

VITAL SIGNS

VOLUME 18 • ISSUE 12

NOVEMBER/DECEMBER



Gingerbread House Decorating Contest



And the winners are:
Laura and Mat Garza!

*They had the most votes
on our Facebook Page!*



FIRESTARTER AWARD: OCTOBER

Raul Mendoza

PA-C, FAMILY PRACTICE

Raul Mendoza, PA-C, arrived at work at our Mattawa Clinic recently and, as usual, he promptly checked his schedule. To his dismay he found that some time had been blocked from his schedule so he could meet with Nieves. With Nieves Gomez– the CEO! He remembers thinking “must be some sort of litigation, a DLI problem, something’s wrong.”

He’d never been scheduled for an official meeting with time blocked from his schedule. Imagine his surprise when Nieves, the CBHA Executive Team and other employees suddenly surrounded him and told him he had been chosen for Firestarter of the Month! “I was so surprised!” Raul said. “It is very nice to be recognized – a very thoughtful gesture for them all to come out to honor me.”

Raul was quick to acknowledge others whom he credits for his success. “Miguel Blas-Matus, PA-C, and Arturo Rojas, PA-C,

were working here when I started four and a half years ago,” Raul said. “They helped me out from the beginning enabling me to grow professionally. I also want to give a shout-out to Dr. Elali. He is my preceptor; he has shown me the way and is always there for me.” Raul’s care team also includes Cynthia Munguia and Jennifer Padilla. “We’ve been together the past two years and have become a cohesive team,” Raul said. “Our team succeeded in earning a 100 percent score on our UDS numbers this past quarter. We are all so proud of this accomplishment and think it has to do with the fact that we have worked so closely together. I have also come to know and have a deep respect for our patients.”

Raul was nominated for this honor by Reina Lara Candido, PSR, and Fatima Romaro, PSR. They point out that Raul “has an awesome work ethic and very a positive attitude”. Raul’s patients know he cares about them by the way he treats them. He goes out of

his way to greet people and ask how they are doing, if their medication is working, etc. Patients often request to see Raul as a provider and comment that “he is polite and easy to talk to about any problems they might have.”

The favorite part of Raul’s job occurs right after he first enters a patient’s room. “I like to sit down and just talk to the patient for a little bit,” he said. “I don’t want to worry about the chart at that point – just sit and connect with them about what’s going on in their life.”

Raul describes himself as “a home body” when he’s not working. He enjoys spending time with his wife and sons, ages 10 and 16. “Both boys are in sports and we keep busy going to their games.” Raul loves to fish! His family lives close to the Yakima River so he tries to go fishing at least once a month. “We also like to get together with our families for dinners, barbecues and just to hang out.”



FIRESTARTER AWARD: NOVEMBER

Estella Perez

REGISTERED NURSE, MEDICAL STAFF COORDINATOR

Estella was hired as a nurse manager in August, 2015. She has always worked at all three CBHA clinics. "Each clinic is unique," she says. "I love working at all three places and seeing different people and clientele."

She is charge nurse at Connell every Monday and every other Friday. She also serves as Medical Staff Coordinator where she works with Jenny Day and staff on their schedule. "We also do training/in-services with staff to help up keep skills. At the end of January, I will be assisting Family Services during a family night and present first aid basics overview for some families."

When asked if she has a favorite part of her job, Estella is quick to reply, "Oh, I love all my jobs! I don't do the same thing every day and continually get to do something different and learn new things."

Nohely Velazquez, Connell Clinic Manager, nominated Estella for this award. Nohely said that Estella always displays a positive attitude. "She also is very kind in all her interactions with both patients and staff. Estella can be relied upon to follow up on patients and show support. She has stayed after hours to help patients experiencing behavioral health problems."

Estella was quite overwhelmed when the executive team and a number of staff presented her with the Firestarter award. "I must confess it didn't click at first," she said. "I knew Raul had been named Firestarter last month but I hadn't seen the video of so many people making the presentation. I am very grateful and very much appreciate the honor. I certainly didn't expect it. I come to work every day and just do my job."

Estella's hobbies and interests revolve around her family. She and her husband Santos, (he also works at CBHA in the facilities department) have two children. Their son Jaden is 13; he plays football and baseball and wrestles. Their daughter, Addie, is six; she and Estella like to play "Just Dance". Nephew Ian is 15, lives with them; he tells everyone to call him "Wolf." Estella is expecting a baby in May. "We are all very excited," she said. "We may wait until the baby is born to know whether it is a boy or girl."

As a family they like to watch movies together. Estella is proud to point out that Santos is a volunteer fireman; he stays in shape with weekly training and workouts enabling him to be ready when called out to fight a fire.



Estella Perez (center) with staff members and her family.

January



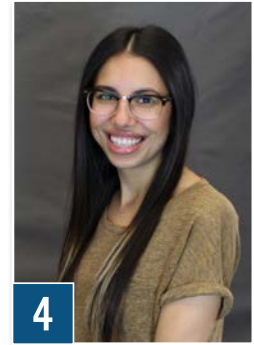
**Jacklyn
Aviles Ramirez**



**Karina Cortes
Herrejon**



**Eva
Sanchez Diaz**



**Yvonne
Aguirre**



**Jennifer
Kittelson**



**Amber
Madani**



**Dr. Monique
Small**



**Carla Lopez
Aguilar**



**Arturo
Rojas**



**Dr. Janet
Romero**



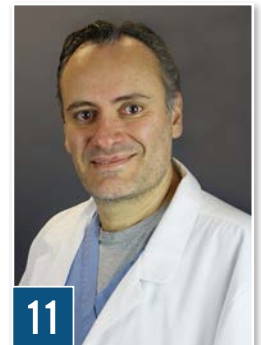
**Daniela
Voorhies**



**Adriana
Favela**



**Karina
Silva Garcia**



**Dr. Bashar
Elali**



**Valerie
Gomez**



**Priscilla
Abalos**



**Fatima
Romero**



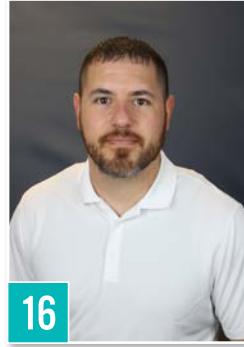
**Narce
Falcon**



**Deborah
Ruppert**



**Selina
Flores**



**Santos
Perez**



**Erika
Mendez**



**Azucena
Birrueta**



**Jesus
Martinez**



**Jennifer
Padilla**



**Claudia
Castillo**



**Abdu
Garza-Martinez**



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**Courtney
Olson**



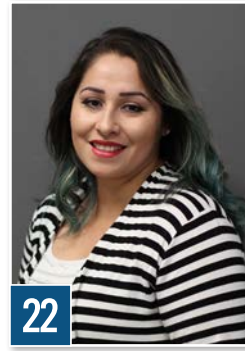
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**America
Caballero**



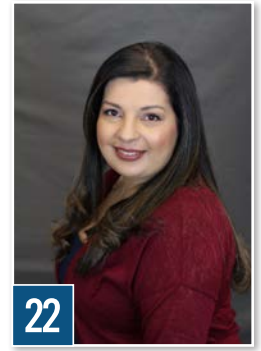
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**Rosalia
Avila**



22

**Yesenia
Barajas Garcia**



22

**Irasema
Pruneda**



22

**Sila
Salas**



22

**Sarah
Vega**



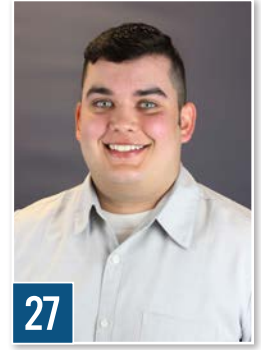
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**Christopher
Garza**



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**Salvador
Jauregui**



27

**Lucas
Garza**



27

**Carlos
Ruiz**



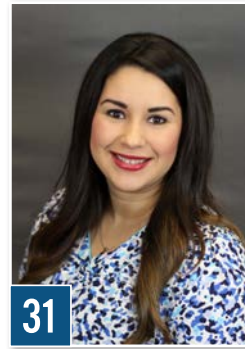
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**Yesenia
Carriero**



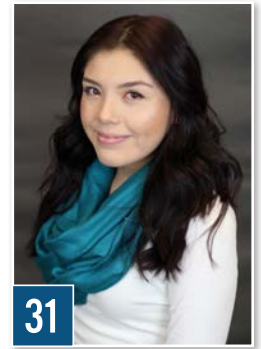
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**Cindi
Hogeboom**



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**Laura
Garza**



31

**Samantha
Guerra**





POSITIVE PULSE

MIND. BODY. HEALTH.

LEVEL 1

Elsie Garza
Jazmin Barajas
Araceli Rangel

Carla Lopez
Brenda Gonzalez
Nancy Maciel-Landa

LEVEL 2

Lizeth Lopez
Erika Silva
Matthew Walker

Kristen Stevens
Brenda Rodriguez
Sam Gomez
Karen Guadarrama



Christmas Toy Drive

