

VITAL SIGNS

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welcome

Dr. Syed Gillani, MD, DO

Family Practice with Obstetrics

It has been said that we all have a story to tell -- our own personal stories about where we are from, what has shaped us into the person we are today and where we might be going from here. Dr. Gillani is no exception. He was medical director of a 17-bed level IV trauma medical center hospital and clinic in Kashmir, Pakistan in 2001 when he was diagnosed with aggressively growing tumors and was given six months to live. He was told there was no treatment for this particular condition in Pakistan.

"I would have to come to the United States for treatment. I had no choice but to leave my country," he said. "I exited the plane in a wheelchair when I arrived." Thus began a new chapter in his life...a new journey both mentally and physically.

"I was treated for cancer at the University of California San Francisco (UCSF) Comprehensive Cancer Center. I was on Medicaid for the first year of treatment. I learned what it felt like to sit in the waiting room with other people who were also seriously ill -- what it felt like to bear the stigma of needing to be on Medicaid. I sat with the migrant population and felt with them the humiliation of being treated differently from those on insurance or paying with cash. A new sense of what it meant to be compassionate swept over me and I vowed to really show compassion to all my patients in the future."

Even though he had been approved for disability, after that first year of treat-

ment, he never accepted it. He worked throughout the remainder of his treatment to support himself -- first as a laboratory technologist and then as a tissue recovery specialist, coordinator, and leader of tissue and organ recovery team. He began to dream about living "the American dream." He also worked as a microsurgery instructor and researcher for two years.

At that point, he decided to return to medical school. He had previously obtained a medical degree in Lahore, Pakistan. He enrolled in the New York Institute of Technology College of Osteopathic Medicine and obtained his Doctor of Osteopathic Medicine in May of 2014.

He went on to do a three-year residency program in Pueblo, Colorado; he also completed a Rural Medicine with Obstetrics Fellowship at Tacoma Family Medicine at Tacoma, Washington. He hadn't been allowed to practice obstetrics in Pakistan for religious reasons in that culture. "Taking care of expectant mothers and delivering babies is an important part of what I do now and I find it very rewarding. Now I am actually living the 'American Dream'; I am healthy, and very grateful for the opportunities I have been given. I want to always greet my patients with a smile and a compassionate attitude."

Dr. Gillani is excited to begin his medical practice in Othello and soon in Mattawa -- and to get to know his patients. Coming

from Pakistan, his native language is Punjabi. He also speaks English fluently and can speak some Spanish. "I am already working to improve my Spanish." He also wants to become acquainted with people in the community.

In his free time, Dr. Gillani enjoys several hobbies. "I love to cook; it is my way of relaxing. I like to cook Indian, Thai, Chinese food, whatever. I have participated in international dinners in the past -- lots of fun!" He also likes to write. "I am often inspired to write about personal experiences or when something touches my heart. I enjoy listening to music -- all genres. My favorite singer is Andre Bocelli. I enjoy walking and taking photographs."



"I was very ill with cancer when I arrived in the United States. During treatment I came into contact with others who were also very sick -- many of them from underserved populations without many resources. A new sense of what it means to be compassionate swept over me and I vowed to really show compassion to my patients in the future. I consider it a privilege to live and work here."

Pumpkin Patch Fun



FIRESTARTER AWARD: SEPTEMBER

Juana Cardenas

PATIENT SERVICES REPRESENTATIVE I

Juana's employment at CBHA began December 5, 2011. Her title at that time was Patient Services Representative (PSR). She began training at once to become certified. She said that process took about a year because it was interrupted when she had to cover different departments because of short staffing. She is always eager to learn new things. Juana is also taking classes on line. "My goal is to get into healthcare administration," she said.

Juana is quick to reply "helping out the patients as much as I can," when asked what the favorite part of her job is. She explained that the PSR-certified program comes with having to do patient benefits, medical reception and dental and eye care. "I had to have training in every department so now I am cross trained in all of those departments." She said all this training really helps her deliver quality patient care. She is able to answer most patients' questions about all the departments. Dental remains her "home base".

Courtney Olson nominated Juana for this award. "Juana is one of the Wahluke Clinic PSR-C Point Persons/Leads assigned by the WC site director," Courtney said. "Juana achieved this because of her continued demonstration of maturity, positive attitude and self-confidence in the tasks she accomplishes every day; for example, she ensures all dental pre-authorizations are sent and re-

ceived in a timely manner in order to reduce any rejected claims or unsatisfied patients.

Juana said she was very surprised and thankful when she received the news that she had been chosen Firestarter for the month. I have always received so much support from Courtney and my co-workers," Juana said. "I think that is what has motivated me to work hard." Courtney also noted when nominating Juana that she takes responsibility for her job duties and accepts ownership of what has been assigned, ensuring that not only are her basic PSR-C duties accomplished for the day but also that her co-workers have what they need to get their tasks done as well.

Juana and her husband, Jesus, have three children – an 11 year old son and two daughters aged 7 and 5. "Our son is in sports – baseball, football and basketball. The girls are in gymnastics which means driving to the Tri Cities on Mondays after work," she said. "I'm always commuting!" Family activities include extended family gatherings and movie watching with the children. They also like to go bike riding and hiking. "We took a family vacation to Salem, OR this past summer. It is such a beautiful area. It seemed like every hike we took ended up at a waterfall."



FIRESTARTER AWARD

WINNER RECEIVES:

\$25 Visa Gift Card · Framed Certificate
Nomination for Employee of the Year

Employees are recognized through a Peer-to-Peer nomination designed to allow all employees to recognize each other for great attitudes, individual efforts, going above and beyond while demonstrating the WE CARE Standards of Behavior.

YOU can nominate someone today!
Forms can be found on the HUB

Some of our 2018 winners!



welcome

Amber Madani, ARNP Family Practice

Amber was born in Pakistan; however, she considers Seattle her hometown. She was 13 when her family migrated to the United States.

"My father was a business man," she said. "We moved a lot in my growing up years." She went to high school in Seattle. Undergraduate studies were done in Tacoma, WA where she graduated from the Bates Technical College Licensed Practical Nurse Program. "This certification allowed me to work and earn an income while I pursued additional education."

She obtained an Associate of Science in Nursing Degree from Excelsior College in Albany, NY and a Bachelor of Science in Nursing from the University of WA in Bothell, WA.

"I continued to work as an RN for a number of years and graduated from Seattle Pacific University in Seattle with a Master of Science in Nursing degree this year. "It's taken a long time – I'm excited to begin my practice as an Advanced Registered Nurse Practitioner in Othello."

Amber started looking for work opportunities before she graduated. "I knew I wanted

to work at a community health center," she said. "I am an immigrant and I know what people experience when they move to a new country...so much to learn. I remember being somewhat afraid when I first arrived. Community health centers often have a wide range of services to offer to newcomers and can help guide them through the process."

After looking around a bit, she came to CBHA for an interview. She enthusiastically describes her reaction: "It was the people who impressed me the most – they were so wonderful! I actually fell in love with them. Then I had a tour of the building. Believe me, I've seen a lot of medical facilities over the years – none more impressive than the Othello Clinic! CBHA is able to offer so many resources to the patient. It all revolves around

the patient and enables us to give them the excellent care they need. I love that!"

Amber enjoys cooking and baking in her spare time. "I especially love to bake - cookies, cakes, pies, cobblers, my specialty is a tiramisu cake." Italian food is her favorite. "My mother and I enjoy baking and cooking together. She bakes bread on a regular basis. Amber also likes to knit and crochet. She enjoys walking and hiking and is very devoted to her favorite sports teams – the Seahawks and the Mariners.



"My philosophy of care is patient centered. Everything revolves around the patient. I'm very excited to be able to take total care of my patients at CBHA. We offer medical, dental and vision care, mental health, family services, pharmacy – the list is long – to all patients. Patient benefits staff are on hand to explain, in both English and Spanish, all the services available at CBHA clinics. I am so pleased to work here!"

November



1

**Melissa
Castillo**



1

**Dr. Nichole
Tomblin**



2

**Mark
Rogerson**



3

**Blake
Barthelmess**



4

**Kimberly
Ditton**



5

**Citlali
Lopez**



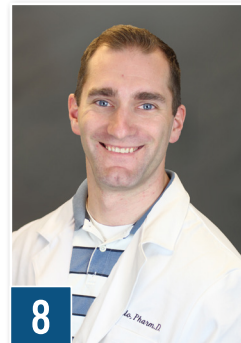
6

**Norma
Gutierrez**



6

**Tawni
Solberg**



8

**Nathan
Spinelli**



9

**Hayley
Middleton**



9

**Vanessa
Morelos**



9

**Daniela
Reyes**



11

**Margarita
Rodriguez**



11

**Elvia
Tapia**



14

**Ivonne
Torres**



15
**Carina
Silva-Ibarra**



16
**Samantha
Garza**



16
**Lucy
Vivar**



19
**Cynthia
Molina**



20
**Jasmin
Sanchez**



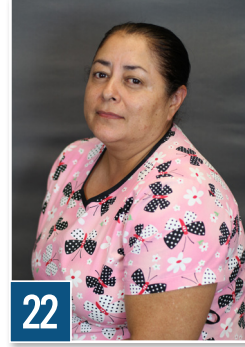
21
**Dr. Gabriel
Barrio**



21
**Alma
Gonzalez**



22
**Abigail
Castillo**



22
**Enedelia
Gonzales**



22
**Karlee
Kerr**



23
**Ana
Rodriguez**



23
**Mairani
Sanchez Diaz**



27
**Araceli
Flores**



28
**Jesenia
Murillo**



30
**Odaniz
Zepeda-Lopez**



welcome

Dr. Francisco Prada, MD

Family Practice

Having grown up in Colombia, Dr. Francisco Prada is a native Spanish speaker, but also speaks English. After attending British schools in Colombia, he moved to the United States, where he graduated from Lynn University in Boca Raton, Florida with a BS in Biology. He attended American University of Antigua College of Medicine in Antigua and Barbuda in 2014.

Dr. Prada's Family Residency training took place at Wellstar Atlanta Medical Center in Atlanta, Georgia, where he was Chief Resident. Before entering medical school, Dr. Prada knew he wanted to care for underserved populations as well as undocumented people who face a lot of hardships in their daily lives. And, he was sure he wanted to work with children. He added obstetrics to his wish list after he saw how much he enjoyed working with families. Several Family Medicine conferences in 2016 and 2017 strengthened his resolve to concentrate on this type of medicine.

Dr. Prada had specific criteria in mind as he began his search for a clinic setting. "A lot of organizations have good intentions but lack the leadership to provide the right kinds of support and tools for medical providers to do the job," he said. "I found that CBHA, with its amazing facilities and equipment, will be able to provide whatever I need to take really good care of my patients."

When not at work, Dr. Prada likes to be outdoors. "I love to spend time with my black lab, Diego. I also can't wait for winter to go downhill skiing and plans to take up cross country skiing." Dr. Prada also likes biking and will buy one soon.

Dr. Prada has enjoyed what he's seen of the Othello community so far. "I arrived in Othello in time to participate in CBHA's "Color Run" the end of September." In addition to exploring the area and being outdoors, Dr. Prada looks forward to volunteering in the community in his spare time.

"Working with underserved populations is a longtime dream for me. I accepted this position because I could see CBHA had the necessary leadership to provide the right kinds of support and tools to enable me to take really good care of my patients."





POSITIVE PULSE

MIND. BODY. HEALTH.

LEVEL 1

Licett Rivera

Raul Mendoza

Laura Ely

LEVEL 2

Yesenia Armenta

Irene Faustino Ayala

Angelica Rodriguez

Ruby Garcia

Janet Romero

Paloma Mendez

Alejandra Avalos Rangel

Sonia Marquina

Crystal Mercado

Kimberly Yerbich

Marcela Arrieta

Jennifer Vazquez

Maria Medina Corrales

Devyn Lynch

Joseph Mendez

Aries Gomez

LEVEL 3

Evelia Ocampo

Bianca Romero



Middletton

FALL FESTIVAL



Over 35,000
people attended the
festival this year!
We are proud to
announce that CBHA
will be the main
sponsor for the 9
acre maze next year!