

VITAL SIGNS

VOLUME 18 • ISSUE 3



Matt StantsPainter, DO

FAMILY MEDICINE WITH OBSTETRICS

welcome

Matthew StantsPainter, DO

Family Medicine with Obstetrics

CBHA is pleased to welcome Dr. Matthew StantsPainter to its team of providers. Dr. StantsPainter is now accepting new patients at the Othello location. He will also spend some time at the Mattawa clinic a few times a month.

A native of southwestern Pennsylvania, Dr. StantsPainter earned his undergraduate degree at the University of Pittsburgh. He received his Doctor of Osteopathic Medicine degree from Lake Erie College of Medicine and completed an osteopathic rotating internship and a residency in family medicine at The Western Pennsylvania Hospital. He's currently working on a Master's in Health Service Administration.

After practicing medicine in Pennsylvania for twelve years, Dr. StantsPainter decided it was time for a new adventure and headed west. "I interviewed at CBHA last summer," he said. "What impressed me most was the wide scope of services offered to the patients."

CBHA is confident that Dr. StantsPainter's unique training will complement the care we're currently

providing. In addition to treating the conditions commonly seen by general practitioners, Dr. StantsPainter is qualified to provide a broad scope of care. "We have equivalent training, privileges, and responsibilities as a medical physician who has a Doctor of Medicine degree." Doctors of Osteopathy specialize in promoting the body's natural inclination toward health and self-healing. In addition, Doctors of Osteopathy do manipulations to restore structural integrity which promotes the body's own healing process.

Dr. StantsPainter enjoys the variety in his work, which is one reason he focused on family medicine. He values the ability to treat the entire family during the significant milestones in their lives, from the delivery of their first child through the later stages in life. "I do obstetrics and can follow the children as they grow up. I get to know them in the process."

Eager to become acquainted with Othello community and its surroundings, Dr. StantsPainter looks forward to exploring the area. As a former marathon runner, he may even investigate his new home on foot.

He also enjoys traveling, and recently visited Guatemala, where he spent a month in a Spanish Immersion program. "It was a great class," he said. "I hope to eventually become fluent."

He also likes to read – especially fiction and mysteries. Dr. StantsPainter enjoys sports and played baseball and basketball when he was in school, though now participates mainly as a spectator of hockey and football.



"I am excited to be treating patients at CBHA. The services provided here offer patients a wide selection of medical, dental and vision providers. In addition to providing medical and osteopathic care, I also see obstetric patients. I enjoy taking care of the whole family."

Delia Ramirez

OPTOMETRIC TECHNICIAN

This month's Firestarter, Delia Ramirez, is an example of the career and personal growth that CBHA hopes its employees take advantage of through cross-training. She began working as a Patient Service Representative in 2013

CBHA has a policy to cross-train various positions so they can cover for each other. "Delia is a perfect example of the merits of cross training," says Felipe Esparaza, who nominated Delia as this month's Firestarter. "She performs very well in both roles." Delia enjoys learning opportunities and is currently studying to become a certified technician.

The cross-training also worked well for Delia. "When there was an opening

in Eye Care, I applied for it. I have been working in that department for a year and a half now and I just love it!" Delia reports.

Felipe has observed that Delia always uses her AIDET (Acknowledge, Introduce, Duration, Explanation and Thank You) skills with patients as she helps them with dispensing and frame selection. She's very careful in her ordering process to make certain her patients receive their eye glasses in a timely manner. She is respectful of the patients and gives them the time they need especially in situations where patients might need a little extra attention.

Delia's favorite thing about working in



her current position in Eye Care is being able to have a sustained relationship with the patient. "I like getting to know them as I take them back to an exam room and follow them throughout the entire process."

Delia was shocked when she found out she had been chosen Firestarter of the Month. "We were having our monthly department meeting when Dr. Bleazard pulled out an item and said "I have this frame here...looks like a document with Delia's name on it saying she is Firestarter of the month," she said. "I was so excited and so happy! "

Delia and her husband, Francisco, have three dogs – two Yorkies and a Shiba Inu. They both enjoy the outdoors, camping, and playing tennis. She has two sisters and three brothers who live in the Connell area



Delia Ramirez with Dr. Jason Bleazard, CBHA Director of Eye Care

welcome

Dr. Robert Forbes

Optometrist

A native of the Northwest, Dr. Forbes is happy to continue to call this part of the country home. He was born in Springfield, Oregon and lived in Vernonia until he was 12 years old. His family moved to Jefferson when his father accepted a position there as principal of the local elementary school. His mother was an elementary teacher who taught in a neighboring town. "Jefferson was affectionately known as the 'Peppermint Capital of the World,'" he said. "When I was in high school, I worked in the mint fields moving irrigation lines, so I smelled like peppermint all summer!"

Dr. Forbes went to Oregon State University for most of his undergraduate studies. He obtained a Bachelor of Science degree with major in physics from Pacific University Forest Grove, Oregon. He received his Doctor of Optometry degree from Pacific University College of Optometry in Forest Grove.

Dr. Forbes began his military career as a life/survival specialist. He prepared

survival gear for pilots and then led courses on how to utilize the provided survival gear should an air crew ever find themselves having to exit out of a disabled fighter jet. He was a bit conflicted at the beginning of his career when he was informed that he had been accepted both as a weapons officer in an F-14 fighter jet as well as into optometry school. On the recommendation of his commanding officer, he gave up his dream to be an aviator and became an optometrist instead. "I have never regretted it. I love taking care of my patients; my time in the Air National Guard has also been very rewarding, although I still get the bug to fly whenever I see fighter jets aloft."

Lieutenant Col. Forbes continues to serve in the Washington Air National Guard as Chief of Optometric Services. "The most fulfilling aspect of my military career has been my involvement in medical humanitarian mission work. You always hear about people going on missions to do good for others. In my experiences, it's been the other way

around. I have gained so much more from helping others than I have given. I went on the first humanitarian mission in 1992 to an underserved area in the Yucatan peninsula of southern Mexico," he said. "And I've been hooked on it ever since. It was eye-opening for me. I hadn't been immersed in another culture before. The people who came to our mobile clinics dressed in their best clothes – hand embroidered white

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"I have been an optometric practitioner for 25 years and have performed the full scope of eye care from commercial practice to personal to group practice. What excited me about coming to CBHA is that here I will be able to follow up on a patient even if they have had to be referred out for specialized treatment and know that they received the care they needed."



Welcome Dr. Robert Forbes (Continued)

dresses and white shirts, which were spotlessly clean. To them it was an honor to come and receive care. Happy people, smiling people – who were an absolute pleasure to serve.” Dr. Forbes has since been on many medical missions throughout South and Central America, Asia, North and West Africa, and Eastern Europe.

Heading up the optometric portion of another military humanitarian mission in the South Pacific, Lieutenant Colonel Forbes and his team are expected to serve about 3500-4000 patients for eye examinations and glasses. The entire mission team will include medical doctors, dentists, mental health professionals, veterinary services, and full optical services.” He said these units are similar to M.A.S.H. units, but do not provide surgical services. Many of the

missions Dr. Forbes has been involved with were in conjunction with the Lions Club, who supply the eyeglasses. “These medical missions are set up in various countries by the Lion’s Club, and we put together the teams to get the job done.”

As an experienced optometric practitioner, Dr. Forbes has honed a wide range of expertise in his 25 years of practicing clinical optometry. “I have performed the full scope of eye care, from commercial practice at Lens Crafters to personal practice and group practice. I’ve also owned a wholesale optical lab. My career has been very rewarding. However, there was one thing that always seemed to be missing. When I would refer a patient out for specialized care, I often did not know whether they had actually received that care. One of the things that attracted me to CBHA is

that here I will have the ability to follow up on patients and know that they were taken care of – that their medical needs had been addressed.”

Dr. Forbes first interviewed at CBHA six years ago. “I was very interested in moving here at that time,” he said. “However, my teenage sons convinced me to allow them to finish high school where they were, so we remained in Oregon.” He was pleased to see the opportunity open up again. “The boys have graduated since then – so here I am!”

Dr. Forbes calls himself “an outdoor guy.” He grew up hunting, fishing, camping, and anything else that happens outdoors. He likes to spend time with his sons at the family cabin his father built in the high desert in LaPine, Oregon.

staff only information

welcome

Daryl Ballard D. D.S.

Dentist

Last month Dr. Ballard joined CBHA from Richland where he's been a part of Willamette Dental Group since 2010. He's as excited to be a part of the community as we are to welcome him.

He shared that the decision to accept an offer of employment with CBHA was an easy one. "I've heard very good things about the clinic," Dr. Ballard said. "When I interviewed at CBHA I had the impression that, from the top down, the philosophy and the culture was something I really liked." He enjoys treating people of all ages, and especially children. "I want to make people as comfortable as possible during their dental procedures." He shares that looks forward to developing relationships with CBHA patients and area residents.

Dr. Ballard attended Pacific Union College, where he completed a Bachelor of Science degree in chemistry. He obtained his Doctor of Dental Surgery degree from Loma Linda University School of Dentistry. He and his wife, Cathy, left urban southern California the

year after he completed his education and training to find a slower pace. "Neither Cathy nor I had any desire to stay there," he said. "We knew there were mountains nearby but some days we couldn't even see them because of the smog." They moved to Ukiah, CA in 1988 where he later ran his own dental practice.

His father was a medical provider as well. Perhaps this is why Dr. Ballard is drawn to treating patients over running a business. "After more than 20 years running my own dental business in California, I decided to return to working with a dental group where my primary function is to take care of patients." This change landed him with Willamette Dental Group out of Tri-Cities, WA.

He and his family love living in eastern Washington with its nearby rivers, lakes and mountains within a day's drive. He was born in California while his father was completing medical school. His appreciation for the outdoors came when they moved to Colorado. They lived there

until he was a teenager. Growing up in Colorado gave him an opportunity to snow ski, a sport he's passionate about even though he doesn't do it often.

He also enjoys music and is active in his church community. "I minored in music in college with an emphasis on voice," he shared. "When we moved to Richland in 2010 I started playing keyboard with the praise band at my church. I've even started taking lessons again! This time in jazz band, which is fun even though it's a lot of work." Dr. Ballard and his wife have two grown daughters who also call Eastern Washington home.

"When I first came to CBHA, I had the impression that, from the top down, the philosophy and culture was something I really liked. I enjoy treating people of all ages – I want to make people as comfortable as possible during their dental procedures. I am looking forward to get acquainted with my patients and the community."





april



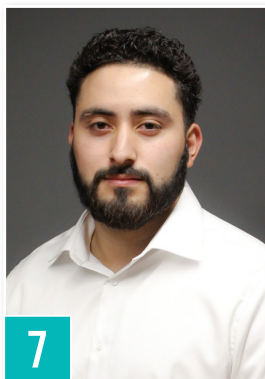
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Jessica
Smith



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Ty
Layton



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Alvaro
Arreola



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Patricia
Aviles



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Sara
Santoyo



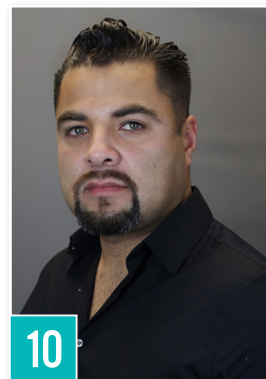
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Joshua
Bunch



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Fernando
Tapia



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Raul
Munoz

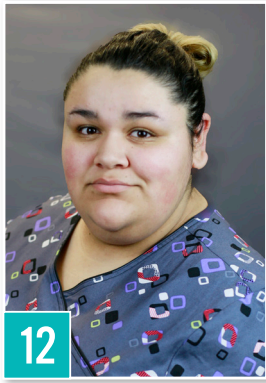


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Juan
Sandoval



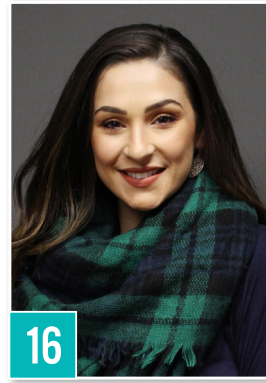
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Basurto**



**Maria
Silva**



**Meghan
Endsley, PA-C**



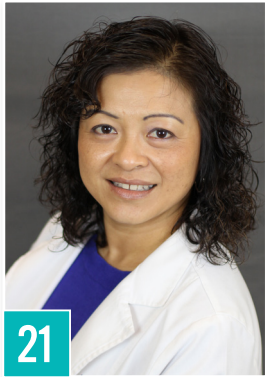
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Jimenez**



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**Robert
Martinez**



**Jaeniffer
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**Sandra
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