

## HR CORNER

We are fortunate to work for an employer who strives to offer competitive benefits to employees. Every year CBHA's benefit package is reviewed to determine how it can better meet the needs of staff. The current benefits package includes:

- Medical and vision coverage
- Dental credit
- Life insurance coverage
- Long-term disability
- Personal leave
- Holidays
- Retirement plan

Other benefits that you may not regularly think of are the Ed Bucks Program, department incentive plans, continuing education plans, Aflac availability, on-site fitness centers in Othello and Mattawa, on-site trainer and CBHA sponsored trips to sporting events and theme parks during the year and the bi-annual All-staff meetings.

Please remember, the plan year for healthcare benefits is from August 1st to July 31st each year. Open enrollment is held during the month of July each year. During this time employees can make changes to their dependent coverages.

If you have questions about your current benefits, please contact Human Resources. As always, your suggestions are welcome for future benefits enhancements.

## MARCH DENTAL ASSISTANT OF THE MONTH ~ NOEMI GARCIA ~

### NOTES OF APPRECIATION

Thank you to the Call Center for all of your hard work this last month. You were understaffed, the call volume was up and you were still able to complete extra projects for employees. You all deserve to be recognized for your continued dedication to our organization. Thank you!  
- Kelly Carlson and Erin Ingalls

## SPECIAL DATES

### BIRTHDAYS

- 4/7 Marvis Jones
- 4/9 Betty Montejano
- 4/10 Juan Sandoval
- 4/10 Lynette Love
- 4/11 Josue Nunez
- 4/11 Oralia Ortiz
- 4/13 Barbara Garza
- 4/15 Sally Yancey
- 4/16 Frank Nichols
- 4/16 Bonnie Allen
- 4/16 Clarissa Garza
- 4/18 Heather Hampton
- 4/19 Elena Rodriguez
- 4/20 Robert Martinez
- 4/24 Beatriz Garcia
- 4/26 Susan Egbert
- 4/27 Corina Vergara
- 4/27 Noemi Garcia
- 4/29 Victoria Nunez
- 5/1 Carmen Herrera
- 5/2 Della Rodriguez
- 5/3 Annie Coronado

### HOLIDAYS & EVENTS

- 4/10 Alcohol Screening Day  
OFC, 14th & WFC 10am-5pm
- 4/12 Easter
- 4/17 Relay for Life Breakfast  
Burrito Day

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## THE END OF AN ERA

Many of Othello's residents can remember when Freddie's was the place to go. "Back in the 60's and 70's, it was the hot spot," recalls Tom Kaufmann.

Freddie's Restaurant opened in 1954 and after Freddie died, his son Don took over. The restaurant closed in 1991. Not long after, Don sold the property. It was converted to the Twin Dragons Restaurant. The restaurant lasted through the 90's, but Twin Dragons eventually closed leaving a virtual ghost town inside. CBHA bought the property in 2008. Inside the tables were still set, the alcohol still out on the bar, the kitchen still unclean from the last dinner it served. It was as if the owners had locked up one night after a busy day

and just never came back. The building was demolished last Saturday (March 28th). The space where the building sat will be turned into expanded parking for our patients.

CBHA employees were offered a chance to snatch a piece of the restaurant's history at the recent garage sale and many jumped at the opportunity.

It is evident that Freddie's had sentimental meaning to many in our town - it held so many great memories for so many people. We were all sad to see it go, but as we know - all good things must come to an end.

## WHAT CAN AN INTERNIST DO FOR YOU?

Did you know that CBHA has our very own internist, Dr. De Castro, on staff? Do you know what this means for you?

An internist is focused on adult medicine and has had special training in the prevention and treatment of adult diseases, but is also able to treat general health concerns.

The following are specific conditions that Dr. De Castro can help you or someone in your family with.

- Antibiotic Resistance
- Anticoagulation management
- Depression
- Diabetes
- Fatigue
- Headaches
- Hypothyroidism
- Obesity
- Osteoporosis
- Sleep Apnea

### Congratulations Susana Salgado

Susana is now a certified dental assistant! She worked very hard and studied many hours to pass the national board exam. Good job Susana!!! We appreciate your dedication to patient focused excellence!

## COUNSELING AWARENESS

### Employee Assistance Program for CBHA Employees

by Dennis Braudrick

April is Counseling Awareness Month. CBHA has a strong commitment to health, safety, its patients, and the welfare of its employees and their families. CBHA recognizes that a variety of personal problems such as life changes or adjustments, emotional stress, family problems, as well as other behavioral conditions can have a devastating impact to employee's lives, the business, and the community.



Dennis Braudrick, Behavioral Health Specialist

Some of you may not know that counseling services are available for CBHA employees with counselors that are not CBHA employees. CBHA provides this benefit through the Employee Assistance Program (EAP) and it is available through First Choice Health as part of CBHA's employee benefit package.

#### What is an Employee Assistance Program and how does it work?

The EAP is a confidential, professional counseling assessment and referral service provided to CBHA employees and eligible family members. You can call their toll free number 24 hours per day, 7 days per week at: 800-777-4114 or e-mail at [info@firstchoicceap.com](mailto:info@firstchoicceap.com), or schedule an appointment from the EAP website [www.FirstChoiceEAP.com](http://www.FirstChoiceEAP.com). This service is confidential.

#### What Kinds of Problems Are Covered by the EAP?

The EAP responds to all kinds of requests for counseling assessment and life concerns. It's normal for people to have more than one concern at a time.

#### What Can I Expect When I Contact the EAP?

When you call the EAP toll free number, you will speak with an EAP professional who will ask a few brief questions. The representative will need to know your name and the company you work for, the type of problem you are experiencing, the best way to communicate with you and your preferences about location & time for meeting with a counseling professional. The representative will then make arrangements to connect you to a

The EAP is a confidential, professional counseling assessment and referral service provided to CBHA employees and eligible family members.

counseling assessment professional with experience working with your concerns and at a location convenient to where you work or live.

If you have further questions about the Employee Assistance Program or how it works, feel free to contact the Human Resources Department and/or any of CBHA's Behavioral Health staff.

## MISSION STATEMENT:

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

## ERIN INGALLS Employee of the Month for January 2009!

by Fay Coats

#### Short Work Bio:

Erin is our Marketing Coordinator. She is in charge of all of our marketing efforts within and for the clinic.

#### Fast Facts:

Erin and her husband, Preston Lehr, PA-C, moved here almost two years ago from Seattle. They enjoy the quieter lifestyle and their new friends in Othello.

#### Why She Won:

"Erin is very talented, produces quality work, is efficient and very committed to making CBHA a better place, both for our patients and employees," said Greg Brandenburg, her supervisor. Kathy Whitney, clinic manager, nominated Erin. She says, "Erin has proven to be a great asset to CBHA...she organizes everything for the clinic managers on the days when special events are held. She makes these events go so smoothly. I think everyone who has worked with Erin has found her to be very efficient, professional and extremely talented plus an all around joy to work with!"

#### The Scoop:

Erin is a very creative, energetic person who retains her sense of humor, enthusiasm and calm manner throughout the work day. When asked what she especially likes about working here, she is quick to say that she "gets to interact with all the great people in the clinic." She also "loves the challenges that come with her job."

#### Erin's Answers to Totally Ridiculous Questions:

Mac or PC? Definitely PC

If you had to choose one person, with whom would you want to be stuck in an elevator? My husband.

Where would you rather be right now? Fiji

Who can always make you laugh? Conan O'Brien

Have any cool scars? No, I wish.

What's the first thing you do when you wake up in the morning? Hit snooze on the alarm clock.



## NEW YEAR, NEW RELAY

It's time to start thinking about the upcoming Relay for Life (July 24-25). This year there will be some changes to our fund raising efforts...

This year's fund raising will include:

- Raffle Baskets
- Breakfast Burritos (4/17)
- Spoon Tacos (5/15)
- Wear Jeans to Work for \$5 (5/22)
- Purple Flower Day (6/12)
- Greg's Sausage Sandwiches (6/26)
- Potluck Lunch (7/10)
- Car Wash (7/11)
- Yard Sale/Bake Sale (7/18)

#### On-going Fund Raisers

- Mr. Relay - you will be able to donate in the name of different men in the clinic (that have agreed to participate). Whoever gets the most donations will have to dress up as a woman at the Relay.
- Birthday Grams - for \$10 you can embarrass your friends! We will deliver a large balloon and sing a birthday song to anyone you like in front of anyone who is listening at any of the clinics.

Would you like to be part of the 2009 CBHA Relay for Life Team?

By joining the CBHA team, you will get your Relay for Life T-shirt, you can walk in the Relay and if you choose to you can help with our fundraising efforts.

If you would like to join the Team or would like more information on our fund raisers, please contact Erin Ingalls, x2005 or [erini@cbha.org](mailto:erini@cbha.org).