

HR CORNER

Have you used CBHA's EAP Benefit?

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. Here is a brief list of issues and concerns that Team EAP can help you respond to:

- Relationship Concerns
- Traumatic Stress
- Work Stress
- Anxiety
- Domestic Abuse
- School Performance
- Grief & Loss
- Work Performance
- Gambling Addiction
- Alcohol Abuse
- Caregiver Burnout
- General Stress
- Family Problems
- Depression
- Impulse Control
- Parenting Problems
- Adolescence
- Life Transitions
- Communication Skills
- Sleep Problems
- Drug Problems

Work-life Services are Also Available

Eldercare Consultation, Childcare Referral, Legal Consultation, ID Theft Resolution, Personal & Family Mediation, Financial Consultation and/or Nurseline are other services available.

There are several ways you can contact the EAP:

- 800-777-4114 --main number, answered 24 hours/day, 7 days/week
- 800-777-4969 --toll free TDD number for the hearing impaired
- email at info@firstchoiceeap.com or schedule an appointment from the EAP website.

NOTES OF APPRECIATION

I want to thank the Call Center for always helping out anytime time I need them to fold brochures, make buttons, fold the Vital Signs, cut the attendance stars, etc. You guys always have a positive attitude and I really appreciate the help. Thank you so much! - Erin Lehr



CUSTOMER SERVICE TIP OF THE MONTH...

Think of a way you can make a positive memory for a patient that will make them want to come back.

SPECIAL DATES

BIRTHDAYS

- 2/9 David Hofheins
- 2/10 Rigo Ozuna
- 2/15 Eriz Valencia
- 2/16 Esmeralda Gonzalez
- 2/17 Amelia Munguia
- 2/18 Cristina Martinez-Smoot
- 2/18 Edna Hymas
- 2/19 Monica Valdez
- 2/19 Emily Medina
- 2/20 Cynthia Valdivia
- 2/20 Michael Adams
- 2/20 Kjersten Frerichs
- 2/21 Swati Kakodkar
- 2/24 Kathleen Coffman
- 2/25 Esther Delgado
- 2/25 Yolanda Martinez
- 2/25 John Moyer
- 2/27 Maria Martinez
- 3/6 Esmeralda Campos

HOLIDAYS & EVENTS

- 2/9 Winter All-Staff
All clinics will close at 5pm
- 2/14 Valentine's Day
- 2/15 President's Day
Floating Holiday

CONGRATULATIONS!
JANUARY DENTAL
ASSISTANT OF THE MONTH
~KARINA GONZALEZ~

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2010 Weight Loss Challenge



Feel Better, Live Better, Be Healthier

A slew of employees have already signed up for the 2010 Weight Loss Challenge. Some of you may even have made it your New Year's goal to get in shape. If you've not yet joined, there is still time. Any employee can join at any time, but the longer you wait the less time you will have to get in shape and win the 1st place prize of half the cash everyone paid to enter the contest.

The Weight Loss Challenge started January 11th and will end April 9th. So get in gear for the new year and shape up!

Even if you've decided to opt out of the challenge, you can still get in gear.

For those of you that don't know, CBHA employees have full access to the workout rooms located at Wahluke Family Clinic and Othello

Family Clinic. We also enjoy the unique privilege of **FREE** services from our very own fitness guru, Wayne Schutte.

You may have seen Wayne's article in the previous Vital Signs issue, "6 Strategies for Weight Loss." These

strategies can come in useful for your new year's goals.

Like Helen Thayer said, "A goal without a plan is only a dream." Which means now

is as good a time as

any to write down your fitness goal and develop your own plan for how to reach it. Whether it be to lose 20 pounds, be more active or live a healthier life style, the first step is putting together your plan for how to accomplish it. The next step is sticking to it and we all know that's the hardest part, but rest assured your fellow employees are rooting for you!

"A goal without a plan is only a dream."

- Helen Thayer, first woman to walk solo to any of the world's poles

Please Welcome...



Barbara Walters to CBHA's Board of Directors!

Barbara joins us from Desert-Aire where she has lived with her husband since 1997, with a three year stint in Arizona from 2000-2003. Before moving to Desert Aire, Barbara and her husband lived in Bellingham. "We got tired of the wet," she said. Barbara has a 32 year old son and a 12 year old grandson. She has been married to her husband for 27 blissful years.

Barbara worked for the last 30 years as a medical transcriptionist.

In addition to news worthy journalism... (that was a joke), Barbara enjoys golf, sewing, playing the piano and doing charity work. You may remember that Barbara is deeply involved in Project Linus from previous Vital Signs issues. Her free time is spent as Chapter Coordinator for the charity program which provides 'security through blankets' for children that have been through some kind of trauma.

Barbara is a patient at Wahluke Family Clinic and was asked to join the Board by our CEO. When asked what she is looking forward to most as a board member Barbara said, "Learning a lot about the organization. The numbers and growth are phenomenal. I'm really excited to be a part of that."

We are excited and privileged to have Barbara join our team!



THE KEY TO HEART HEALTH

by John Beauchamp, PA-C

February is Heart Health Month - a good time to reflect on what we can do to prevent cardiovascular disease. Cardiovascular disease refers to the class of diseases that involve the heart or blood vessels (veins and arteries). It is usually used to refer to diseases related to arterial disease, high cholesterol, and high blood pressure.

Certain risk factors cannot be changed including increasing age, gender, and heredity. Eighty-three percent of people who die from coronary artery disease are over 65 years of age. Men are at greater risk of heart attacks than women, and have them earlier in life. Children of parents with cardiovascular disease are more likely to develop it themselves. Hispanics, American Indians, native Hawaiians, and some Asian Americans are at higher risk of heart disease than Caucasians. Because you cannot control your age, sex, race or family history, it is even more important to treat and control any other risk factors you have.

Major risk factors you can modify, treat or control with lifestyle changes or medication:

Tobacco smoking: smoker's risk of developing cardiovascular disease is 2 - 4 times that of non-smokers.

High cholesterol: as blood cholesterol rises so does the risk of coronary artery disease.

High blood pressure: high blood pressure increases the workload causing the heart muscle to thicken and become stiffer. It also increases the risk of strokes, heart attacks, kidney failure and congestive heart failure.

Physical inactivity: Regular moderate to vigorous physical activity helps prevent heart attacks and blood vessel disease. The more vigorous the activity the greater your benefit, but even moderate intensity activities help if done regularly and long-term. Physical activity can also help control blood pressure, cholesterol, diabetes and obesity as well as help lower blood pressure in some people.

Obesity and overweight: people who have excess body fat, especially around the waist, are more likely to develop heart disease and strokes even if they have no other risk factors. Excessive weight increases the heart's work and raises blood pressure and cholesterol levels. Being overweight also contributes to the development of diabetes. Losing as few as 10 pounds can help lower your risk of developing cardiovascular disease.

Diabetes: diabetes seriously increases your risk of developing cardiovascular disease and strokes, but the risk is even greater if the blood sugar is not well controlled. About 3/4 of the people with diabetes actually die from some form of heart or blood vessel disease.

Stress: an individual response to stress may be a contributing factor. Stress may effect established risk factors, for example people under stress may overheat, start smoking, or smoke more than they usually do.

Alcohol: drinking too much can raise blood pressure, cause heart failure and lead to strokes. It can contribute to high triglycerides, cancer, and other diseases.

There are many things we can do to help reduce our risk or prevent early development of cardiovascular disease. If we can control our risk factors, we can live longer and healthier lives.

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.

congratulations CHRISTINA RODRIGUEZ!



Employee of the Month for November!

Short Work Bio:

Christina is a Registered Nurse. She works exclusively at our Wahluke Family Clinic facility.

Fast Facts:

Christina recently graduated from nursing school at Big Bend Community College. During the last year of college she traveled from Mattawa to Moses Lake almost every day to finish her degree - talk about dedicated!

Why She Won:

WFC only has two licensed nurses that work five days a week. Carlos Ruiz, Christina's supervisor, says "Christina takes the responsibility of being licensed nurse very seriously and acts as a leader for all the nurses at WFC. She provides quality care to our patients and is also a nurse preceptor, so she is always helping to train other nurses."

The Scoop:

Christina is a go getter. Her co-

worker, Agi Tapia-Garcia, says, "she is always willing to help and always with a positive attitude. She is a great example that even a single mom can continue her education and have a better future for her family."

Christina's Answers to Totally Ridiculous Questions:

What is the one thing you've never had a chance to do, but would like to do before you die? *Bungee Jumping*

What do you do as soon as you walk in the house after work? *Change into home clothes and help my daughter with her homework.*

If you were a superhero, what would your super power be? *Flying - so I could get everywhere faster.*

If you could be someone different just for a day, who would you be? *My daughter, so all I had to worry about was school and play.*

If you could have any job in the world, besides your current job, what would it be? *Lawyer - I live to argue.*

What is your favorite TV show, past or present? *House*

Spark Points for January

The names in bold were recognized by a patient. Names highlighted are Firestarters!

Employee	Total Points
Abraham Martinez	2
Barbara Garza	1
Cheryl Gutierrez	5
Debbie Hamm	3
Delma Cantu	1
Gloria Stoutamyer	3
Lance Gledhill	1
Leo Martinez	1
Luis Martinez	2
Michelle Ang	1
Raylene Lawrence	1
Rosemary Martinez	2
Sam Gomez	2
Taffien Wright	2

Mark Your Calendars!

Mark your calendars! Scott Sarber, CFP, will be onsite **March 3 - 4** to discuss your retirement investment options.

Watch your email for more information.

