

# VITAL SIGNS

VOLUME 18 • ISSUE 2



**Michelle Taylor**

Psychiatric Mental Health Advanced  
Registered Nurse Practitioner



# Michelle Taylor

MHP-ARNP

## Advocate for Better Mental Health



Michelle Taylor has a long title – Psychiatric Mental Health Advanced Registered Nurse Practitioner. Working in healthcare is something Michelle has wanted to do since she was young.

Her father died of a massive heart attack when he was just 43. Michelle was nine years old. While her mother returned to work to support Michelle and her baby sister, her grandfather stepped in to provide additional emotional and practical support. Michelle credits her grandfather for her interest in health and wellness. “He was a guiding force in my life and continually encouraged me to seek a career in health care.” He also walked Michelle down the aisle at her wedding.

With her grandfather’s encouragement, Michelle pursued a career in health care. She received her Associate of Nursing degree while she worked. Then, she divided her time between the hospital’s pediatric unit and the medical-surgical unit.

She continued going to school and working at the hospital until she earned a bachelor’s degree in nursing and master’s degree in mental health nursing. Later

she also obtained a doctorate degree.

Working as a nurse made a lasting impression on Michelle, and ultimately guided her to the type of nursing she felt called to specialize in.

“My years on the medical-surgical hospital unit opened my eyes to something I perceived as an injustice to mentally ill patients,” she said. “At that time the state of Florida could declare a patient to be mentally incompetent and hospitalize patients who had presented to an emergency room who weren’t medically cleared. They were then admitted to a medical/surgical unit until a bed became available in a mental health facility. There weren’t many mental health facilities at that time,” she said. “Sometimes a patient remained hospitalized for quite a while before getting the help they needed.”

Michelle noticed that unfortunately the stigma of mental health problems can exist even in a medical facility. “I saw that no one was really advocating for these patients,” she said. “That was when I decided to obtain a master’s degree in mental health. It has become my passion to do everything in my power to identify

and treat these complex issues.”

And now, that’s exactly what she does. Michelle diagnoses and treats common psychiatric illnesses and problems.

She also conducts evaluations for childhood conditions like ADHD, as well as behavioral disorders, and prescribes supportive counseling and patient education for mental health conditions as well as substance abuse treatments. She cares for and manages medication and treatments for patients with chronic psychiatric disorders. Michelle has made a life-long goal a reality, and she couldn’t be happier.

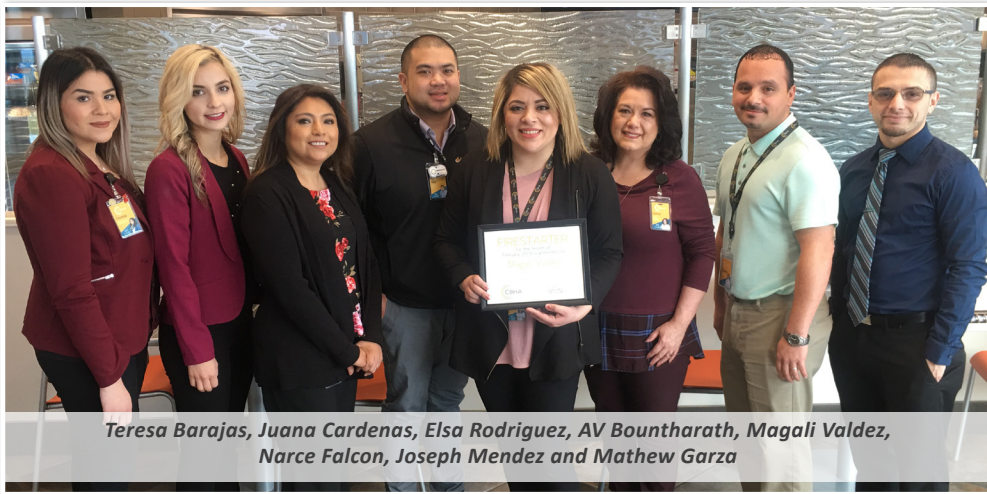
Michelle and her husband Arnold have made the transition from living in a large metropolitan city to a home near the Othello Golf Course. “We love it here,” she said. “We take our three dogs for walks in the country, watch a variety of birds at our feeder, and enjoy the quiet. Occasionally, at night, we hear an owl screech.”

Their daughter will graduate from college in May. She is heading to graduate school with plans to study child psychology.

# FIRESTARTER AWARD: JANUARY

# Magali Valdez

## MARKETING COORDINATOR



Teresa Barajas, Juana Cardenas, Elsa Rodriguez, AV Bountharath, Magali Valdez, Narce Falcon, Joseph Mendez and Mathew Garza

Magali's career with CBHA began in the call center, in August of 2013. She spent four months learning about CBHA's high standard of customer service before transferring to the marketing department where she currently serves as Marketing Coordinator. "I learned a lot in the call center," she recalls. "You have to get up to speed very quickly because you interact with everyone."

Magali graduated from Eastern Washington University in 2011 with a Visual Communications Design (Graphic Design) degree. She applied those skills for several years in Chelan where she provided marketing, design and administrative expertise for a local hotel.

CBHA encourages employees to recognize each other for great attitudes, individual efforts, and going "above and beyond" while demonstrating the WE CARE Standards of Behavior. Those who meet these criteria may be nominated by colleagues as a Firestarter. Magali is the

second employee to be recognized as a Firestarter.

Her colleague, Fay Coats, nominated Magali for this honor. "As I read the new criteria, I immediately thought of Magali," Coats said. "She meets all these standards. I am often with Magali when she interacts with staff; I see her effective communication skills and positive attitude first hand."

"Magali is by nature a very kind person who treats others, including staff and patients, very well," Coats said. "She always keeps the company's mission and vision in mind in each project she does." Magali said the favorite part of her job is "the opportunity to let people know what we do here at CBHA – all the services we offer and the amazing technology available- in all our clinics." Her knowledge of marketing, graphic design, and photography contributes to her success in creating marketing materials that effectively promote CBHA.

Magali was surprised to learn she had been chosen as the Firestarter for the month of February. "We were having our weekly marketing meeting when my supervisor, Blake Barthelme, made the announcement," she said. "I knew I had been nominated but had forgotten about it." She is grateful to have received this recognition. As a team player, Magali appreciates what others do to help her succeed.

She reached one of her career goals last year when she became certified in Healthcare Marketing after taking online classes through the American Hospital Association.

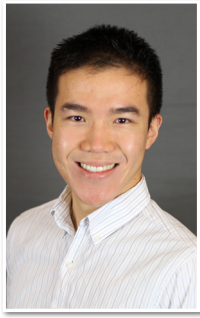
When Magali and her husband, Abner, aren't both working at CBHA, they enjoy spending time with family. Abner's family lives in Othello; Magali's parents are in Chelan. "We enjoy seeing them often," she said.

Magali and Abner are both EWU grads and have season tickets for all the home football games. "We cheer enthusiastically for our team," she said. They also love the Seattle Mariners. "We were in Arizona at this time last year at Spring Training and had a great time."

Magali strives to keep a balance between her work life and home life. However, she admits to reading books related to marketing and social media at home. She and Abner attend the Bethel Assembly of God Church. She also makes time for spiritual reading and reflection in her personal life.



# EMPLOYEE SHOUT OUTS



The assistant was amazing. **Dr. Ken Chang (Dentist)** was so helpful with my husband's dental anxiety. The center is super clean, even the bathrooms. The assistant was so terrific.



**Gabby Araico (Nutritionist)** was very specific and clear. She spoke sincerely. I liked her.

**Valerie Gomez (Hygienist)** treated me well. She was good with me. The wait time is not too long. I am able to set the appointments.



**Dr. Jason Hair (Optometrist)** was really good. He was nice and helpful. I was able to understand everything that he told me. The service is fast and the staff is friendly. I was able to set an appointment within a few days.



**Dr. Kelly Monroe (Dentist)** was very thorough and enlightening. She was very helpful and very friendly. I was seen within a week.



**Kittrick Kane, PA-C,** and his assistant were both awesome with my daughter. Their rapport with her was just wonderful.

**Dr. Gabe Barrio (Pediatrician)** was nice and answered my questions well. The nurse was attentive and very nice. She was very careful when she gave my son his shots. The center was clean and organized.



**Gem Cabero, PA-C,** is very attentive. She asked specific questions to figure out what was wrong and what needed to be done.



MARCH IS

# Colorectal Cancer

AWARENESS MONTH

If you notice unusually high numbers of people wearing blue this month, it could be that it's the color of colorectal cancer awareness. It's a cancer that's not been given a lot of press, but it's growing in diagnosis. According to the American Cancer Association, there will be close to 50,000 new cases of rectal cancer and about 100,000 new cases of colon cancer. Overall, the lifetime risk of developing colorectal cancer is about 1 in 22 for men and 1 in 24 for women.

But thanks to improvements in prevention, early detection, and treatment, more than a million people in the United States can say they are survivors of colon cancer (also known as colorectal cancer).

Colorectal cancer may not make itself known right away, but if it does, it may cause one or more of these symptoms:

- A change in bowel habits, such as diarrhea, constipation, or narrowing of the stool, that lasts for more than a few days

- A feeling that you need to have a bowel movement that's not relieved by having one

- Rectal bleeding with bright red blood
- Blood in the stool, which may make the stool look dark
- Cramping or abdominal (belly) pain
- Weakness and fatigue
- Unintended weight loss

If you've experienced any of these symptoms, be sure to mention them to your primary care provider. It's worth scheduling an appointment; early detection saves lives.

Having regular colonoscopies if you're age 50 or over is one way to detect colon or rectal cancer. For screening information or to learn more about colorectal health, call us today at 509.488.5256.

**Don't  
Let No.**

**2**

**Kill  
You.**



**Drop your pants and  
save your life.**

# 2017 Othello Chamber of Commerce Business of the Year



*Jonathan Madera, Kelly Carlson, Greg Brandenburg, Nieves Gomez, Blake Barthelmess and Dulcye Field*

## TY LAYTON



Congrats to Ty Layton, CBHA's most recent Comp A+ certification recipient.

Although not commonly known outside of Information Technology (IT) circles, the Comp A+ certification validates the latest foundation-level knowledge and skills needed by IT professionals to support computing in a growing complex industry. This certification is recognized by the International Organization of Standards (ISO) and the American National Standards Institute (ANSI). I appreciate the hundreds of study hours and practice to successfully complete this certification. In joining this journey, Ty has joined the ranks of many great IT professional before him. Power PUNCH Ty!

— Randel Stevens  
*Chief Information Officer*





## still playing basketball Only this time she's coaching!

CBHA Quality Manager Hayley Hodgins Middleton is well known on the college basketball scene. Hayley is a 2016 graduate of Eastern Washington University; she had the distinction of holding the school's record as the leading scorer in EWU history and the record for most points scored in a single season. That is, until it was broken in February, 2018 by her sister, Delaney.

"I was there to see it happen," Hayley said. "Eastern was playing Sacramento State. Delaney scored her 15th point on a lay-up less than four minutes into the second quarter. That's all it took to break my record! The coach called a timeout after the bucket dropped to allow our family, including me, to come onto the court with Delaney and celebrate her achievement. We were all so proud of her."

By the end of the game Delaney had scored a total of 28 points in an 83-76 win over Sacramento State.

Hayley graduated from Eastern Wash-

ington University in 2016 with a Master of Public Health degree. She was married in July 2016 to Matt Middleton.

That fall she volunteered to run the Middleton Fall Festival held annually by the Middleton Six Son's Farm, her husband's family's farming operation. "The festival runs every weekend in October and features hay rides, a corn maze, food, and lots of fun," Hayley said.

Hayley began working as the Quality Manager at CBHA on November 6, 2017.

While working full-time, she still finds time to volunteer – this time to coach girls' varsity basketball at Richland High School, whose season ended last month.

"We practiced after work Monday through Thursday and games were on Fridays and on the weekend," she said. "While I was at Eastern, I volunteered with Special Olympics. Volunteering allows me the opportunity to give back to the community who invested so much into my life."





# POSITIVE PULSE

MIND. BODY. HEALTH.

## LEVEL 1

Jessica Ramos  
Romero Bianca  
Jose Rincon  
Ines Herrera  
Sarai Solorio Mendoza

Monica Garcia-Villalpando  
Darlene Saucedo  
Karen Guadarrama  
Ana Aznaran  
Juan Sandoval

## LEVEL 2

Judy Zuniga  
Janeth Lopez Vazquez  
Magali Valdez  
Erika Rodriguez

Erika Silva Ambrocio  
Janet Espinosa  
Isaac Martinez  
Yesenia Barajas Garcia

## LEVEL 3

Navid Fregoso  
Devyn Lynch  
Dr. Jason Hair  
Brenda Rodriguez  
Mayra Lopez

Maria Vazquez  
Mathew Garza  
Delia Ramirez  
Elizabeth Gonzalez  
Wendy Rodriguez



Badger Mountain Hike - March 3rd





# March



1

**Matt Walker, PA-C**



2

**Jazmin Barajas**



2

**Suleyma Barajas**



3

**Maria Lopez**



4

**Ana Torres**



5

**Dr. Callin Passey**



8

**Anuoluwapo Animashaun**



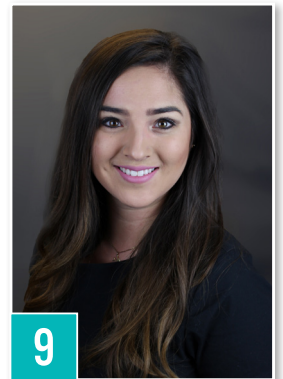
8

**Janeth Lopez**



9

**Mayra Sanchez**



9

**Judy Zuniga**





**Norma  
Torres**



**Flor  
Enriquez**



**Veronica  
Cesar**



**Kittrick  
Kane, PA-C**



**Corie  
Elizarraraz**



**Deyanira  
Valdez**



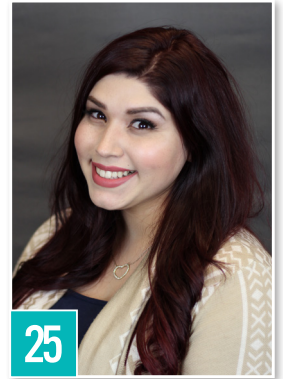
**Diana  
Longoria**



**Rosalia  
Vera Ortega**



**Regina  
Perez**



**MayraLee  
Guzman**



**Marisol  
Quezada**



**Yazmin  
Gonzalez**







*Keeping Healthy Those Who Feed the World*

March 9, 2018

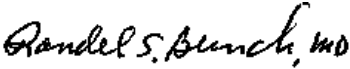
I would like to thank you for allowing me to participate in your medical care at Columbia Basin Health Association. I have enjoyed my time working for this clinic and attending to your medical needs, but at this time, CBHA and I have mutually agreed to part ways. Please be advised that because of my departure from CBHA, I will no longer be available to provide medical services to you as of March 9, 2018.

I would entrust your care to any of my fellow colleagues at Columbia Basin Health Association as they are fully competent and willing to take over your health care needs. Please be assured that my staff will do everything they can to make the transition smooth and stress free. I recommend that you begin looking for a new physician. If assistance is needed, Columbia Basin Health Association can provide you with a list of providers to select from so that you will be able to continue your care with us. You may visit our website at [www.cbha.org](http://www.cbha.org) to view a complete list of our medical providers. You may also consult the Washington State Medical Association physician locator at [www.wsma.org/patient](http://www.wsma.org/patient).

Your medical records are confidential and will remain on file with Columbia Basin Health Association. If you choose another physician within our organization, you do not need to take any action concerning your records. If you choose a physician outside of our clinic, you will need to sign an authorization form before we can release your medical records. You may sign this form at our office or you may complete the necessary paperwork at your first visit with your new doctor.

I extend to you my best wishes for your future health and happiness.

Sincerely,

  
Randel S. Bunch, MD