

VITAL SIGNS

VOLUME 18 • ISSUE 6



welcome

Sarah Stapelmann

Registered Dietitian

CBHA is excited to welcome the addition of full-time registered dietitian Sarah Stapelmann. Sarah joins two other dietitians at CBHA, though she will be working primarily with Family Services department.

Together, CBHA dietitians educate patients and community members about healthy food options, teaching group health classes in the clinic and in the field.

Sarah's interest is in managing chronic conditions through meal plans designed to meet the patient's unique needs, whether that's stabilization of diabetes or reducing inflammation.

She feels fortunate to combine her interest in science with her love of cooking to create the ideal career for herself. "I've always loved gardening, cooking, finding new recipes – and I've always enjoyed science, too," Sarah says. "Nutrition just wove all those together for me."

Originally from Syracuse, New York, Sarah began making her way west several years ago, stopping first in Wisconsin. While working in her first career as a forensic firearms examiner for the State of Wisconsin, she returned to college to pursue her dream of becoming a registered dietitian.

Sarah says she was drawn to the opportunity at CBHA because she recognizes that the commitment to patients at CBHA is "second to none," and she wanted to be part of that. "I can't wait to help patients become the best version of themselves. I really believe that food is medicine, and that we can use it to help treat many health conditions. And the variety of people I'll be seeing is really exciting for me – from pregnant or nursing moms to people needing help managing chronic conditions."

When Sarah isn't sharing her knowledge with patients, she is often adding to her nutritional expertise by creating new recipes and nurturing her garden. A certified yoga instructor, she also enjoys moving indoors and out -- hiking and camping, and spending time with her black lab-mix puppy, Raven.



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FIRESTARTER AWARD: MAY

Irene Faustino

HEALTH EDUCATOR

CBHA congratulates our most recent Firestarter, Irene Faustino, a health educator para-professional in Family Services.

Irene's colleague, Karlee Kerr, nominated her for the Firestarter award because "she uses AIDET (Acknowledge, Introduce, Duration, Explanation, Thank You) with every encounter she has with a patient. I get to witness this when she helps me interpret. She instantly makes the patient feel comfortable and at ease. I love that when she is done she always reminds the patient what was discussed and then asks if there is anything else she can do to help. She is also so very respectful of patient's backgrounds and culture."

Irene says it's easy to connect with her patients because she knows what it's like to be on the other side. Her family migrated to the United States when she was six years old, and she remembers what it was like to struggle, to build a new life, and to learn a new language.

"I think my passion is to help others now, especially in my community. Coming from a low-income immigrant family, I know the help they need, and I understand what it means when they get it. Doing what I'm doing now is my way of giving back to the community that gave to me."

According to those who work with her, Irene is doing more than giving back. She's used her upbringing and her story to develop talents and strengths she didn't know would be so useful.

Her colleague Karlee says, "Irene is just

an amazing asset to this organization in part because she can speak three languages. She's able to reach all our populations that we see at the clinic and get them the help they need."

After graduating from Othello High School, Irene attended Big Bend Community College, and then attended Charter's College, where she received her certification as a medical assistant.

In May of 2015, Irene was hired as a receptionist in Family Services. She's worked as a health educator for the past year, and says it is more rewarding than she could have imagined.

"I love to work the outreach events, and help patients with case management, educating them about how to manage chronic conditions, like hypertension, high cholesterol, or diabetes. I'm also having fun teaching the exercise classes my partner and I lead four times a week. We walk the trails, do Zumba, and work on cardio with the patients who come. It's so much fun."

While many parts of her work are meaningful to Irene, for her, nothing beats the reward that comes from celebrating the successes of patients she's helped. "When I facilitate a service or see a patient's A-1-C go down, it's so rewarding. And I get that every day. I feel so lucky."

When asked what winning the Firestarter award means to her, Irene says, "It's so unexpected, but I am very thankful that the work I'm doing at CBHA is valued, and I look forward to finding more ways that I can learn and improve patient satisfac-

tion. I want patients to leave feeling that CBHA is where they want to go for their care."

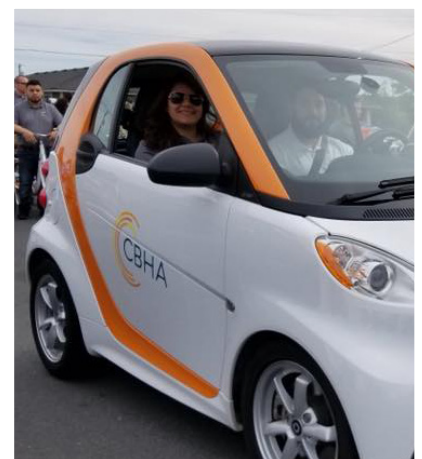
The oldest of eleven children, Irene is no stranger to a big family. She says CBHA feels like that to her as well – a big, happy family.

"Everyone at CBHA has been so wonderful. I'm thankful for what they all do and for how we support each other."

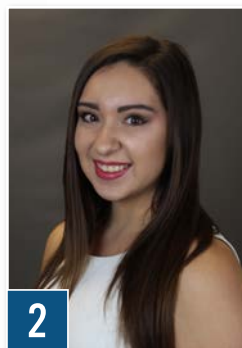


4TH OF JULY

Parade



JULY



**Marissa
Garza**



**Kayla
Martinez**



**Sidney
Puentes**



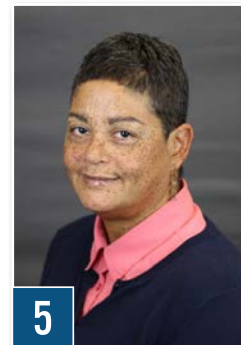
**Evelyn
Gaytan**



**Jon
Krupa**



**Felipe
Esparza**



**Marilyn
Eidahl**



**Alejandra
Porfrio**



**Raul
Mendoza**



**Dr. Aleta
Cheek**



**Martin
Garza**



**Elsie
Garza**



**Dr. Haider
Kalhan**



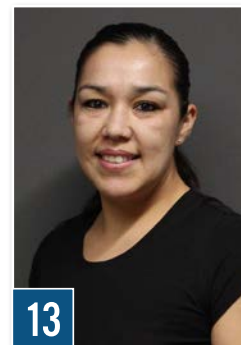
**Ciara
Schwab**



**Antonia
Arreola**



**Dr. Jason
Bleazard**



**Linda
Cruz**



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**Clarissa
Pruneda**



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**Pablo
Zamarripa**



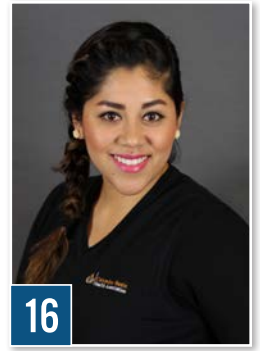
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**Paul
Anderson**



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**Jessica
Garcia**



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**Vivian
Gomez**



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**Valexa
Hernandez**



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**Maria
Medina**



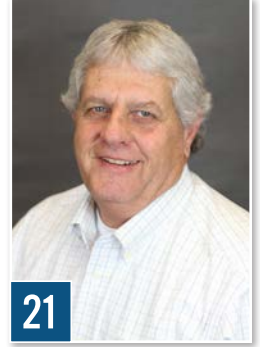
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**Maria
Arceno**



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**Lisa
Solis**



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**Brant
Baker**



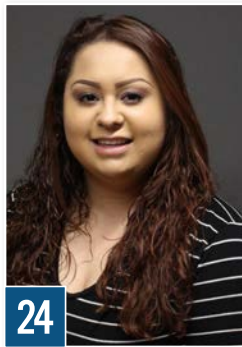
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**Paloma
Mendez**



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**Alberto
Cruz**



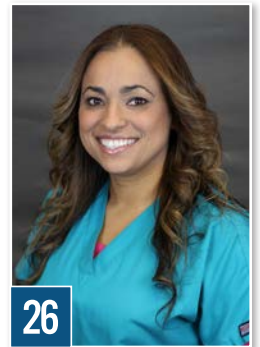
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**Yvonne
Martinez**



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**Dr. Larry
Loveridge**



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**Maria
Mendoza**



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**Michelle
Taylor**



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**Evelia
Ocampo**



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**Ivette
Gomez**



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**Dulcye
Field**



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**Juana
Cardenas**

Connell CLEAN UP



TENT RAISING AT THE OTHELLO CLINIC



At one point or another, we have all probably watched an old movie (more than likely a western), where neighbors get together to hold a “barn raising” usually to help a neighbor who is ill or who has been injured. Neither of those situations occurred here; however, CBHA did have its own version of a barn raising – only with a tent. A crew consisting of Curtis Andrews, Eleazar Pruneda, Santos Perez, Pedro Lima, Salvador Jauregui, Jose Rincon and Jesus Martinez built the frame on a Tuesday morning in June. They had to postpone adding the fabric until Thursday morning due to high winds predicted for Wednesday.



COLOR OUTSIDE THE LINES



CBHA RUN FOR THE CAUSE 2018: KIDS WITH SPECIAL NEEDS

SEPTEMBER 29

SEE MORE INFO AT CBHA.ORG/EVENTS