21 years and continued in private practice for 11 years. He specializes in treating children who may have serious dental problems. He also works with infants whose baby teeth may not have formed properly or have other issues with their teeth. Dr. Loveridge is fluent in the Spanish language.



Clari Ramos, PharmD
Pharmacist

Clari Ramos, Pharm D, graduated from the University of Montana with a Doctorate in Pharmacology. She follows in the footsteps of her mother who is also a pharmacist. Clari's love of science helped her decide on her major early in her college years. She likes the friendly and helpful attitude of her co-workers and is enjoying getting acquainted with her patients. In her spare time Clari is learning to speak Spanish. She also likes to read and enjoys spending time with her friends.

Ten Ways to Reduce Your Cancer Risk

1. Eat a variety of fruits and vegetables daily, choose whole grains, and limit red meat consumption
2. Maintain a healthy weight
3. Stop smoking
4. Avoid secondhand smoke
5. Drink only in moderation
6. Keep physically active by engaging in at least 30 minutes of moderate physical exercise daily
7. Stay sun safe by using sun screen year round and wear UV sunglasses and protective clothing
8. Have cancer-detection screenings as recommended
9. Take care with x-rays, chemicals, metals, dust, and loose fibers.
10. If you are a woman, discuss the risk vs. benefits of hormone replacement therapy (HT)

Local Cancer Resources

Othello Cancer Support Group

The Othello Cancer Support Group is available to all cancer patients, their families, and caregivers. The group meets monthly to share cancer concerns, tips on diet, exercise, stress reduction, etc. Guest speakers share their expertise on cancer topics and give information on available services.

Columbia Basin Cancer Foundation

The Columbia Basin Cancer Foundation is a non-profit, tax-exempt organization serving residents of Grant and Adams counties. This Foundation began in 2000 through a donation of stock from Howard Gallion, a retired United Airlines pilot from Moses Lake. His wife died of cancer in 1998. The Foundation's goal is to offer services and support for cancer patients. This includes easily available, well-coordinated services in the Columbia Basin.

Peggy Berk, retired elementary school teacher, volunteers at the Columbia Basin Cancer Foundation. She wants to get the word out about available services. "We help put the patient in touch with needed resources," she

said. This might include getting help finding medical equipment, extras like bandages, lotions and special foods. "Many times the patient is too sick to do these things on their own," Berk continued. Help is also available to coordinate hotel/motel lodging for out of town medical appointments. "We can also help patients get in touch with food banks, if needed, and provide gas cards to help alleviate the financial burdens families face," she concluded.

For further information contact Peggy Berk at 509-488-9576. Marilyn Knapp, RN, foundation patient coordinator, can be reached at 509-764-4644.



Cancer survivors: Nancy Faix, Paul Snyder, Frank Ochoa, Will Coats, Jean Parrish, Mary Warling, and Norma Rodriguez

Donna Donley Fights Cancer

Donna Donley, longtime resident of Othello, found out earlier this year she has an ampulary cancer which began in the pancreatic duct. Her family has no history of cancer and although she continues her chemotherapy treatment, she is just as chipper as ever. Her husband, Richard (Dick) Donley, is very proud of his wife's strength and resolve.

The Donley's is a classic love story whose beginnings are a bit out of the ordinary. Dick comes from a family of railroaders; his grandfather was the first yard master in Othello and helped build the first railroad to pass through the region. Donna, whose family was originally from Missouri, belonged to Rainbow Girls in Othello in the early fifties. The girls were putting together a Pinnacle game and Donna's job was to call everyone in the phone book and extend an invitation. Making her way down to the Ds, she called the Donley residence. Dick answered the phone and, after hearing Donna's invite, said he would be sure to be there, but only if she was going to be there. Donna, a bit flustered, told him "I don't play Pinnacle."

Weeks later, Donna was walking down one of the streets in Othello. Dick was riding with some friends in their car. He reached out and grabbed her as they passed by. "He scared me half to death," says Donna. They have been together ever since. Dick and Donna were married straight out of high school in 1954, after which Dick was shipped off to Fort Eustis, Virginia for service in the military.

During Dick's time in the service, Donna gave birth to their first child, Dana, who was delivered by Dr. Kenneth Pershall in his clinic located on Main Street. There was no hospital in Othello at that time. She was only the third baby delivered by Dr. Pershall in Othello. "We have continued to seek our health care in Othello ever since," Donna says. Dr. Richard P. Bunch joined Dr. Pershall in his practice in the early 60s. "We saw both physicians over the years and were very satisfied with the way they took care of our family."

That association continues to this day. With the merger of the Fourteenth Avenue Medical Center and Columbia Basin Health Association in 2003, new medical services are now available to the Donleys. They utilize the CBHA Pharmacy and Donna sees Dr. David Gaimari for her eye care needs. "I have been going to Dr. Gaimari ever since Dr. Herbert retired," she said. Dr. Herbert was an optometrist in Othello for many years.



John Beauchamp, PAC, visits with Donna and Dick Donley.

Donna's cancer was diagnosed in January when Richard Bunch, MD, found irregularities in laboratory tests. He referred her to a specialist in the Tri-Cities who performed more testing. After reviewing the test results, Dr. Bunch diagnosed tumors in the pancreatic area. She was referred to the University of Washington where two cancerous tumors were removed from the head of the pancreas in a six hour operation.

Donna appreciates her local medical community even more these days. She was discharged from the University of Washington on February 7th with instructions to remove the drain tube after a week or so. "I was apprehensive about having it out and called John Beauchamp, PA-C at the Othello Family Clinic. He called the doctors at UW to make sure it would be okay to remove the drain," she said. After getting the okay, he prescribed a mild sedative for Donna and removed the drain in an exam room at the clinic. "This meant so much to me and my family," she said. As a result, daughter Dana now returns to Othello, a four hour drive from her home, to see Beauchamp for her health care needs. Dr. Richard Bunch and Beauchamp continue to partner with the UW in Donna's care.

Because of the nature of Donna's cancer, she is taking chemotherapy drugs. Being a cost conscious consumer she checked at several pharmacies to determine where she might obtain the best price. The first retail pharmacy quoted her a price of almost \$2,000. This could be a huge hardship for Donna and Dick especially with not knowing how long she might need the medication. After some searching, Donna found that she could get the drugs at the Columbia Basin Health Association Pharmacy for less than half that price.

Donna is recovering well from her surgery and she is grateful to her family and friends as well as the Othello medical community. "Dr. Richard Bunch and John Beauchamp have helped me so much," she said.