There are many blessings to count this season. Take a moment to celebrate those things that bring you joy! Here at CBHA we focus on delivering an experience to our patients that we would want for our family members and ourselves.

We are intentional about the way we deliver service and how we are growing and strive to stay connected to our mission. As long as we remain connected to purpose, the things we can achieve are limitless. It’s at the core of what we do, and the result is a positive patient experience.

I feel extremely blessed for the opportunity to work alongside a group of passionate and purpose driven individuals, who truly care about the health and wellness of our communities. It is my hope that the dedication our employees show each and every day has had a meaningful and positive impact on you, our patients, throughout this year. I also invite you to continue your journey with us throughout 2019 as CBHA strives to exceed your expectations in everything that we do.

As we move FORWARD, CBHA leadership WILL commit to excellence, measure the important things, build a culture of service, create and develop great leaders, focus on employee satisfaction, build individual accountability, align behaviors with goals and values, communicate at all levels, and recognize and reward excellence.

I hope these words bless you as they did to me. “Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” – Melody Beattie

God bless this Holiday Season.

Nieves Gomez, CBHA President, CEO
Challenges every day is just the right thing to do.”

With the weather cooperating, participants turned out in even greater numbers than had originally signed up. Everyone enjoyed the thoughtful planning and celebratory mindset that was central to making this event happen.

“It was a very amazing experience to be part of something like this. I’m very proud of everyone who made this possible,” said Tenchy Lara-Garza, Run for a Cause participant. “It was so much fun,” echoed Jeanette Carmona, another participant. From face-painting to Photobooth pictures, soccer to snow cones, there was plenty of fun to be had—all while raising money for a great cause.

“It was so amazing to see CBHA and our community come together like this. Everyone really got behind this event. Many community members and several Othello High School students were part of the run as volunteers!” said Kristen Stevens, CBHA Health and Wellness Director.

“This type of event is what community is all about. We intend to host a 2019 event—we are confident it will become a successful tradition,” said CBHA CEO Nieves Gomez. Others seem to heartily agree: “CBHA, thanks for the totally cool Color Run! You all did a great job. Organized, friendly, great cause and family friendly. Loved it! Thanks you!” said Stacey Hillman.

Thanks to the community for turning out and to our generous partners, not only was CBHA able to make a considerable donation to support research for cure and treatment of Spinal Muscular Atrophy (SMA), but CBHA will also be able to provide support for several families and their children with special needs.

CBHA Chief Operations Officer, Blake Barthelmess, was also pleased with the perfect combination of activity, involvement and education. “We were very excited to celebrate wellness in our community with the Run for a Cause event and appreciated the incredible turnout. This level of participation is an important part of raising awareness in our communities.”

This event wouldn’t have been the cause for celebration that it was without you.

You connected to the cause, to our area children and to our community. On September 29th more than 750 of you participated in our first 5K Color Run: CBHA Run for a Cause. We were overwhelmed by the community’s response. With 550+ walkers, runners and strollers, as well as dozens of CBHA staff and 200+ volunteers, we exceeded our goals in terms of funds raised and community involvement.

“We had a great turnout,” said CBHA Chief Executive Officer, Nieves Gomez. “It took a tremendous effort from CBHA staff to put this event together and it was all worth it!”

Each color used in the first annual Run for a Cause represented a chronic childhood condition affecting children in the community. Special needs included: Asthma (pink), Down syndrome (blue), Autism (orange), Spinal Muscular Atrophy (purple), Childhood Diabetes (yellow), Behavioral Health (green), and celebrating all children with special needs (red). Learning about each condition proved to be educational, but also inspiring, as the strength and determination of the families of children with special needs was so evident.

“I had the opportunity to meet Harper Ramos, a 5-year-old child with SMA Type 2 and his mom, Crystal, who really connected all this to purpose,” said Nieves Gomez. “I learned that Harper has a twin, Hendrix, who also was diagnosed with SMA Type 2. Supporting families that face these types of challenges every day is just the right thing to do.”

You ran. You walked. You made a difference.
Cure SMA Foundation had also contacted Crystal and asked her to attend
and set up an information table about the rare condition.

Kristen called and invited them to the Color Run. The state SMA
Chapter who directed her to Crystal and Noe Ramos, parents
of twin boys who have SMA II. The family lives in Kennewick,
Washington.

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Many special thanks to our partners for this event. Your generous support made this event more successful than we dared to imagine!

CBHA COLOR RUN DONORS AND SUPPORTERS

Amerigroup  Mattawa Chamber of Commerce
Molina  Fernando Moreno
US Bank  Pegram Construction
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SNC Consulting, LLC  Tari Perez and Angela Kudsk – FBLA / AVID Advisors
Anytime Fitness  Amy Hurlbut
B & B Sales  Erin Alfred Murphy
Middleton Fall Festival  Melissa Alvarez, PA-C

CBHA.org
CBHA developed mission and vision statements years ago when there was only one small clinic. The Vision Statement reads: “Our vision is 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.” Part of CBHA’s hardwired culture is to be a valuable contributor to the communities that we serve. Beginning in this issue of Hometown Health we will spotlight some of the businesses, events, features and community dynamics that we think make our area such a great place to live and work. We call this “Explorations.”

An employee Positive Pulse Program focusing on mind, body and health has been in place at CBHA for a number of years. Employees benefit from this program through group hikes and walks around the area, organized sports competitions and other forms of physical exercise.

However, there was one need that wasn’t being met and that was the availability of indoor exercise 24 hours a day to accommodate various work schedules. “CBHA contracts with Anytime Fitness, a local exercise gym in Othello that is open 24 hours a day, seven days a week. Our employees are given a key to the facility and they can exercise any time they want,” said Blake Barthelmess, CBHA Chief Operations Officer.

Nathan Spinelli, CBHA Pharmacist, works out at Anytime Fitness three mornings a week. “I go in at 5 am on Monday, Wednesday and Friday,” he said. “It is very convenient for me to work out before I go to work.”

We encourage you to get out and explore our region. There are adventures around every corner!

CBHA management staff held leadership training at the Wanapum Heritage Center this past summer. “We took a break from our seminar one day and decided to do a little exploring,” said Courtney Olson, Wahluke Clinic manager.

The Wanapum Heritage Center is a short drive out of Mattawa south on Highway 243. The 50,000 square foot center is located on the ancestral grounds of the Wanapum people, along the bank of the Columbia River. It is an amazing place to connect with our area’s rich indigenous heritage.

CBHA is actively involved in the Mattawa community. Lars Leland, Director of the Port of Mattawa, also volunteers his time as President of the Mattawa Chamber of Commerce. “We appreciate CBHA encouraging clinic staff to be so actively involved in community events benefitting Mattawa,” he said.

The Chamber of Commerce was able to recruit the Millbrandt Company to locate its Wahluke Winery here. Jones Winery also settled here. Olson says she, as well as the rest of CBHA staff, consider themselves fortunate to live and work in such a beautiful area.
Tap into Total Support with TotalYou

We care about all your numbers, not just those that appear on the scale or the blood pressure cuff. The whole picture of your health is what matters to us:

- What’s your stress level on a scale of one to ten?
- Who are the support people you have in your life – people you could call in an emergency? Are there at least two?
- How many hours a week do you have to devote to self-care, whether that’s reading a book, walking around the block a few times, or taking a hot bath?
- How many hours a night do you sleep on average?

All of these factors – emotional, mental, social, and physical – contribute to the overall picture of your health. The TotalYou.

For example, if you live a busy, stressful life in which you have little time to relax, not enough time to sleep or to prepare balanced meals, these factors can be reflected in your blood pressure, your weight, your activity level, and even your heart health – all of which contribute to how much energy you have and how you feel on a day-to-day basis.

Following are some of the ways we are here to support you on your road to better health:

LIFESTYLE COACHING
Whether you’re facing difficult, life-changing decisions or could simply use a sounding board for family or career issues, CBHA can help. We have trained behavioral health specialists who guide patients through challenging periods, with the goal of being a calmer, more centered, more focused and healthier you.

NUTRITION EDUCATION
A general understanding of basic nutrition provides a firm foundation for optimal health. Conditions like pre-diabetes and diabetes make nutritional choices especially important. Our registered dietitians have extensively studied nutrition and how the body responds to different foods. They help develop individual, personalized plans for each patient, as no two are exactly alike.

RELATIONSHIP SUPPORT
Often when we are over-scheduled or under a lot of stress, we let our relationships fall by the wayside. But studies show that having mutually supportive relationships in our lives contributes significantly to a greater sense of our wellbeing. If you are struggling, our Behavioral Health specialists can help you address the issues and get you back on track.

STRESS MANAGEMENT
In addition to lifestyle coaching, CBHA offers helpful classes that can help reduce and manage stress levels, like yoga and Zumba. We also have events during which our Behavioral Health team teaches attendees about important stress management and coping techniques.

As you can see, TotalYou isn’t just about weight management. It’s about addressing the factors in your life that contribute to the areas you’d like to improve. Why aren’t you getting enough sleep? What makes you want to reach for that cigarette? How might you improve your diet or get more exercise? Who can help you manage your child’s struggles at school?

Recognizing and addressing the reasons you’ve come to the place you are, and meeting you where you are now, is what our TotalYou program is all about.

Gabriela Alvarez, CBHA Registered Dietitian
Sarah Stapelmann, CBHA Registered Dietitian and Dr. Nichole Tomblin, Dentist

Tips for Heart Healthy Holiday Indulgence

1. Have a party or a big meal later in the day? It’s much better to have a few small meals early on so you’re not so hungry that you over-eat late in the day. You will consume fewer calories overall by not restricting and then binging.

2. It’s okay to treat yourself. It’s the holidays. It’s not a good time to cut out all sweets or deprive yourself of entire food groups. But choosing wisely and passing on the bread if you know you’ll want the dessert later will help balance those indulgences.

3. Drinking plenty of water improves digestion and organ function, while also reducing appetite. But caffeinated beverages won’t help the goal of hydration, and should be limited.

4. Remember that a balanced diet includes plenty of vegetables, fruits, and leafy greens – and moderate amounts of starchy foods, dairy, and meat.

5. Keeping track of the number of alcoholic drinks you consume is wise not just for your waistline, but for your relationships and your general well-being the next morning. Alcohol increases blood sugar, adds many empty calories to our diet, and can affect judgment.

Let’s make 2019 the year you devote to you!

What will 2020 look like when you do? Connect with us at CBHA to learn more.

509.488.5256

CBHA Health Educators: Noemi Medina, Cinthia Morales and Irene Faustino

CBHA.Totallyou.org
The flu season peaks from December through February but can last as late as May! So, if you haven’t received your flu shot yet, it’s not too late for it to help you. It’s also a good time to check up on your other immunizations, too.

The hours of daylight are steadily approaching the shortest of the year, which means we’re likely to have some of the coldest temperatures of the year. Winter can also be a time of beauty here in the Pacific Northwest. Take time to enjoy the holiday and opportunities for recreation with family and friends.

Here are a few simple things you can do to make sure you and your family are prepared for the coldest days this winter:

**Layer up!**
- Base cold-weather layers: Dress your child (and yourself) in several layers for greatest warmth. Dress babies and small children in one more layer than you might wear.
- Mid-layer: Use thick clothes or blankets or tunics made of thick materials.
- Outer layer: Use down jackets, wool, or polyester blends.

**Play Safe**
- It’s not safe to play or sled in the street. Make sure children know to stay out of the street, and to come inside when they are wet or cold. Children should wear helmets when tubing, sledding, skiing, or playing ice hockey.

**Keep Your Head Covered**
- Wearing a hat helps you stay warm by trapping the heat from your head. Children are especially prone to lose body heat because their bodies are smaller, so be sure they have hats to keep warm as they play outside and go to school.

**Get Your Flu Shot**
- Get your flu shot by the end of the month of February. So, if you haven’t had one yet, it’s a good time to get it – help yourself and others who might be at risk for complications.

**Check Your Tires**
- If the tread on your tires is too shallow, it’s time for new tires. Here’s an easy way to measure:
  - Insert a quarter into the groove of your tire upside down, so that the top of Washington’s head is immersed in the tread groove.
  - If some of his head is covered by the groove, it’s time to replace your tires.

**Prepare Your Car for an Emergency**
- Keeping a blanket, a few bottles of water, and a few days’ worth of nonperishable food in your car or trunk is wise, just in case you end up stranded.

**Take Care of Yourself**
- Winter can be a time of more illness and seasonal depression, so if you or someone you care about isn’t feeling well, has low energy or mood changes, or has symptoms of cold, flu, or other sickness, see your provider.

**Wash Your Hands**
- Frequent hand washing helps prevent the spread of germs that cause cold and other viruses.
Many in our communities began their CBHA Experience at birth, have grown up in our area and now come to us for their own prenatal care, parent education, baby delivery and pediatric care services.

“Every Step of the Way” is a key part of our mission as we move Together Forward. Providing first trimester care for mothers and their unborn babies is how we begin a life-long partnership striving to keep our communities healthy.

CBHA services are available to all, at every step of the way – from family planning, through pregnancy, and into well-child visits and continued care. We are proud to be an integrated care provider, where your doctor knows your dentist, your optometrist knows your nutritionist, and all our CBHA professionals communicate and collaborate to provide the best care for you.

Our goal with each visit is to deliver on the CBHA Experience: the best service, the best experience, for each and every patient, one patient at a time, every time.

PREGNATAL CARE WITH CBHA

We want your baby to have the best start possible. And like you, we know that healthy starts begin with excellent prenatal care.

Scheduling and attending regular prenatal visits with CBHA will help ensure the best possible health for your baby. Even if you have been pregnant before and have a good idea of what to expect, it’s important to see your provider in the first trimester.

In the first trimester, your CBHA provider will give you an estimate of the expected delivery date, also known as a “due date.” Your personal health history and family history will be documented. At your first prenatal visit (and every visit after) your weight, blood pressure and the size of your uterus will be monitored. These measurements can reassure you that your pregnancy is on track and going well.

Prenatal visits occur monthly during the first trimester. Early detection of any problem usually means that the issue can be treated to prevent further complications. At selected visits, you will be offered screenings for specific concerns. Prenatal screening tests are optional for patients but recommended because they assess the risk of having a baby with a specific birth defect or genetic disorder. When a screening is positive, it means that you are in a higher risk category for a certain condition. It does NOT mean your baby has that condition. A normal or negative screen result suggests that you are in a lower risk category. It does not completely rule out the possibility of the condition.

A visit with our registered dietitian is also advised so that you can better understand the key nutrients that will serve as the building blocks for your baby’s development. For example, Omega-3s are important for the baby’s brain development, and you can easily add more to your diet by including more fish or taking a fish oil supplement.

POSTNATAL CARE WITH CBHA

It might feel like the birth is over and you have your healthy baby, so your time in the OB office is finished. But the postpartum appointment is important, so your provider can make sure your body is healing from the delivery as it should. Postpartum appointments generally take place about six weeks after delivery.
FIRST TRIMESTER
WEEKS 0-13

DID YOU KNOW
More than half of pregnant women experience food cravings or have aversions to certain foods and smells?

Visit with a CBHA nutritionist

Your first trimester screen

Did you know
40% of pregnant women have some form of periodontal disease?

Learn your due date

Have a dental exam and a glucose test

DID YOU KNOW
Getting enough folic acid during pregnancy can reduce brain and spine defects by as much as 70%?

Start your CBHA pregnancy passport

Update your CBHA pregnancy passport

DID YOU KNOW
The uterus grows to 500 times its normal size by the time baby is delivered?

Second trimester
WEEKS 14-28

Did you know
40% of pregnant women have some form of periodontal disease?

Monthly visits to track baby’s growth and your health

Have a dental exam and a glucose test

Decide who will be your CBHA pediatrician

DID YOU KNOW
Increasing activity reduces the risk of gestational diabetes by as much as 55%?

Monthly visits to track baby’s growth and your health

Start your CBHA pregnancy passport

Update your CBHA pregnancy passport

Did you know
Getting enough folic acid during pregnancy can reduce brain and spine defects by as much as 70%?

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Did you know
The uterus grows to 500 times its normal size by the time baby is delivered?

Third trimester
WEEKS 29-40

Prenatal visits every other week

Breastfeeding support offered to you at the hospital and at home

Baby reunion with other CBHA moms

DID YOU KNOW
1 in 7 women experience postpartum depression and 50% of women with it have never experienced depression before?

Receive your postpartum depression screening

Postpartum care is important to both you and your baby

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POSTPARTUM CARE

Receive your 5D ultrasound free to all CBHA patients

Receive a stuffed animal with your baby’s heartbeat

Any other concerns you may have about your overall health can also be addressed at this postpartum visit.

You will also be screened for postpartum depression. Postpartum depression is common yet treatable. Up to one-third of women experience postpartum depression in the first year after giving birth. A routine screen for postpartum depression is just as important as checking your overall physical health. Call us today if you’re experiencing any of the following symptoms of postpartum depression:

• Excessive crying
• Fear that you’re not a good mother
• Thoughts of harming yourself or your baby
• Severe anxiety and panic attacks

If you’re having any breastfeeding challenges, your postnatal appointment is an excellent time to mention those concerns. CBHA’s breastfeeding counselor can help you address those concerns and optimize your breastfeeding experience.

While resuming your sex life may be the last thing on your mind, your provider will likely talk to you about family planning and birth control so that you can fully recover from pregnancy and enjoy your baby before another is on the way.

Any other concerns you may have about your overall health can also be addressed at this postpartum visit.

Q: What do you wish your pregnant patients knew about pregnancy and/or prenatal care?

Dr. Francisco Prada: Even things you do before you get pregnant effect your pregnancy. It is very important to pre-plan for pregnancy. It is important to take prenatal vitamins if you are trying to get pregnant and also to avoid alcohol, tobacco and marijuana. Remember that anything that goes into your body goes straight to your baby.

Dr. Hung Miu, OB/GYN: It is very important to start prenatal care early in the pregnancy.

Q: What pregnancy or prenatal care myth do you most want to dispel?

Dr. Sonia Idrogo, Dentist: That calcium in baby’s teeth is leeched from mother’s teeth. In fact, calcium is needed to help build baby’s teeth and bones, but it should primarily come from mother’s diet and not her body. That is why we recommend a healthy diet.

Dr. Monique Small, OB/GYN: The myth that breastfeeding prevents pregnancy is false. Actually, you can get pregnant even when you’re breastfeeding. Breastfeeding will not prevent you from getting pregnant.

Dr. Hung Miu, OB/GYN, estimates he has delivered over 3,500 babies in Othello. Maybe he even delivered you!
Originally from Pakistan, Dr. Gillani obtained his medical degree and served as director of a 17-bed level IV trauma center in Kashmir, Pakistan. He moved to the United States in 2001 and continued his medical education.

After Dr. Gillani received his Doctor of Osteopathic Medicine from NYIT College of Osteopathic Medicine in New York, he completed a three-year residency at the Southern Colorado Family Medicine Residency Program in Pueblo, Colorado. He also completed a Rural Medicine with Obstetrics Fellowship at Tacoma Family Medicine in Tacoma, Washington.

In his spare time, Dr. Gillani enjoys cooking, writing, photography and music.

“I was very ill with cancer when I arrived in the United States. During treatment I came into contact with others who were also very sick – many of them from underserved populations without many resources. A new sense of what it means to be compassionate swept over me and I vowed to really show compassion to my patients in the future. I consider it a privilege to live and work here.”

“About the wait times…”

From the CEO

Sitting around waiting isn’t very much fun. Nieves Gomez, CBHA Chief Executive Officer, is aware that CBHA patients have been experiencing longer wait times lately.

“We are still better than the national average but that knowledge doesn’t make you feel any better when you are waiting,” Gomez said. “I want you to know we are working on the problem. We have hired five new medical providers this past year; a physician assistant will be starting before the end of the year and an advanced nurse practitioner will start seeing patients after the first of the year. We also have two new dental hygienists.”

Gomez said it is also taking longer to schedule an appointment with providers who have been seeing patients at CBHA clinics for many years. “Their patient load is understandably heavier than someone who is new,” Gomez recommends trying a new provider. “They have more openings in their schedule, are well trained and eager to meet you.”

Call 509-488-5256 and ask for a clinic manager; they will be happy to provide information on available providers.

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Ilona is, by nature, a caregiver. She truly enjoys helping people and worked for five years as a Home Care Aid. She is looking forward to her new career as a dental hygienist.

She and her husband live in Burbank, WA and have a one-year-old son. Ilona enjoys weight training and also likes to take photographs – especially of beautiful scenery around the world.

Ilona graduated from Columbia Basin College with an associate degree in Dental Hygiene and an associate in Art and Science degree. She believes it is important to educate her patients about the importance of good oral health and how it affects their overall wellness. She reminds us that regular check-ups and professional tooth cleaning are vitally important.
Dr. Francisco Prada is originally from Colombia and even before he went to medical school, he knew he wanted to care for underserved populations. Dr. Prada left Colombia to earn his undergraduate degree at Lynn University in Boca Raton, Florida, and then obtained his Doctor of Medicine degree from American University of Antigua in Coolidge, Antigua. He went on to complete his Family Practice Residency in Atlanta, Georgia.

When not caring for patients, Dr. Prada wants to be outdoors. He loves spending time with his black labrador “Diego.” He is excited about downhill skiing this winter; he plans to take up cross country skiing as well. Future plans also include exploring the area on a bike. He also frequently volunteers in the community.

“Working with underserved populations is a longtime dream for me. I accepted this position because I could see CBHA had the necessary leadership to provide the right kinds of support and tools to enable me to take really good care of my patients.”

Jesstine Kane, PA-C

Jesstine Kane completed her undergraduate studies at Whitworth College in Spokane, Washington and at Kean University in Union, New Jersey, where she obtained her Bachelor of Arts degree in biology. She went on to obtain a Master of Science in Physician Assistant Studies from King’s College in Wilkes-Barre, Pennsylvania.

Jesstine and her husband own a 20-acre farm near Eltopia, Washington, where they enjoy their horses, goats, dogs, cats, chickens and one duck. Jesstine combines her love of animals and her interest in helping children in the volunteer work she does which includes helping special needs children ride therapy horses. She and her husband are also avid hikers.

“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 lifestyle changes.”
Aries Gomez first came to CBHA in 2006, working as a Pharmacy Assistant. After a year in this role, she decided to pursue her secondary education.

Aries attended Eastern Washington University, earning a bachelor’s degree in accounting and continuing on to earn an MBA from Washington State University Tri-Cities. With degrees in hand, Aries was excited to return to CBHA.

She was a staff accountant at CBHA for five years, using her business education and analytical abilities to help administer the revenue cycle side of accounting, accounts receivable, and calculating score cards. Working with reimbursement from insurance and managed care contracts are also key part of her role.

Aries enjoys the diversity of her work.

“I get to provide financial reports to leadership, and I know that long-term planning decisions are based on the information I deliver. I also see how we are reimbursed, how that works, and how the entire organization works as a whole.”

Aries was recently promoted to Senior Accountant. In the coming year, Aries plans to work to become a Certified Public Accountant (CPA), and she hopes to pass the exam in the near future. She wants to provide more value to the organization.

“I think it’s a privilege to work at CBHA. If you give 110%, you will do well here. CBHA really treats their employees well. I’ve enjoyed my time here, and I love that we provide important services to our community.

If you want to be a part of the CBHA Experience we are always looking for talented and passionate individuals. Learn more about CBHA and explore current career opportunities at CBHA.org