

VITAL SIGNS

VOLUME 18 • ISSUE 8

AUGUST



welcome

Jesstine Kane, PA-C

Family Practice

Jesstine Kane enjoyed the six week clinical experience she completed at CBHA at the beginning of her PA training.

"I was able to work at both the Othello and Connell CBHA clinics. I love CBHA and all that they do," she said. "I was really impressed that they have these state-of-the-art facilities. I previously worked in the Tri-Cities for 18 months and gained a lot of patient experience in a large hospital. The charm of this area grows on you after a while."

Jesstine said she is happy to have returned to CBHA and care for people in a clinic setting. "I want to help people achieve their best healthy life on a daily basis. CBHA really is an amazing facility – the likes

of which one might expect in Seattle or Portland."

She will work in Othello three days a week and in Connell the other two.

Jesstine recently returned from a month-long Spanish language immersion class in Guatemala. "I learned a lot there," she said. "I can understand a lot of Spanish, carry on a basic conversation and hope to increase my fluency in time."

Jesstine grew up in Spanaway, WA and graduated from high school there. She moved to Spokane and attended Whitworth University from 2010 to 2012. From there she moved to the East Coast to attend Kean University in Union, NJ where she obtained

her Bachelor of Arts in Biology. She went on to obtain a Master of Science in Physician Assistant Studies from King's College in Wilkes-Barre, Pennsylvania.

When not working, Jesstine is actively involved in community and home. She and her

husband, Kittrick, own a 20-acre farm near Eltopia, WA. She says she "has a wonderful husband and a farm full of pets including four horses, goats, dogs, cats, chickens and one duck! I do the fun stuff...feed the baby goats and other animals."

She has combined her love of animals and her interest in helping children in the volunteer work she does.

Last fall she helped an organization called TROT in the Tri-Cities. TROT stands for Therapeutic Riding of Tri-Cities, and is run by a speech therapist and a physical therapist who have three therapy horses. Children come once a week for six weeks to ride the horses. They learn how to communicate with the horses and be comfortable around them. Some of the children are nonverbal and many have special needs. Jesstine was horse leader helping the children get on and off the horses making sure the child and the horse were in sync.

Jesstine and Kittrick have also volunteered as counselors at a weeklong overnight camp designed for kids with cancer.

When not working or volunteering, Jesstine likes to read; historical fiction is what she is reading now. She and Kittrick are also avid hikers. "Washington is such a beautiful state with lots of hiking available."



"I am most excited about helping my patients live a healthy life on a daily basis - not just treating them with medicine when they are sick. I want them to live comfortably and develop healthy life style changes."

FIRESTARTER AWARD: JULY

Jenny Padilla

MEDICAL ASSISTANT - CERTIFIED

CBHA congratulates this month's Firestarter, Jenny Padilla. Jenny began working as a receptionist at the Wahluke Family Clinic in 2013. While working as a receptionist, Jenny completed training to become a Medical Assistant (MA-R).

Once that was completed she went on to become certified. She works with provider Raul Mendoza, PA-C. He recognized Jenny earlier this month as being incredibly efficient in her position without sacrificing her passion for helping people. The reception staff have recognized Jenny, as well stating that Jenny truly cares and does not want to see patients or staff suffer in any way.

Jennifer was nominated for this honor by Courtney Olson and Jenny Day. They praised her workplace behavior. She is often recognized by her peers during the rounding process. She dresses professionally and is definitely a team player – and not just with her team. If another team needs a patient roomed or an extra nurse to help out, she is always ready to lend a hand. She shares her experience and knowledge with others, which bolsters the whole team rather than just her group.

The new hires go to her if they need help because she always makes time for them. When she sees people wandering around, she always asks if they need assistance.

She saves bits and pieces of information she comes in contact with in a binder in order to pass that information along in case it is needed again. "She also has a lot of information stored in her head," Courtney said.

Jenny says the favorite part of her job is interacting with the patients. "They appreciate everything we do for them and always say 'thank you'." It is no wonder that patients request to see her when they come in. They want to say "hi" or share the progress they may have made. Jenny goes the extra mile for them, making phone calls and collecting information for patients to address all of their needs. Jenny can be relied on to work independently without supervision. She makes sound decisions even when no one is monitoring her. She is open and honest and communicates well.



Jenny was very surprised to find out that she had been selected as Firestarter of the Month. She said this award means a great deal to her. "I love my job and everyone I work with. It involves a lot of multitasking because we are very busy. I try hard to deliver great care to the patients and work alongside my coworkers to the best of my abilities. To know that my work is recognized by others is very fulfilling."

Jenny and her husband, Neftali, have a daughter, Sofia, who will be three in November. "I like to run, hike, and I also like to go bike riding," Jenny said. "I often take Sofia with me on bike rides. My family lives close by and we visit them several times a month on weekends."

GROWING AT CBHA



TY LAYTON

A big shout-out for Ty Layton most recent CompTIA Server certification. Commonly known in the Information Technology circles, the CompTIA Server certification demonstrates the knowledge to work in major server platforms.

This covers the latest technologies including fundamentals to work with visualization, security and attached storages in an increasingly complex industry. This certification is recognized by the International Organization of Standards (ISO) and the American National Standards Institute (ANSI). This is a big step for any IT professional which requires hundreds of study hours and practice to successfully complete this certification.

This is a significant accomplishment – Big thumbs up.

— Randel Stevens
Chief Information Officer



POSITIVE PULSE

MIND. BODY. HEALTH.

LEVEL 1

Sarah Stapelmann

Fatima Romero

Alvaro Ontiveros

Maria Villanueva

Luis Aceves

Ivonne Torres

LEVEL 2

Maria Cardoso

Jasmin Galarza

5K COLOR RUN CBHA RUN FOR A CAUSE



KIDS WITH SPECIAL NEEDS

SEPTEMBER 29

9 AM • OTHELLO CLINIC

REGISTER: CBHARunForACause.com

welcome

Ilona Buts Dental Hygienist



Ilona Buts is excited to be performing dental hygiene procedures at CBHA. She recently joined the dental staff after graduating from Columbia Basin College with an associate degree in dental hygiene and an associate of science degree.

She became interested in CBHA after Dulcye Field, Kelly Carlson, Valerie Valdez and Lori Belmontes made a presentation to her class at CBC. "I was impressed with what they had to say," Ilona said. "I decided to seek an interview and come check it out. The clinic is really so beautiful. However, it was the friendliness of the staff that made the difference. Everyone was so welcoming and helpful!"

As a home care aid for the past five years, Ilona has realized she truly enjoys helping people. Now she looks forward to helping

people in a new way. "I want to educate my patients about the importance of good oral health and how it affects their overall wellness," she said. "Regular check-ups and professional teeth cleaning are vitally important."

Growing up in Burbank, Washington, Ilona is familiar with the area and enjoys that she, her husband and young son are able to get together with extended family when time allows.

"My parents are from the Ukraine," she said. "I speak Russian fluently and read stories to my one-year-old son in Russian." She is also trying to perfect the three-layer Ukrainian cake. She enjoys doing weight training and likes to take photographs. She dreams about traveling to beautiful places around the world and taking photos of that beauty.

Sarah Segura Dental Hygienist

Sarah recently joined the CBHA dental staff as a dental hygienist after graduating from Columbia Basin College with an associate degree in dental hygiene and an associate of science degree.

She is also continuing to work online towards a Bachelor of Science in Dental Hygiene. She has already started treating patients and is looking forward to becoming well acquainted with the patients as well as staff and community members.

Having grown up in Pasco, where her family still lives, the Othello area felt familiar. Sarah was looking for a working environment that where she felt accepted and comfortable. "I found that here at CBHA when I was interviewed," she said. "Everyone was very friendly as they greeted me."

Sarah really enjoyed the practical aspect

of her training. "We worked with patients three times a week," she said. "I liked teaching patients how to take care of their teeth. Many people faced a language barrier in communicating with dental providers. These patients touched my heart; I speak Spanish and am very thankful to be able to help them communicate their concerns."

Sarah describes herself as an "outdoor person." She has completed the Badger Mountain Challenge with her sister, an experience she describes as "very challenging!"

She enjoys gardening and going on road trips with her boyfriend. "We recently went to Multnomah Falls in Oregon – so beautiful!" Sarah's large family (parents, four sisters and two brothers) get together frequently, a perk of living near her hometown.





Car Seat Checkup Event



Learn how to install your child's
car seat or booster seat!
Find out if it's time for a seat change



Safe Kids Grant County is hosting a Car Seat Inspection Event

where nationally certified technicians can help you properly
install your car seats & answer any questions you may have!

Saturday • September 15

10 AM - 2 PM

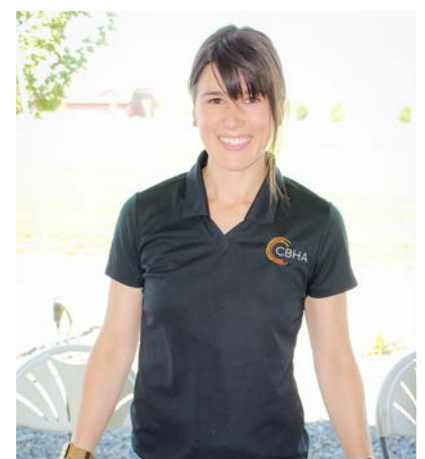
CBHA Wahluke Clinic Parking Lot 601 Government Way, Mattawa

Questions? Please contact Suleyma or Alejandra (WIC) at 509.932.3535

EVENT SPONSORED BY



OTHELLO COMMUNITY *Health Fair*





1

**Pam
Vazquez**



2

**Melinda
Valencia**



2

**Rebecca
Wolfs**



3

**Jeanette
Carmona**



3

**Nohely
Velazquez**



4

**Mayra
Elizarraraz**



7

**Jacqueline
Mabry**



9

**Esperanza
Leija**



10

**AV
Bountharath**



10

**Cynthia
Munguia**



11

**Dr. Catherine
Dinglasan**



11

**Bianca
Romero**



12

**Delia
Dominguez**



13

**Alejandra
Avalos Rangel**



15

**Jackie
Garcia**



**Gabriela
Olivares**



**Viridiana
Gomez-Viorato**



**Melissa
Alvarez**



**Martha
Mabry**



**Frankie
Sanchez-Meraz**



**Jill
Baker**



**Jose
Mata**



**Dr. Daryl
Ballard**



**Genaro
Jimenez**



**Kim
Yerbich**



**Tina
Deleon**



**Brenda
Gonzalez**



**Fay
Coats**



**Noemi Medina
Corrales**



Bike & Car Seat Safety Event

Saturday • September 22nd
10 AM - 2 PM

Othello Clinic Parking Lot
1515 E Columbia St (Next to Wahitis Elementary)



Bicycle Obstacle Course
Free Car Seat Inspections