

VITAL SIGNS

VOLUME 18 • ISSUE 7

JULY



welcome

Dr. Nisha Sharoff DDS, MS

Dentist

CBHA is excited to announce the addition of Dr. Sharoff to our talented dental care team. Dr. Sharoff received her dentistry training in India and in the United States. She completed her Advanced Training at the UCLA School of Dentistry and a residency as well as Masters in Oral Sciences from the School of Dental Medicine at the University at Buffalo. Her focus has always been in Orofacial Pain and Sleep Dental Medicine, as well as temporomandibular disorders (TMJ and TMD).

"I've always wanted to be in a field that tied me closely to the medical profession," she said. "For me that turned out to be Orofacial Pain and TMD." Patients come to Dr. Sharoff with a variety of symptoms, such as a burning sensation in the mouth, jaw pain, locked jaw, and sleep apnea. She has treated patients who've suffered headaches, clicking sounds in their jaws, as well as patients who grind their teeth and have resulting jaw pain. "It is important to identify these problems first in order to successfully treat a patient with dental needs." This became her specialty. Dr. Sharoff also enjoys aesthetic dentistry and working with people of all ages.

"I want to give my patients the best care possible. I am looking forward to help patients with all their dental needs, including any kind of jaw pain and sleep apnea, using simple oral appliance therapy."

When asked why CBHA, she replied - "I want to give my patients the best care possible. CBHA makes that happen by providing a wonderful setting and state-of-the-art equipment. CBHA also has a Cerec CAD/CAM machine that allows us the capability of providing permanent crowns to our patients the same day as their appointment. I'm especially looking forward to helping patients with any kind of jaw pain and sleep apnea with simple oral appliance therapy."

Dr. Sharoff's parents still live in India, although she has extended family in Texas and other parts of the United States. Her sister, Neha, lives in Atlanta, Georgia, and another

sister, Pragya, lives in Toronto, Canada.

With a variety of interests that keep her busy in her free time, Dr. Sharoff is always in the middle of a project or activity. She likes cycling and sketching portraits. Her favorite sport is soccer. Her art experience includes taking several courses in India to learn to draw people, and she continues to enjoy drawing as a hobby. Dr. Sharoff is also a writer who plans to write a book about specific case studies she's experienced in her dentistry work.

For more information about Dr. Sharoff, please visit the providers' page of our website at CBHA.org.



FIRESTARTER AWARD: JUNE

Gabe Martinez

INFORMATION SYSTEMS TIER I

When Gabe Martinez began working at CBHA in June 2016, his title was Information Systems Specialist.

He has achieved an A+ IT certification since that time and he plans to take the exam for his Networks + certification the end of this month. Studying/reading are several activities Gabe enjoys doing in his free time – which is a good thing because the manual for the A+ certification was 1600 pages long and the one for his current certification study is 800 pages! He appreciates the many benefits CBHA has to offer-among them the “Ed Bucks” program which has made continuing education easier for him.

Gabe was nominated for this award by the WFC Site Director, Courtney Olson, Ty Layton, and the IT Department. They cite his friendly, outgoing and professional attitude when interacting with staff as well as patients in medical, dental, eye care, and administration as reasons he was nominated. They said he also actively participates in creating an environment of teamwork by considering his coworkers his work family. Gabe worked cooperatively

with them during the move to the new clinic, which meant long days and nights. Staff have come to know him and often ask for him by name because they trust he’ll resolve whatever IT issues they encounter.

“I was in a state of disbelief,” he said when asked his reaction to finding out he had been selected as Firestarter of the Month. “I was really surprised. I have never won anything like that before. It is such an honor. I love working here. It is great waking up in the morning to go to a job I love. CBHA staff are the nicest group of people I have ever worked with.”

When asked what his favorite part of working at CBHA is, Gabe is quick to answer, “Helping our staff help our patients!” He applies his AIDET (Acknowledge, Introduce, Duration, Explanation, Thank You) skills in his phone conversations and in-person interaction. This is demonstrated by how he answers the phone, follows up on a ticket with staff or completes his remote site visit rotation on Thursdays at Mattawa. Although IT doesn’t work directly with patients, they work ‘behind the scenes’ to keep CBHA running at 100% in order to provide the best quality healthcare for the patients.



Gabe was instrumental in the implementation of the Reach TVs you’ll see around the clinics. These TVs are a big part of our marketing and communications efforts.

Outside of work, basketball is one of his favorite ways to relax. “I love to go out and play and be competitive,” he said. He also enjoys mountain biking. Gabe recalls riding his bike on the Centennial Trail in Spokane when he lived there. “You kayak first along the trail by the river down to the dam. Then you have to get out of the water. I’d ride my bike back, then throw the bike into the car and drive back and pick up the kayak.”

Gabe’s 13-year-old daughter, Alayna, lives with him. “She means the world to me and I love to spend time with her. She is a great kid – very kind and soft hearted.”

ROYAL CITY

Summerfest



SEVEN SIMPLE STRATEGIES TO STAMP OUT STRESS

According to a national survey by CareerBuilder.com, healthcare workers experience the highest levels of stress when compared to other industries, even retail and hospitality. Of the 3200 people surveyed, 69% of those in healthcare reported feeling at least moderately stressed.

This news probably comes as no surprise to those of us who work in healthcare. While most of us enjoy our work and find it immensely rewarding, working in helping or healing professions, taking care of the needs of others on a daily basis, frequently results in high levels of stress. For some, this can translate to relatively high rates of burn-out. Whether it's the long days, the pressure of meeting the needs of others while putting our own needs aside, the weight of knowing that some decisions can be life or death, or most likely, a combination of the above, it's in every healthcare worker's best interest to develop strategies that are effective for them.

GET MORE SLEEP

Sleep deprivation is a significant source of stress and feelings of being overwhelmed. Most people don't sleep eight hours a night, but this should be a minimum goal for optimal health. Sleep deprivation can lead to mistakes in the workplace, reduced productivity, and a general state of anxiety.

INCREASE PHYSICAL ACTIVITY

It may seem counterintuitive that exercising more could result in feeling less tired, stressed, or overwhelmed, but studies have consistently proven this to be the case. Even a quick ten-minute walk around the block in the middle of your work day can reduce levels of stress hormones like cortisol and increase feelings of calm.

CALL A FRIEND

Just talking to someone can be extremely helpful. Stress can cloud your judgment and prevent you from seeing things clearly. Talking about your stressors with a trusted friend, colleague, or trained professional can help you find solutions, or put your troubles in perspective.

AVOID CAFFEINE, ALCOHOL & SUGAR

While caffeine or sugar may provide a temporary boost of energy, the crash that often comes later just isn't worth it. Alcohol can have a negative impact on quality of sleep, which can reduce energy levels the next day. Avoiding dependence on either stimulants or depressants for managing energy levels and sleep helps establish more even, predictable levels of energy.

PRACTICE SAYING "NO"

Sometimes our schedules become overloaded because we say "yes" to too many obligations. It's okay to say no. Practice it now and then – especially when it comes to the favors or requests you're not especially excited about anyway. Your schedule will free up and your body will thank you.

LISTEN TO MUSIC

Playing calm, relaxing music has a positive effect on the brain and the body, and has been shown to lower blood pressure while reducing cortisol (a hormone linked to stress). Try some classical music, like Bach. Or if classical isn't your thing, try listening to the ocean or other nature sounds, which can have a similar effect.

CONSIDER MEDITATION

Studies show that people who practice meditation even ten minutes a day show significant reductions in overall stress and anxiety. Online applications like Headspace can lead you through the process if you're new to meditating.

What activities work best for you when it comes to relieving stress? Please send us an email (Marketing@CBHA.org) and let us know. We'd love to feature more ideas from our own staff in future issues of Vital Signs.



POSITIVE PULSE

MIND. BODY. HEALTH.

LEVEL 1

| | | | |
|---------------------|-------------------|---------------------|-----------------------|
| Maria Cardoso | Ines Herrera | Christopher Garza | Maria Medina Corrales |
| Carina Silva-Ibarra | Cassandra Botello | America Caballero | Sonia Marquina |
| Salvador Martinez | Kelly Carlson | Genaro Jimenez | Maria Medina |
| Jasmin Galarza | Janet Romero | Cynthia Colclasure | Valexa Hernandez |
| Jason Hair | Claudia Castillo | Kelly Monroe | Abigail Castillo |
| Zahra Maldonado | Juanita Leal | Sandra Uresti | Jennifer Padilla |
| Karlee Kerr | Jose Mata | Sara Santoyo | Modesta Vivar |
| Dulcye Field | Flor Enriquez | Margarita Rodriguez | Jill Baker |
| | | | Daysi Mendez |

LEVEL 2

Evelia Ocampo



Abby Quiroz (Coder at CBHA) completed her 1st full marathon (26.2 miles) July 28th in North Bend, WA. It was the Jack and Jill Downhill Marathon. Congrats Abby!



Positive Pulse White Bluffs Hike in July 2018



Miguel Blas-Matus biked for almost 120 miles with 7000 feet of elevation on June 30th.



CBHA RUN FOR A CAUSE

KIDS WITH SPECIAL NEEDS

The CBHA Color Run: Run for a Cause is less about making record time and more about having the time of your life. It's a family-friendly event where runners, walkers, strollers, and wagons are all welcome. The 1st Annual CBHA Color Run event is designed to raise awareness of childhood conditions that affect families here in the Columbia Basin. While we may not be able to eliminate these conditions, we can increase awareness of them, improve education, and support the families who deal with them every day.

The CBHA Color Run is also an educational celebration of health and movement, and our ability to enjoy community together. By participating on behalf of any of the causes listed below, you aid in raising awareness of these conditions and help us honor the families affected by them.

Each condition has been assigned a color, bringing them to life in real and vivid ways. Participants engage by being splashed in any of one (or multiple) colors, showing their support for families affected by these childhood ailments.

While in-clinic and outreach programs help educate our patients and provide a baseline for knowledge, the CBHA Color Run event provides a tangible experience that represents real issues facing real children in and around our community. Participants learn about and become more aware of specific childhood concerns. We are able to reinvest the proceeds in our community in support of these families. CBHA will use funds from The CBHA Color Run in following ways:

- CBHA will donate to the "Cure SMA Foundation"
- CBHA will use proceeds towards funding community school scholarships
- And CBHA will provide a "make a wish" type experience for a minimum of three (3) special needs families.

This inaugural event is an opportunity to bring the people of our community together to enjoy good, wholesome fun with the race and post-race lawn games and snacks for the entire family. Each participant walks away with a sponsor-branded goodie bag and the satisfaction of contributing to a positive cause.

We can use volunteers for this event!
If you're interested in volunteering,
we would love to hear from you!

Please contact Kristen Stevens,
Director of Health and Wellness at
Kristens@CBHA.org

ASTHMA

**1 IN 12 CHILDREN
ARE AFFECTED**

BEHAVIORAL HEALTH

**1 IN 5 CHILDREN AGES 13-18 HAS A
BEHAVIORAL HEALTH CONDITION**

CHILDHOOD DIABETES

**IN 2017, 208,000 CHILDREN HAD
A DIAGNOSIS OF EITHER TYPE 1 OR
TYPE 2 DIABETES IN THE US**

DOWN SYNDROME

**1 IN 700 BABIES IN THE US IS
BORN WITH DOWN SYNDROME**

AUTISM

**1 IN 59 CHILDREN HAVE ASD AND
IT AFFECTS 4 TIMES
AS MANY BOYS AS GIRLS**

SPINAL MUSCULAR ATROPHY

**#1 CAUSE OF GENETIC DEATH IN
CHILDREN UNDER AGE 2**



5K COLOR RUN

5K COLOR RUN CBHA RUN FOR A CAUSE



KIDS WITH SPECIAL NEEDS

SEPTEMBER 29

9 AM • OTHELLO CLINIC

SEE MORE INFO AT CBHA.ORG/EVENTS

August



1

**Rosa
DeLeon**



1

**Janie
Leal**



1

**Mayra
Lopez**



3

**Salvador
Martinez**



3

**Araceli
Rangel**



3

**Dr. Matthew
StantsPainter**



4

**Marcela
Arrieta**



4

**Antonia
Rodriguez**



6

**Wendy
Garza**



7

**Yessenia
Gonzalez**



7

**Leo
Martinez**



7

**Barbara
Schmidt**



7

**Abdias
Valdez**



10

**Maritsa
Mellin**



10

**Dr. Bob
Traficante**



**Elizabeth
Gonzalez**



**Daysi
Mendez**



**Brenda
Cuevas**



**John
Beauchamp**



**Ramon
Bravo**



**Miriam
Flores**



**David
Valdez**



**Maria
Alatorre**



**Rosa
Hernandez**



**Zahra
Maldonado**



**Kelly
Carlson**



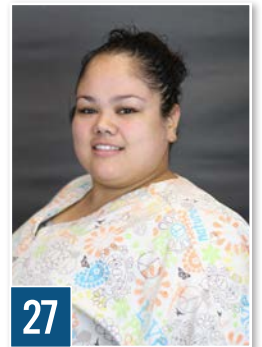
**Maria
Villanueva**



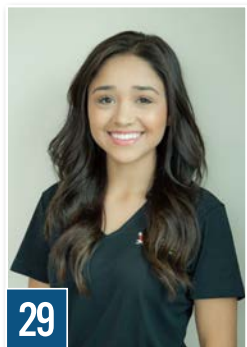
**Cynthia
Colclasure**



**Debra
Hamm**



**Crystal
Mercado**



**Lidize
Deleon**



**Guadalupe
Tapia**



**Dr. Hung
Miu**



Othello Community

HEALTH FAIR

Saturday, August 11

1PM - 5 PM • OTHELLO CLINIC
1515 E. COLUMBIA ST, OTHELLO

OPEN TO THE WHOLE COMMUNITY!



ACTIVITIES • GAMES • SNOW CONES
Free Health Screenings • Raffles
Information About Community Resources