

Treating Patients in Othello for 120 Years!



Richard Bunch, MD David Hofheins, DO John Betz, PA-C

If you combine the number of years that Dr. Bunch, Dr. Hofheins and John Betz, PA-C, have served Othello, you will come up with a total of 120 years!

Dr. Richard Bunch was the first to arrive. He began his practice on August 1, 1962. He's been here ever since. He has been honored by State and national medical organizations over the years. The Othello Community Hospital's obstetric unit was dedicated to him and renamed in his honor in 2007.

Next to arrive on the scene was **John Betz, PA-C**. He had been a US Navy corpsman for six years at Bethesda Naval Hospital qualifying him to enter the newly developed Physician Assistant Program at the University of Washington (UW). He graduated from the UW in 1970. He joined Dr. Bunch in his practice at 14th Avenue Medical Center at that time and continues to work there. He was recently honored with a Lifetime Achievement Award from the UW.

Dr. David Hofheins has lived in Othello since 1979 when he joined Columbia Basin Health Association. He graduated from medical school in Kansas City. His program there placed physicians in needed areas for two years with the hope the doctors would remain in the communities. It worked for Dr. Hofheins. He will complete his 30th year as a CBHA employee in August of this year. Like Bunch and Betz, he has been honored on several occasions by medical organizations.

These three men have their love of people and dedication to serve in common. They also like the outdoors, small town living and the quality of life they enjoy here. We salute and thank them for what they have given us all these years! A job well done!!

CBHA Welcomes New Providers!



Mollie Page, PA-C

Molly's background includes a Bachelor of Science degree from Western WA University, medical research projects and clinical trials. "Over time I became interested in actually working with patients and being involved with their care," she said. This led her to Midwestern University in Glendale, AZ where she graduated with a Master in Physician Assistant Studies. She is happy to be back in WA State and enjoys being part of the CBHA staff. She finds the Othello area fits well into her love of the outdoors. "I run, cycle, swim and hike," she says. She runs full marathons and has also participated in triathlons.



Miguel Blas-Matus, PA-C

Miguel joined the CBHA medical staff in the fall of 2010 after graduating from the MEDEX Northwest Physician Assistant Program at the University of Washington (UW). Prior to that he lived in Mexico where he was a medical doctor. He moved to the US in 1993 and worked as a surgical technician until enrolling at the UW. He enjoys treating patients of all ages. He is a long distance bicyclist and a member of the Tri City Chinook Bicycle Club. He also belongs to several bike clubs in Yakima and the Seattle area. Miguel is a motivational speaker who encourages new generations that it is possible to overcome obstacles to reach their goals.

Clinic Hours

Othello Family Clinic

Monday–Thursday 9 a.m. to 8 p.m.
Friday 9 a.m. to 6 p.m.
Pharmacy, M–F 9 a.m. to 6 p.m.
Appointments: 488-5256

Othello Family Dental Clinic

Monday–Friday 7 a.m. to 6 p.m.
Appointments: 488-5256

Othello EyeCare

Mon, Wed, Thur, Fri 8 a.m. to 5 p.m.
Tuesday 10 a.m. to 7 p.m.
Appointments: 488-2020

14th Avenue Medical Center

Monday–Friday 8 a.m. to 5 p.m.
Appointments: 488-6644

Connell Family Dental Clinic

Monday–Friday 7:30 a.m. to 5:30 p.m.
Appointments: 234-0551

Wahluke Family Clinic

Monday–Friday 9 a.m. to 6 p.m.
Pharmacy, M–F 10 a.m. to 6 p.m.
Appointments: 932-3535

Wahluke Family Dental Clinic

Monday–Friday 8 a.m. to 5 p.m.
Appointments: 932-3535

Joint Commission Accreditation

Joint Commission 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.



www.cbha.org

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

The Field Group | Yakima, WA | www.thefieldgroup.net

Design

140 E. Main | Othello, WA 99344 | 509-488-5256

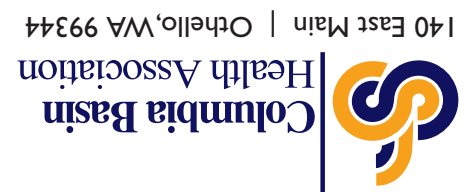
Fay Coats and Erin Lehr, Editors

The Columbia Basin Health Association newsletter is published as a community service by its Marketing and Public Relations Department. It is published in the spring and fall each year.

Publishing Information

POSTAL CUSTOMER

*****EGRWSS

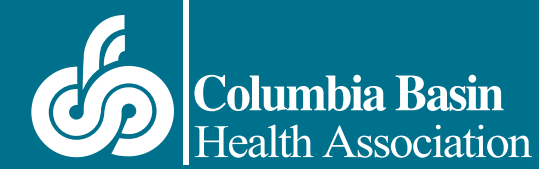


Our Mission

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."



Spring 2011



Hometown Health

In this Issue...

Pg 2.....Nellie Booker Logan Embraces a Healthy Lifestyle *continued*

Pg 3.....The Convenience of a Medical Home

Pg 4.....CBHA Recognized Nationally for Immunization Program

CBHA Partners with the University of Washington to Offer Dermatology Services
Technology for Better Care

Pg 5.....Treating Patients in Othello for 120 Years!

CBHA Welcomes New Providers!

CBHA Board of Directors

Everett Cole.....Board Chair
Kate Brueske.....Vice-Chair
Maxine Taylor.....Secretary
Joe Montemayor.....Treasurer
Maggie Gutierrez
Dora Beraza
Enrique Miron
Mike Garza
Barbara Walters
Janelle Anderson
Martin Gallardo
Ross Bushong

Finding a Medical Home

CBHA – Your Home for Medical, Dental, Vision and Pharmacy

It is our goal to be your medical home, where you feel comfortable going for any of your medical needs. Our full service medical, dental, vision, pharmacy, outreach and support service programs provide a wide range of services. In addition, we have established referral networks for specialty care. We like to create long-term relationships with the people we take care of and many of our patients utilize all our services. Such is the case of our first story; Nellie Booker Logan, Othello pioneer and long time area resident. We admire Nellie's commitment to healthy living.

You will also read about long term patient, Esmeralda Guzman and her four children. Esmeralda works full time and enjoys the convenience of obtaining her family's medical, dental, vision and pharmacy needs locally.

Nellie Booker Logan Embraces a Healthy Lifestyle

Longtime 14th Avenue Medical Center patient Nellie Booker Logan will celebrate her 103rd birthday in November. She has led a full, happy and healthy life and attributes her good health to a careful diet and lots of exercise. "I avoid sugar and sweet drinks," she says. She favors foods high in Omega 3, Omega 6 and Omega 9 as well as whole grains.

Continued on page 2...

"Keeping Healthy Those who Feed the World"

...Continued from page 1

Nellie Booker Logan Embraces a Healthy Lifestyle

She also takes a proactive approach. "I spend a lot of time researching alternative medicine." She is quick to add that her personal physician, Randel Bunch, MD, is very supportive of her quest towards a more naturalistic approach to medicine. "Of course I go see him if I am really sick," she is quick to add. "I have been a patient of CBHA for a long time," she said. "I just love Dr. Aleta Cheek, my dentist." She also fills the few prescriptions she needs at the CBHA pharmacy. "Everyone treats me very well."

Nellie met her husband, Tom Booker, at the University of WA. They moved a number of times to accommodate his work as a public accountant before moving to the Othello area 70 years ago. Tom's father had homesteaded in the area. Nellie and Tom settled on a farm six miles out of Othello. She transferred her course work from the University of WA to Eastern State University where she obtained her teaching degree. It was there that Nellie studied the Hispanic culture and language. "I found it very interesting and rewarding to learn about this culture and incorporate what I learned into my teaching curriculum." Nellie taught kindergarten in Connell, WA for about seven years.

Volunteerism has played a large role in Nellie's life. She gave up her teaching position after duties on the farm and three children demanded more of her time. One day, after hearing her daughter, Marty, talking to imaginary friends, she decided she needed to create an outlet for her. She started the 4-H



program in this area and worked to create a leaders' group. That endeavor led to involvement with the Adams Co. Fair. She was also instrumental in forming the Methodist church in Othello.

Nellie says she is "blessed with hard bones." She has suffered a number of major falls in her life including falls into two basements. She did crack a hip several years ago and, with the help of her family, moved into Coventry House where she has lived ever since. Nellie led quite an adventurous life in her earlier years. She loved to ski when she was in college. "We didn't have ski lifts in those days," she said. "We hiked up the mountain and then skied down." She fell into a crevice one day when she became separated from her skiing party and managed to get out on her own. Once, while mountain climbing with her sister, she had to be rescued by fellow mountaineers from a narrow ledge as they descended a mountain peak.

Nellie is thankful for the rich life she has lived including visits to at least 35 countries. She acquired additional family members when she married Othello resident Ray Logan after Tom's death. At the urging of her family she has started to write her memoirs. "I have been truly blessed," she concluded.

The Convenience of a Medical Home

Esmeralda Guzman has four children. As any mother knows, school age children need physicals, vision check-ups, dental exams and can often bring home a cold or flu that makes its way through the whole family. "I always hope we all don't have a problem at the same time," she said. Esmeralda likes the convenience of having her family's medical, dental, vision and pharmacy services locally and all in the same place. It has saved her time and money.

Esmeralda's oldest son, Johnny, was playing baseball last summer and got hit in the mouth. He suffered two broken front teeth in the process. "I brought him into CBHA's family dental clinic and his teeth were completely restored in a couple of weeks," she said. She was grateful she didn't have to travel out of town which would have increased her costs and their time away from school and work.

Othello has been home to Esmeralda and her family for 18 years. She works full-time at McCain Foods and is very busy keeping up with her children. Her oldest daughter, Bianca, will graduate in June from OHS and will also receive her AA degree from CBC at that time. She plans to attend WSU in the fall. Johnny is involved in sports and particularly enjoys wrestling. The younger children also enjoy sports.

Recent visits to the clinic included an eye exam with Dr. David Gaimari for Bianca, a dental check up for Esmeralda and a visit by Johnny, Bernice and Adrian to their family physician, Dr. Christopher Schuler. Esmeralda says the staff is "very patient and helpful" no matter which department she is in. "The quality of the care is always excellent!"



Esmeralda with Dentist, Dr. Lance Gledhill



Bianca with Optometrist, Dr. David Gaimari



Bernice with Dr. Christopher Schuler

"I couldn't drive when I broke my collarbone last year and having medical services here in town was very helpful. I couldn't work so the low prices at the pharmacy made my life much easier. The doctors and staff are always professional and friendly. I never have to leave town for a dentist appointment or eye exam. It's really nice to know that if one of my kids get sick, I can count on getting them in to see a doctor right away."

CBHA Recognized Nationally for Immunization Program

Strategies in Place to Combat Whooping Cough

Columbia Basin Health Association's recent success in improving adult Tdap (Tetanus, diphtheria, acellular, pertussis or whooping cough) immunization rates has been recognized nationally by the Joint Commission, an organization which sets standards for quality health care. "We are excited that the Joint Commission has chosen to feature several strategies in place at all of our clinics that have resulted in high immunization rates among both our staff and patients," said Dulcye Field, Director of Quality. These programs are detailed on the Joint Commission Website.

Outbreaks of whooping cough have occurred over the past several years which have underscored the importance of immunizations. "Children should get five Tdap vaccinations between two months old and beginning school to ensure they are fully immunized," Field emphasized. "Children who are not fully immunized are susceptible to Pertussis, which can be quite serious." Such has been the case in both Adams and Grant counties in the past year. A number of young children were diagnosed with the disease resulting in hospitalizations and the death of one infant in Grant County. "We consider this a tragedy because Pertussis is a vaccine preventable disease," she said.

Field also pointed out that, as a result of these local, regional and national outbreaks of whooping cough, health officials are changing their guidelines regarding who should be immunized. The Tdap vaccination previously was not recommended or labeled for persons over 65 years of age. "Now, in light of increased Pertussis nationwide, the CDC has recommended that all adults who may have contact with infants should get the Tdap immunization. This recommendation now includes adults over age 65."



Dr. Elali with patient using smart phone device.

CBHA Partners with the University of Washington to Offer Dermatology Service

Specialty dermatology care via a teledermatology program is now available at CBHA medical clinics. "CBHA recently partnered with the University of Washington to set up the program," said Gabe Miu, MD, CBHA Chief Medical Officer. This service is currently limited to Grandview, Toppenish and Othello.

The program utilizes a smart phone to upload photos and information about a patient's skin problems. This information is then transmitted over a secure network to dermatologists at the UW. Dr. Miu said CBHA physicians routinely treat minor skin problems but like the ability to consult with dermatologists on more serious cases. Dr. Bashar Elali agrees. "I have already used this new technology several times with my patients," he said. "The images are very clear and, within 48 hours, a dermatologist will have reviewed the results and sent back a diagnosis."



Technology for Better Care

We are always asked what medications we are taking when we enter a patient exam room. At times it seems very repetitive and we may even find ourselves a little irritated by it. However, it is an extremely important question. People often develop medical conditions as they age. The more medications we take the higher the risk of negative drug interaction. CBHA's pharmacy electronic records are linked with the patient's medical record and will automatically raise a red flag if a medication is prescribed that will adversely interact with something the patient is already taking.