Cutting EDGE Tech

Introducing the new CBHA Eye Care Lab – creating high quality eyewear and world-class lenses with faster turn around in our own facility. Patients of CBHA’s eye care services will now be able to receive new prescription glasses faster than any competitor in the area. Better yet, all of CBHA’s prescription lenses come with “CBHA Armor” – premium coatings and treatments that typically only come with higher costs. Patients will enjoy access to high quality frames, world-class lenses with a turnaround time measured in hours, not weeks.

STREAMLINING THE EYEWEAR PROCESS

One reason that eye wear is often so expensive is that there are usually several businesses between the manufactures of frames and lenses, and the retailers that sell them. By working directly with leading manufacturers, CBHA has been able to streamline the process and improve the quality of the glasses we sell.

What makes this simplified process possible for CBHA is a custom technology (edgers and tracers) and in-house expertise. CBHA has invested in the latest lens shaping technology used anywhere, ensuring that each lens has been precisely cut to fit your exact prescription. Your perfect prescription, perfectly fit in your desired frames, every time.

What are edgers and tracers? A tracer is exactly that – it will trace the inside of the selected frame, creating a template for the edger to use. The edger cuts the blank into a prescription lens.

CBHA’s newest Optometrist, Dr. Robert Forbes, says, “We were looking to improve quality first and foremost. We are now cutting the lenses and fitting them to the frame, and we’re doing it right here in the clinic. We don’t have outside businesses involved in this process. We went directly to the manufacturers to purchase the lenses that we’ll cut ourselves. This allows us to offer the best quality on the market at the lowest possible prices. CBHA patients will enjoy higher quality eyewear at the most competitive prices of any other retailer in the area.”

ALL THE BELLS AND WHISTLES FOR LESS

Options for lenses that previously added hundreds of dollars to the cost of the glasses will now come standard. CBHA is committed to providing patients with excellent quality eyewear, referring to this quality bundle of coatings as “CBHA Armor.”

• Scratch resistant coating – standard.
• Anti-reflective coating – standard.
• Protective coatings – standard.
• Thinner, lighter, higher-end lenses – standard
• More durable options – standard.

The bottom line for our patients is simple: CBHA is making “premium” the standard for our patients, with every prescription eyewear purchase.

“The glasses we offer will have all the bells and whistles of premium lenses, but at substantially lower costs than even the entry level lens have previously been,” says Dr. Forbes. “We truly are providing our patients the very best that money can buy.” Having worked with the edging equipment for more than thirty years, Dr. Forbes has trained the eye care staff on how to use it skillfully and his expertise will help the team raise the bar as they continue to offer excellent optometry services.

CONVENIENCE

Before this edging equipment was purchased, CBHA patients and community members sometimes had to shop around, traveling hours out of the area for prescription lenses in search of the best deal, and then waiting up to three weeks for their glasses. With CBHA’s eye care lab, the turn-around time for standard prescriptions will be just twenty-four hours. In emergency situations, the glasses may be available the same day. No more long trips, no more lengthy delays. And patients will get the best quality product at an extremely competitive price.

More complicated prescriptions will take about a week, and highly customized progressive lenses (or bifocals) may take a bit longer. Even with a week’s wait time, the turn-around for more complex prescriptions will still be considerably improved.

CBHA offers a wide variety of brand name and budget frames, great turn-around times, competitive prices, and incredible lens quality – there’s just no reason to go anywhere else. Dr. Forbes says, “It’s just a huge improvement in convenience to produce the glasses locally. I’m really excited for what this will mean for CBHA patients.”

ADDITIONAL OPTICAL TECHNOLOGY

Lens cutting equipment isn’t the only advanced technology CBHA has to offer. The Corneal Topographer measures the topography of the cornea (like a surface map), which allows optometrists to diagnose disorders like astigmatism, keratoconus, and marginal degenerations. It also allows for the identification of diseases and allows contacts to be fitted on complicated corneas. “The Corneal Topographer allows us to take an in-depth look at the corneal tissue, and better diagnose patients by detecting corneal irregularities that lead us to detect disease in cornea more quickly,” says Dr. Forbes. “Often times we are able to detect an irregularity that hasn’t even affected the patient’s vision yet – but could in six months or so.”

CBHA also has an Optical Coherence Tomography machine, or OCT, that provides a more focused, 3-D examination of the retina. “An OCT isn’t common in rural clinics at all. Many medi- um-sized cities don’t even have it. It’s very unusual for a rural
We invite everyone to join us and learn about depression and mental health.

Tuesday, July 17
12 PM - 1 PM • Othello Clinic
1515 E Columbia St, Othello WA 99344

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“I have worked in both private and community health centers. I prefer the long-term, intensive jobs — their lives are often complicated and somewhat difficult. Many of the patients work long hours at labor intensive jobs — their lives are often complicated and somewhat difficult. Many of the patients work long hours at labor intensive jobs — their lives are often complicated and somewhat difficult.

For more information about strabismus or any other eye concern, Dr. Bleazard can be reached at 509-488-5256.

Dr. Jason Bleazard with patient Brenden Ditton

Seven-year-old Brenden Ditton doesn’t remember ever not wearing glasses. He was diagnosed with a condition called strabismus (crossed eyes) when he was a baby; he started wearing corrective eyeglasses when he was just 18 months old.

Strabismus is a condition in which both eyes do not look at the same place at the same time.

Brenden’s eye care provider, Dr. Jason Bleazard, explained that six muscles attach to each eye to control how the eye moves. The muscles receive signals from the brain that direct their movements. Normally, the eyes work together so they both point at the same place. When problems develop with eye movement control, an eye may turn in, out, up or down.

Sometimes it is possible to correct this condition without surgery. “We tried several options with Brenden’s eyes,” Bleazard said. “We put him in glasses and also tried patching where one eye would be covered forcing the weaker muscles in the other eye to become stronger.”

Bleazard said it is always prudent to try other therapies before surgical intervention. “It was only when these therapies didn’t produce the desired results that I referred Brenden to Northwest Pediatric Ophthalmology in Spokane for surgery.”

The procedure to correct strabismus involves taking measurements in each eye. The muscles are then adjusted to fit correctly within those measurements. The correction in Brenden’s current eyeglasses is based on those measurements.

His vision is now corrected to 20/20. “I can see a lot better,” Brenden said. “Brenden’s eyes will be carefully monitored in the future,” Bleazard said. “He will have his final surgery check-up in June of this year. We will resume caring for him at our Othello Eye Clinic after that.”

Brenden’s parents, Kim (RN at CBHA) and Shawn Ditton, describe Brenden as a very active seven-year-old who “loves everything about being outdoors.” He is a happy little boy who adores animals and anything to do with nature. He just finished the first grade and is looking forward to summer. Brenden’s parents are relieved that his vision has been corrected and he can participate in the activities he enjoys.

People often believe that a child with strabismus will outgrow the condition. But evidence doesn’t support this hope. In fact, the condition may get worse without treatment.

“An optometrist should examine any child older than four years old for strabismus (crossed eyes) when he was a baby; he started wearing corrective eyeglasses when he was just 18 months old. Strabismus is a condition in which both eyes do not look at the same place at the same time.

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“An optometrist should examine any child older than four months whose eyes do not appear to be straight all the time,” Bleazard concluded. “We can diagnose strabismus through a comprehensive eye exam with special emphasis on how the eyes focus and move. Family history is important as well. Brenden’s mother also had this condition as a baby, but alternative therapies didn’t work and she, too, had surgery as a small child.”

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Four qualified providers (including Dr. Forbes) the patients’ access to eye care has been improved. Previously CBHA’s patients waited weeks to get in to see a provider. Now, the time between calling for an appointment and seeing a provider will be reduced to mere days.

Perhaps CBHA patients have heard the phrase: “You can have it good, you can have it fast; or you can have it affordable. Pick two.” With the technology and professional expertise available at CBHA, patients don’t have to choose. They can have all three — premium quality glasses, quick turn-around times and the lowest prices available anywhere. Call to schedule an appointment today.

EASIER PATIENT ACCESS

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Originally from the Yakima Valley, it didn’t take long for Courtney Olson to feel at home in Mattawa, where she has served as the site director of the Wahluke Clinic. She will be the first to tell you she “loves her Mattawa crew!”

Past Supervisors of the Year recognized Courtney’s ability to manage financial resources, select and develop talent, lead effective meetings, and use sound judgment in making tough decisions.

Courtney works hard dealing with complex situations to keep both the patients and staff happy, working hard to maintain a positive work culture. Her goal is always to provide the best possible patient care. She also enjoys being active in the community, where she serves on the Board of the Chamber of Commerce.

2017 PROVIDER OF THE YEAR

Annie Coronado, PA-C, worked as a registered nurse at CBHA clinics for several years before deciding to return to school to become a physician’s assistant. She graduated from the University of Washington MEDEX Program, Yakima Branch with a Bachelor of Science in Clinical Health Services and Physician Assistant Certification. She returned to CBHA in 2013.

She considers it a privilege to care for patients at this level and appreciates the trust and confidence CBHA has placed in her. Past Providers of the Year have noticed Annie’s encouragement of her team, strong leadership, and collaboration with colleagues. Annie’s respect for all patients, staff and providers coupled with the patient-centered quality care she compassionately delivers also contributed to her selection for Provider of the Year.

FISH TACOS

4 Tilapia Filets
• ½ Cup Almond Flour
• ½ Cup Whole Wheat Flour
• 1 tsp Black Pepper
• 1 tsp Garlic Salt
• ¼ Cup Canola Cooking Oil
• Whole Wheat Flour Tortillas

INSTRUCTIONS
1. Chop onion and tomatoes into small cubes
2. Chop the cilantro
3. Finely dice the cabbage lengthwise and soak it in hot water for 5 minutes.
4. Finely chop the jalapeño chili pepper
5. Mix onion, tomatoes, cilantro, cabbage, lemon juice, olive oil and salt. Let rest.
6. Empty the almond flour, the whole wheat flour, the pepper and the onion salt into a small transparent plastic bag. Mix.
7. After washing the fish fillets, place them one at a time into the small bag to coat them with flour.
8. Place a frying pan on medium heat and add 2 tsps. of canola oil for each fillet. Turn and cook until they are a golden color.
9. Heat the flour tortilla briefly and place the fish in it. Add the sauce and – READY!!

Check out CBHA.org to watch our new video series “CBHA in the Kitchen” and to learn more about our TotalYou Program!
Dr. Dionisio Ang, Jaeniffer’s father

This spring Jaeniffer Kaiser was named the Connell Woman of the Year. Jaeniffer’s husband, Larry, teaches at Robert Olds Junior High School. Jaeniffer finished her senior year at Connell High School. Then she turned to Washington. She eventually returned to her adopted family nurse practitioner.

Jaeniffer Kaiser, ARNP

Dr. Velazquez is excited about expanding services to provide even more comprehensive care. “I would like to see us grow our services. We’re working on that by bringing more providers here.”

Connell Clinic has already made a positive impact in the community – and it’s certain to do even more, which gives the CBHA staff reason to celebrate. “I really do love what I’m doing,” says Velazquez. “I love to make an impact on the patients and my staff, so that they can have the peace of mind that we are taking care of them the best we can.”

Managing the pharmacy was difficult and very stressful for a sixteen year old girl. “My godparents noticed the pharmacy was not doing well and getting low on inventory and they offered to help. It didn’t occur to me that they might also have their own agenda,” she said.

They encouraged her to sell the business. They asked for a commission on the sale which she paid even though she needed the money for living expenses since her parents were not yet making any money in the United States. “I gave the new owner the keys to the business thinking he would pay me right away since my father knew him and the man owned a chain of pharmacies. He did not!”

Jaeniffer’s natural resilient spirit came into play. “I had to call him all the time and finally I just showed up at one of his businesses and demanded that I get paid!” Jaeniffer was then able to move her siblings, herself, and their few belongings into a room that they rented from a friend. They lived there until they were able to come to America – several months later. It was winter in Connell when they arrived in the United States. Jaeniffer finished her senior year at Connell High School.

It was winter in Connell when they arrived in the United States. “I turned twenty years old days ago. It was winter in Connell when they arrived in the United States. “I noticed the pharmacy was not doing well and getting low on inventory and they offered to help. It didn’t occur to me that they might also have their own agenda,” she said.

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CBHA: Outside the Walls

Mother’s Day Celebration

Mothers were celebrated and honored in style on May 10th as CBHA invited families and the community to join together at the Othello and Wahluke facilities – where music, food, dance and gardening activities provided an evening filled with fun, entertainment and health education.

Children in colorful dresses made by parents and staff performed traditional Mexican dances for their families and other event participants as part of CBHA’s WIC Program focus on healthy lifestyle. The children began practicing 3 months prior to the event. All that hard work and practice showed! Dr. Veronica Idrogo, CBHA Dentist, even joined in on the fun (see cover photo).

CBHA event organizers Martha Mabry, Cindi Hogeboom, Marisol Quezada and Leo Gaeta were very pleased with the turnout. “We had lots of parents and kids. Everyone was having a good time enjoying the dances, the speakers, and the ‘Gardening for Good Health’ activity!” said Mabry.

CBHA Healthy Futures Scholarships

The purpose of these scholarships is to promote the career development of local students with a focus on health care and human services professions. CBHA awards three $2,000 scholarships every year to students in our local service areas.

DILSIA GONZALEZ
ALMA MONTES
OMAR LOPEZ

PARENTS: Delia Milan
HIGH SCHOOL: Othello
RUNNING START: Big Bend Community College
FUTURE: University of Washington - Bothell (Nursing)

I will never forget the experience of visiting the hospital for months due to a cyst in my brain when I was younger. The nurses were by my side through every test & explained everything in a way we could understand: I was fascinated by the impact they have on their patients, I want to care for patients and help make their healthcare experience a positive one.

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It finally made sense why I put in so much effort into everything. It was because I love being a leader and dealing with its challenges. Which is why I know Healthcare Administration is the career for me. After earning my degree, I hope to earn a spot alongside the prestigious team of CBHA to make healthcare affordable to all those that inhabit Othello and its surrounding areas.

PARENTS: Jose Gonzales & Bertha Juarez
HIGH SCHOOL: Othello
RUNNING START: Big Bend Community College
FUTURE: University of Washington - Bothell (Healthcare Administration)

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FUTURE: University of Washington - Bothell (Healthcare Administration)

The purpose of these scholarships is to promote the career development of local students with a focus on health care and human services professions. CBHA awards three $2,000 scholarships every year to students in our local service areas.

ALMA MONTES
DILSIA GONZALEZ
OMAR LOPEZ

PARENTS: Delia Milan
HIGH SCHOOL: Othello
RUNNING START: Big Bend Community College
FUTURE: University of Washington - Bothell (Nursing)

I will never forget the experience of visiting the hospital for months due to a cyst in my brain when I was younger. The nurses were by my side through every test & explained everything in a way we could understand: I was fascinated by the impact they have on their patients, I want to care for patients and help make their healthcare experience a positive one.

PARENT: Delia Milan
HIGH SCHOOL: Othello
RUNNING START: Big Bend Community College
FUTURE: University of Washington - Bothell (Nursing)

It finally made sense why I put in so much effort into everything. It was because I love being a leader and dealing with its challenges. Which is why I know Healthcare Administration is the career for me. After earning my degree, I hope to earn a spot alongside the prestigious team of CBHA to make healthcare affordable to all those that inhabit Othello and its surrounding areas.

PARENTS: Jose Gonzales & Bertha Juarez
HIGH SCHOOL: Othello
RUNNING START: Big Bend Community College
FUTURE: University of Washington - Bothell (Healthcare Administration)
"I love my eye care team! I love coming to work every day knowing I get to work with fun, caring, genuine people who have a good work ethic. I also love playing a part in giving patients their best possible vision. It’s amazing when someone’s complete world is changed because they can SEE!"

— Laura Garza, Certified Optometric Technician
CBHA Employee since August 2012

Career Opportunities Available
Dental Hygienist • Director of Nursing • Data Analyst
Optician Apprentice • Behavioral Health Specialist • Nutritionist

View all current openings and see what CBHA has to offer you!

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