



HomeTown

HEALTH

WINTER 2022

Celebrating

50

YEARS

of Serving You!



CBHA
50 YEARS

**Get The Care
You Need,
When You
Need It!**

**Schedule Appointments
On Your Phone!**



Hometown HEALTH

**BROUGHT TO YOU BY THE
CBHA MARKETING TEAM**

Magali Valdez EDITOR / PHOTOGRAPHER
Jill Baker GRAPHIC DESIGNER
Ivone Valdez COPYWRITER



CBHA.WA



CBHA_WA

OTHELLO CLINIC
1515 E Columbia St, Othello

CONNELL CLINIC
1051 S Columbia Ave, Connell

WAHLUKE CLINIC
601 Government Way, Mattawa

509.488.5256 • CBHA.org

*Information in Hometown Health comes from a wide range of experts.
If you have any questions or concerns about specific content that
may affect your health, please contact your provider.*

Celebrating 50 Years

50 years ago, Columbia Basin Health Association officially opened its doors to provide equal access to quality healthcare to Othello, and later to Wahluke, Connell and surrounding rural communities.

Since first serving our Othello community in 1972, with only a handful of staff, our team has now grown to 452 employees who have a passion to serve. What started with only medical services and a few hundred patients, has now grown to a fully integrated patient centered medical home with approximately 38,000 unique patients and over 193,000 patient visits.

Our community's health is our top priority. From newborns to seniors, we have been here throughout your health journey providing world class primary care services like Medical, Dental, Behavioral Health, and Vision services.

In order to enhance access to family services, we provide OB Care, Women Infant Children (WIC), Maternity Support Services, Nutrition and Health Education, Early Intervention Services, and Ancillary services such as digital x-ray, dexascan and transportation. We've also brought in a state of the art CAD/CAM Machine into our dental department and are now offering Mammography services.

Throughout these 50 years, CBHA has received multiple state and national recognition quality awards because of our high level community engagement and partnership with community resources. We're proud to be recognized as a best practices organization because of our unwavering efforts to produce a high tech workplace with state of the art buildings equipped with award winning technology for our award winning providers. We are proud to be the best place to work, the best place for our community to receive care, and the best place for our providers to practice.

It's important to us that we make a difference in our community by supporting a philanthropy model we call CBHA X 10 = Community. Through this model, we commit our workforce to invest over 1K volunteer hours to local community events, raise a minimum of \$10K to give back to our community through our CBHA 5K Color Run, and support the growth of other community programs by committing over \$100K of community support.

We have, and will continue, to walk alongside you through your health successes and challenges. We are honored to have provided care to our communities for 50 years, and look forward to do so for the next 50!

Nieves Gomez,
CBHA President and CEO



FIFTY YEARS IN THE MAKING

What an honor it is to be able to serve YOU, our patients and communities, for the last half decade. Look back in time and learn about our history.



1972

CBHA opens the Othello Family Clinic on Cedar Street

CBHA was first located in a small office on Cedar Street. Staff included one doctor, a nurse and several support personnel. "Keeping Healthy those who Feed the World" soon became the motto.



1976

Othello Family Clinic moves to Main St. location

CBHA's Othello Family Clinic moved into its location on Main Street in 1976. The clinic was later remodeled and expanded several times.



1978

Jim Taylor appointed Chief Executive Officer



1984

Leah Layne appointed Chief Executive Officer



2004

14th Avenue Medical Center merged with CBHA and underwent a complete remodel

Othello EyeCare was established at the same time and located in the lower level at 14th Avenue Medical Center.



2000

Wahluke Family builds new building and introduces medical, pharmacy and lab



1998

Greg Brandenburg appointed Chief Executive Officer



2008

Wahluke Family Clinic builds new, bigger facility and adds eye care services

Patient response and utilization grew quickly until it became necessary to build a new full-service clinic housing medical, dental and pharmacy.



2008

Connell Family Dental Clinic opens with a modular unit

Dental services were provided to area residents in Connell within a modular unit in 2008.



2010

Connell Family Dental Clinic built a new, bigger facility

Connell Family Dental Clinic celebrated the Grand Opening of its brand new building.



2012

Eye Clinic and tele-pharmacy opens in Connell



2018

Nieves Gomez appointed as Chief Executive Officer



2016

Wahluke Clinic expands medical exams rooms, nursing station and registration



2014

Connell Clinic expands drive pharmacy including drive thru



2021

Connell Medical expands

Expansion includes 10 medical rooms, 2 consultation rooms, new prep area and a physical therapy room



2022

Othello Clinic builds a new, bigger facility on E. Columbia St. Opens CBHA Cafe

THANK YOU FOR 50 YEARS!

We have, and will continue, to walk alongside you through your health successes and challenges.

Gregory J. Brandenburg Healthcare Campus

In our 50 years of providing quality care to our communities, we've had great leaders. Greg J. Brandenburg served as the CEO of CBHA for 20 years, leaving a mark of excellence.

On a hot Saturday afternoon, our Board of Directors, Executive Team, employees of CBHA and more surprised Greg by dedicating our Othello Clinic to him, and naming it the Gregory J. Brandenburg Healthcare Campus.

"I remember how intimidating it was to walk into Greg's office," said CEO, Nieves Gomez, before revealing the monument with the new clinic name. "He had a Vince Lombardi frame hanging on his wall that said 'what it takes to be number one.'" We listened as he referenced the Lombardi quote and what a culture of excellence looks like, what it takes to be excellent, and what victory feels like.

"People have told me in the past, 'It's really tough to work

for Greg,' and my response was always, 'yeah it is, because excellence isn't easy,'" Nieves continued. "A pinnacle leader reproduces, and Greg did nothing but produce great leaders. I know he's done that with me and many others who have been mentored by him."

As he invited Greg to help reveal what was under the cloth of the monument, he said "I would like to introduce to you all the Gregory J. Brandenburg Healthcare Campus." Everyone began to clap and Greg was shocked, as he wiped his tears away. Everyone congratulated him, and he expressed how grateful and appreciative he was for this grand gesture.

Greg began his career at CBHA as the Chief Financial Officer in February of 1997 and was named CEO in October of 1998. Under Greg's leadership, CBHA

experienced a lot of change and tremendous growth over the past two decades.

CBHA implemented electronic medical records in 2000, making a huge step forward. The number of patients served increased from 11,000 to 35,000, while patient encounters increased from 40,000 to over 170,000. CBHA revenue increased more than six-fold – from \$5.5 to \$45 million.

What started off as a small clinic only serving medical patients in Othello expanded to state-of-the-art clinics in Connell, Mattawa, and Othello. All three clinics now offer full medical, dental, eye care, behavioral health and family services, along with pharmacy, lab and radiology.

Under Greg's leadership CBHA was Joint Commission accredited since 2002; this national accreditation is conducted every three years and includes an almost week-long inspection of physical structures, policies and procedures covering every aspect of patient care. The organization is consistently at the top operationally - scoring 19 out of 19 during the HRSA's Operational Site Visits in 2014 & 2017.

Greg considers the people he has mentored over the years to be part of his legacy as well. "People define an organization, and having grown the organization from 65 employees in 1997 to over 360 is something we're really proud of."

"CBHA's Vision statement, 'To be a model of excellence in patient satisfaction in community and migrant health care and a community leader in initiating and developing collaborative relationships,' was a guiding principle behind building a culture of accountability and productivity," he said.

His favorite part about working at CBHA was the staff and patients. "I liked coming up with new ideas that would benefit our employees. And I genuinely like the people who work here." He left an impact of creating a welcoming environment, and many CBHA employees today would agree that hasn't changed.

In the past, people have asked Greg, 'What do you believe is the legacy that you left behind?' He's quick to respond with "Buildings are not a legacy. CBHA's legacy is the quality care that we provide for our communities, and the way that we provide it."

"This has been a phenomenal ride. I appreciate everything that everyone has done, and for the amazing partnership that the board of directors continue to have with CBHA," said Greg.

Greg Brandenburg has been a strong leader for CBHA and continues to have a strong presence among our communities. We're glad we were able to celebrate this moment with him, and appreciate everything he has done for CBHA.



Scan to see the monument dedication video and more of our 50 year history!

*CBHA Executive Team
(left to right) Dr. Hung Miu, Chief Medical Officer, Nieves Gomez, CEO, Kelly Carlson, Chief Administration Officer, Greg Brandenburg, Former CEO, Randel Stevens, Chief Information Officer, Dr. Ji Choi, Chief Dental Officer, Joshua Bunch, Chief Financial Officer, and Jonathan Madera, Vice President of Operations*





Marisol Cardenas

WAHLUKE CLINIC

DENTAL HYGIENIST

"I want to be a resource for our community, educate oral health and build relationships with my patients. I'm looking forward to working with patients who are English and Spanish speaking."

Marisol grew up in Othello, after graduating high school she started as a dental assistant at CBHA. After a few years, she decided to further her education at Columbia Basin College to become a Dental Hygienist.

On her free time, she enjoys hiking, swimming and spending time with her 2 daughters.



Jonathan Hale, ARNP

OTHELLO CLINIC

FAMILY PRACTICE

"CBHA is constantly finding new ways to give back to their communities, and I'm glad that I can be a part of that. I am looking forward to working with you and providing you with the care that you need."

Jonathan Hale received his nursing degree from Washington State University, then completed his Masters from Maryville University to become a Family Nurse Practitioner. Jonathan enjoys taking care of patients and educating them on their health.

On his free time, he enjoys being outdoors with his 5 boys biking, hiking and camping.

Dr. Selima Elshaafi

OTHELLO CLINIC

DENTIST

"I enjoy educating my patients on oral health. I will do everything I can to make sure my patients are cared for in the best way."

Dr. Elshaafi grew up in Benghazi Libya and attended school there to become a dentist. Later she received a scholarship to come to the United States and study dentistry at New York University.

Dr. Elshaafi is very excited to be part of this team, and to be serving the amazing people of this community.



Dr. Bianca Mendoza

WAHLUKE CLINIC

OPTOMETRIST

"I want you to know that I'm here for you! I take pride in the quality of services that I provide for my patients, and I'll do everything I can to help you better your health."

Dr. Mendoza attended Pacific University College of Optometry and received her Doctorate Degree. She is originally from the Columbia Basin and is excited to be back and serving this amazing community.

On her free time she enjoys traveling, staying active and trying new foods.



Stacey Forbes

OTHELLO CLINIC

SPEECH LANGUAGE PATHOLOGIST

"It's important to me to develop relationships with family and patients. I make sure children and adults are in a safe and calm area where they can learn while having fun!"

Stacey has a Psychology Degree and Master's in Speech Language Pathology from the University of North Texas. Her goals as a Speech Language Pathologists are to become an integral part of the CBHA community and provide education on speech and feeding therapy.

When Stacey has some free time, she enjoys baking, gardening, walking her dogs, hiking and traveling.



Agraj Poudel

WAHLUKE CLINIC

PHARMACIST

"As your Pharmacist, I will strive to provide the best possible care for you along with our passionate providers."

Agraj grew up in Kathmandu, Nepal and attended the University of Missouri Kansas City, where he received his Degree in Pharmacy. He is very excited to be serving this community, and to be helping patients with their prescriptions.

On his free time, he enjoys reading books, watching movies and playing sports like tennis and volleyball.

Dr. Veniel Garza, DO

OTHELLO CLINIC

FAMILY PRACTICE

"I'm looking forward to partnering and forming new relationships with my patients to improve their overall health. I want to help my patients reach their health goals."

Dr. Garza was born and raised in Othello. After completing his bachelors at Eastern Washington University, he attended Pacific Northwest University-Osteopathic Medicine in Yakima. He's excited to be back in his hometown providing care and focusing on the overall health of his patients.

Dr. Garza also enjoys running, playing soccer and riding his motorcycle.



Dr. Heera G. Venguidesvarane "Dr. GV"

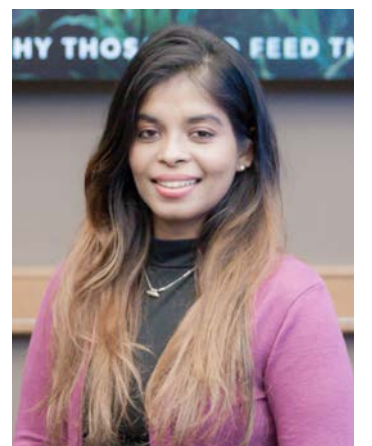
OTHELLO CLINIC

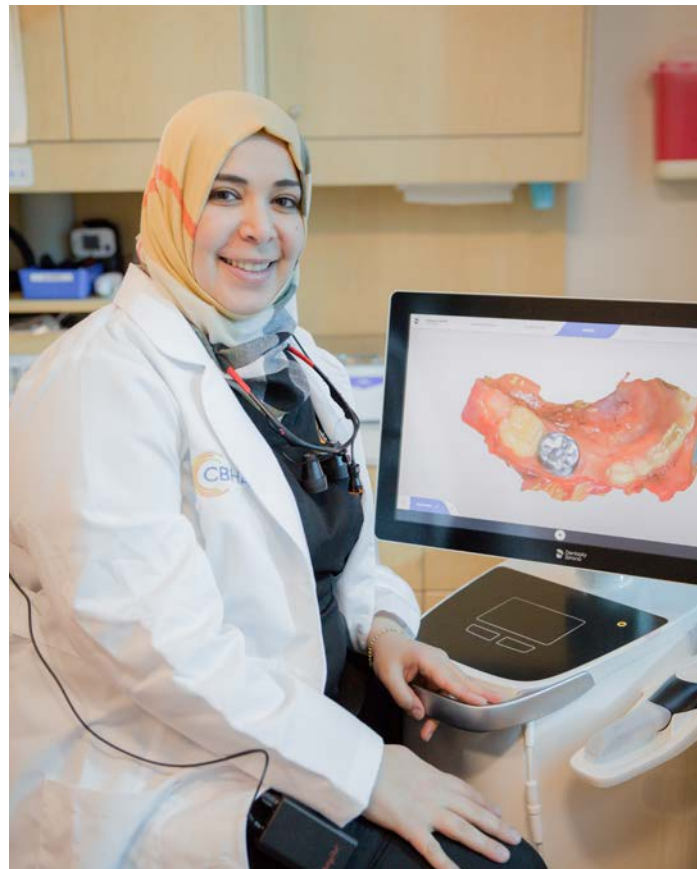
DENTIST

"I am deeply motivated to help expand access to dental and oral health care to all people regardless of their background. As your dentist, I will work closely with you to provide the best dental care you deserve."

Heera G. Venguidesvarane, BDS, DDS, MPH "Dr. GV" attended the University of Pondicherry in India for her Bachelor's degree, then finished her Doctor of Dental Surgery at the University of the Pacific Arthur A. Dugoni School of Dentistry in San Francisco, California. As a farmers granddaughter, she's excited to serve an agricultural community.

On her free time, she enjoys reading books, exploring nature and traveling.





Dental Restorations

The way we provide Dental Care just got a whole lot better!

We're now able to make crowns or bridges in-house, along with mouth guards, dentures and other prosthodontics.

Our new computer-aided design and computer-aided manufacturing technology, also known as CAD/CAM, enhances the design and creation of dental restorations like crowns, veneers and bridges from a single block of ceramic.

In just 3 easy steps, our Dentist will be able to Scan, Design and Produce a restoration for you.

This new service is available at each of our dental clinics! It shortens up the treatment process, so that you are on track to feeling healthier and pain free.

Don't put off your oral health any longer, schedule your appointment online!

Scan the code to check out how it's done:



Sleep Apnea

Sleep Apnea is a potentially serious sleeping disorder in which breathing repeatedly stops and starts. If you snore loudly and feel tired after a full night of sleep, you may have sleep apnea. Some other symptoms include gasping for air while you sleep, awakening with a dry mouth, morning headache, and insomnia.

We provide two different services for Obstructive Sleep Apnea.

For patients who suffer from sleep apnea, but cannot tolerate a CPAP machine, they will be able to meet with our trained dental provider who will provide a custom fitted device to help have a better night's sleep.

The second service focuses on care towards facial pain. This pain can be due to trauma or simply a chronic condition.

Scan to make an appointment with your dental provider and see if our sleep apnea treatment is right for you:



Mammography

We know how important it is for women to get a mammogram done every year. That's why we made sure to bring the best technology to our Othello Clinic and are now offering mammography exams!

With our state of the art 3D Mammography Machine, our providers are able to examine breast tissue layer by layer. A 3D mammogram shows fine details of the breast that may be hidden by tissue and any signs of cancer even before symptoms arise.

Breast Cancer is more common than you may realize. Even if you seem to be in good health, you can still be at risk. This is why early detection is so important!

If you're 40 or older, we recommend you get tested once a year. Make sure to ask your provider if a mammography exam is right for you at your next medical appointment!

Take a closer look at how our 3D Mammography Machine works by scanning the code:



Speech Therapy

We are now offering Speech Therapy services! Stacey Forbes is our first Speech Language Pathologist and has already helped so many children in our community in her first year.

"My goal is to become an integral part of the CBHA community and provide education on speech and feeding therapy."

This service is given through our Early Support for Infants and Toddlers (ESIT) program. We'll evaluate your child's growth and development, and work with parents to develop a plan that'll improve their child's speech and/or motor skills.

"I'll make sure that children and adults feel safe and are in a calm space where they can learn while having fun!"

Ask your provider if you think your child could benefit from Speech Therapy.

Learn more about speech therapy and our Early Intervention Program by scanning the code:



Schedule Appointments On Your Phone!

Get The Care You Need, When You Need It!



Educating Future Dentists

We are proud to partner with NYU Langone Health's Advanced Education in General Dentistry Program to help train residents in general dentistry. Residents join CBHA for a full year where they get to work alongside our dentists, practicing and bettering their skills. Some of our past residents have even stayed with CBHA full time after completion of the program!

THESE ARE SOME OF THE PROCEDURES THEY CAN DO WHILE UNDER THE SUPERVISION OF OUR DENTAL PROVIDERS

Diagnose and provide appropriate dental treatment to patients during complete exams like:

- X-rays
- Dental cleanings
- Fillings
- Root canals
- Extractions
- Bone grafting
- Crown lengthening
- Crowns
- Fabricate temporary dentures/flippers

Educate patients, and parents of the patients, on maintaining proper oral health

Communicate with dental staff on our team regarding patient treatment plans



Dr. Nikkie Barton Tomblin began her career with CBHA six years ago as a dental resident. She is now serving our Othello patients as a full-time dentist.

Dr. John Alsteen, DMD

CEBU DOCTORS' UNIVERSITY, CEBU, PHILIPPINES — DOCTOR OF DENTAL MEDICINE

"I have enjoyed being here! This program has offered me many opportunities to help patients with their oral health," says Dr. Alsteen.

"I came to CBHA for a few reasons, but the main reason is CBHA's ability to work together and help their patients from all over the country get the professional quality care they deserve." He has treated patients of all ages, performing simple procedures like regular check-ups and filling restorations. "A more extensive case I had was surgical extractions of third molars," says Dr. Alsteen.

"I'm looking forward to learning and growing with the community that we help educate and serve."



Dr. Kevin Rahn, DDS

UNIVERSITY OF PITTSBURGH, SCHOOL OF DENTAL MEDICINE PITTSBURGH

"I enjoy that CBHA treats a traditionally underserved patient population," says Dr. Rahn. He decided to join CBHA's dental residency to gain a wide variety of clinical experiences in a fast paced, and high tech clinic.

He was fascinated with the challenge of coming to a new part of the country and serving a different population. "I liked that I would be treating patients with a different background than myself. Plus, there was so much that I would get to learn from my mentors who are willing to share so much with me."

So far he has done well in seeing a variety of patients and cases. "I've had the opportunity to complete numerous molar endos, surgical extractions, fixed and removable prosthodontic cases and treat pediatric patients," says Dr. Rahn.



5 YEARS • 6 COLORS ONE CAUSE

August 27, 2022 was a brisk and windy morning, but that wasn't stopping over 1,000 PEOPLE from showing up to participate in our 5th Annual 5K Color Run!

CBHA's 5K Color Run: Run For A Cause started with the idea of each color representing a chronic childhood condition. The following year, we continued with the same idea of representing overall Childhood Wellness and raising funds with the proceeds benefiting families who deal with these issues every day.

"Like every other year, our goal is to bring our community together to promote healthy activities such as running and raise awareness about childhood wellness and healthy lifestyles," said CEO, Nieves Gomez.

Friday night before the event, there were 672 people pre-registered. The morning of the run, we woke up to 319 more participants pre-registered for a total of 991 people. This isn't including the additional 100 people that showed up the morning of.

"It was amazing seeing so many people join us for our 5th year. We weren't expecting this many people, but I'm so glad they showed up and showed their support towards Childhood Wellness," said Courtney Martinez, Color Run Coordinator.

After the horns went off to signal the start of the race, there were 1,000+ runners, walkers, strollers and joggers going around the city of Othello being blasted with color at every station they went through. If you think you can come to our Color Run and leave without a spot of color on you, you're wrong!

The first finisher, Sylas Garza, crossed the finish line at 22 minutes and 4 seconds. That's almost 7 minutes a mile! WHOA!

We had some amazing vendors like the Lighthouse Café, The Corndog Company, Timeout, Conversatio Coffee and more to help fuel our participants with energy after they finished the race.

There were also some great activities like giant jenga, bocce ball and corn hole for the kids who had some extra energy. And

THANK YOU SPONSORS

PLATINUM Amerigroup • Coordinated Care • Group Health Foundation
GOLD Arcora Foundation • City of Othello • CompuNet • Lift'em Inc. • Molina Healthcare
SILVER Neenan Archistruction • US Bank
BRONZE Anytime Fitness • B&B Sales • Crossroads Group • Gamache Landscaping
Lep-Re-Kon Harvest Foods Othello • SKC Consulting • Middleton Farms • Abadan
Othello High School • Othello Golf Course & Pro Shop • Grant County Health District

this year we added a 360 photo booth for participants to capture the memory.

Parents had the chance to meet with some of our health educators and learn more about Amerigroup, Coordinated Care and Molina at their booths.

"We raised over \$49,000 this year with proceeds going back to the community to promote childhood health and wellbeing," said Courtney.

A total of \$15,000 is going back into the three communities that we serve. We have presented the Parks and Recs departments of Othello, Mattawa and Connell with checks of \$5,000 to put into projects that they feel best promote childhood health.

The City of Othello, will be using this donation along with our previous ones for the remodel of the Lions Park. The City of Connell will be promoting free swim at their community pool for the whole summer for kids and our donation will cover that cost. The City of Mattawa has plans to make another basketball court in Hund Park with this year's donation.

We also donated \$2,400 to 3 families from each community, who have children with special needs.

Last year we were able to help a family who had a son who was challenged with muscle movement. With our donation they were able to receive a tricycle that was specific to helping him with reciprocal leg movement.

"We want to continue raising awareness about Spinal Muscular Atrophy (SMA) Awareness Month as well as other chronic childhood conditions," said Nieves. "My wife Valerie and I lost our infant son Liam to SMA in 2013. No treatment existed at that time to save his life, but now several drugs are being used to treat it."

This year we will be sending \$5,000 to the Cure SMA (Spinal Muscular Atrophy) Foundation.

"Our 5th Annual Color Run had a record breaking attendance, and we couldn't have done it without all of you! Thank you everyone who showed up, donated and volunteered." - Nieves Gomez.



Scan to see our Color Run website for videos, photos and updates on next year's event!





Making a Difference in the Classroom

We have been partnering with our local schools in many ways, but recently one of our Dental Hygienist has really been making a difference inside the classroom.

Lauren Spilles is a Dental Hygienist at our Connell Clinic. Her favorite patients are babies who come in before any of their teeth begin to peek through. "That's when I have the perfect opportunity to educate parents on their baby's oral health, what to look for and how to "Lift the Lip" to check for white spots on their teeth," said Lauren.

Lauren has always had a passion for outreach and teaching kids about their oral health in the classroom. "We began doing school screenings before the global pandemic, and I'm glad that we're able to bring it back and continue educating students on how to take care of their teeth."

When we walk into a classroom we set up three different stations, Hearing, Vision and Dental. It only takes a few minutes for students to go through each station.

Our dental team will look at your child's teeth to make sure there are no cavities, then provide them with a fluoride sealant that can help prevent up to 80% of cavities.

After, they'll go to the vision station and do a vision test. Not having good eye sight can make it hard to concentrate on the white board, their computers or any printed materials in the classroom.

Finally, your child will have a hearing test. Difficulty hearing can impact their ability to interact productively with their teachers, friends and family.

After each station they receive a sticker on their badge, so we can track when they've completed each screening. When all the screenings are checked off we gift them a goody bag that has a book, stickers and a toothbrush.

After they have completed all three assessments, we provide parents with a report of any concerns we found and contact them if any further action needs to be taken. It's so important to catch any of these problems early on, so that we can help fix it and they won't have a hard time learning in the classroom.

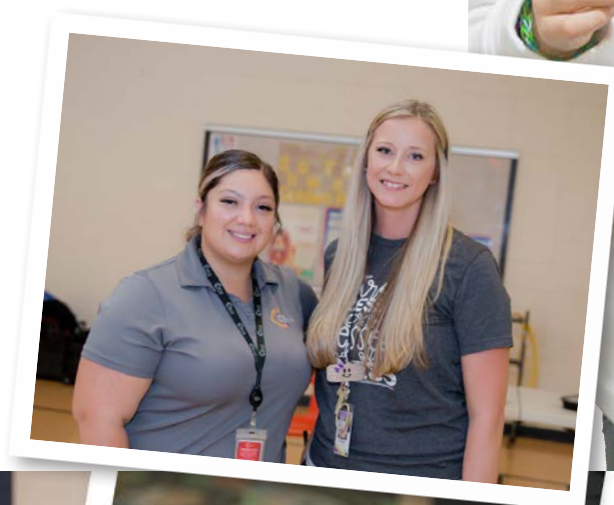
This year we visited the Othello School District, Wahluke School District and Royal School District in the spring and fall.

We performed a total of 4,293 Hearing Screenings, 4,373 Vision Screenings, and 1,482 Dental Screenings. Through these screenings we referred 39% of students to schedule a dental exam, found that 32% of students failed their vision test and 8% failed their hearing test.

These screenings may catch the reason why your son or daughter is not doing well in school. It could be a cavity has been bothering them and they aren't eating at lunch. They may not be able to see the white board and give up on finishing the assignment. Or they simply can't hear well and are having trouble paying attention to the teacher.

We want to make sure your kids are healthy, so they can concentrate and do the best they can in school. Remember, healthy students equal healthy learners.

Antelia Landa, CBHA COVID-19 Outreach Coordinator, and Janet Axtman, Scootney Springs' Nurse Assistant





CBHA | In The Kitchen **SALMON AND PESTO**

- | | | | | |
|-----------------|-------------------|-----------------|--------------------|---------------|
| Salmon Fillets | 1 Lemon | ½ C Pine Nuts | ½ C Freshly Grated | 1 C Olive Oil |
| Salt and Pepper | 4-5 Garlic Cloves | 2 C Fresh Basil | Parmesan Cheese | 1 tsp Salt |

INSTRUCTIONS

Preheat your oven to 400 degrees.

Arrange the salmon fillets on a baking sheet and squeeze half of a lemon on top.

Season with salt and pepper. Let it sit for 10 minutes

Place the garlic, pine nuts, basil, cheese and salt into a food processor. Mix for about 30 seconds. While it's still mixing, gradually add the olive oil.

Put a tablespoon of the pesto sauce on each fillet and bake for 15 minutes.

Serve with vegetables and rice or quinoa for a balanced heart healthy meal!



Scan to cook more delicious recipes along with us!



THIRD YEAR IN A ROW

CBHA is Nationally Recognized as Best Places to Work in Healthcare

CBHA is honored to be selected by Modern Healthcare Magazine as one of the Best Places to Work in Healthcare. We're excited to have won this award for the THIRD YEAR in a row!

"At CBHA we recognize that culture beats strategy! It is because of our intentional investment in our people that we can demand excellence and accountability from all of us to provide an award winning culture for our workforce, the highest quality of care results in the country for our patients and a unique and satisfying patient experience and engagement for all of the communities we serve. Thank you Modern Health Care for recognizing and rewarding the CBHA experience," says CEO, Nieves Gomez.

Modern Healthcare Best Places to Work nationally recognizes the top 150 companies and organizations in healthcare who do amazing work for their employees. We're proud to be part of this amazing group. Our priority is to be the best place for employees to work, patients to receive care and providers to practice healthcare.

The first year we won this award in 2020, we were experiencing the changes that the COVID-19 Pandemic brought to the healthcare industry. We had to get creative in everything we did, from delivering care to our patients to creating a safe environment for our employees.

Since then we have shown our appreciation to our staff for all their hard work and dedication to our patients and communities. "In 2020, we gifted our staff with North Face jackets with the embossed '2020 Modern Healthcare Best Places to Work' logo. And in 2021, we gifted staff a CBHA Nike backpack and a custom luggage tag, along with a weeks' worth of free coffee," says Nieves.



It's important to us to set a positive environment where our staff can feel safe, succeed and grow as individuals. "The CBHA work environment is very jubilant and professional, the WE CARE standards set by CBHA ensures that we as employees know what to do to maintain a great work environment for everyone. I'm learning something new every day, and my team is always encouraging and helpful whenever I need them," said Ameiran Gonzalez, Family Resource Coordinator.

Our staff love our patients, the communities we serve and the work they do each and every day. "They are awesome! It is such an honor to work beside them. To be awarded this recognition three years in a row is a true testament to the work that CBHA does for our employees and how important they are to ensuring that our patients receive the best quality care," Kelly Carlson, Chief Administrative Officer.

We serve with purpose, passion, position, and performance and we are proud to be recognized with this prestigious award.

Thank you Modern Healthcare for recognizing us again! And THANK YOU to our amazing employees for always providing our patients with the best care and services. This award is for you. Congratulations!



Scan to join our team and be part of the "Best Place to Work"



I love working at CBHA because of the purposeful work we do every day. I grew up in Othello, and when I first started at CBHA I really enjoyed being able to assist family members and friends in navigating their healthcare processes. It was immensely rewarding and I've always kept that feeling in each of my roles at CBHA.

Carlos Ruiz
Director of Dental Operations

COMMUNITY

We love to serve! Throughout the year we look for different opportunities to lend a helping hand outside of our clinic walls.

Through our CBHA X 10 Program, one of our goals is to reach 1,000 hours of volunteer work.

We encourage our staff to sign up for our Thanksgiving Food basket drive or wrap gifts for our Christmas toy drive. There are also opportunities to help other businesses like The City's Outdoor Movie Nights, Farmers Markets and Parades. We also partner with our schools and attend career fairs, provide dental screenings and educating students in the classroom.

This program also encourages us to raise \$10,000 from our annual 5K Color Run Event to give back to families in need (see page 14), and give back \$100,000 to our local communities like sports teams, food drives, city events, fairs, scholarships and more.

Our communities mean so much to us, and we want to continue showing our support.



STAFF

In 2022, we added 78 new employees to our CBHA Family! Our employees are passionate about serving our communities and giving our patients the best healthcare.

Individuals who have a passion for their work show it, and we recognize that hard work and do our best to reward it.

CBHA provides different events for staff to be able to get to know each other better and build strong relationships, like at our holiday lunches, and our staff appreciation days, where we give out free coffee and have jeans days.

This past year staff were able to attend Mariners and Seahawks games through our group discount. And our favorite way to bring staff together is through dress up days. Check out some of these awesome costumes!



Scan to join our team and be part of the fun!

5 STEPS TO MENTAL WELLBEING

Our mental health is just as important as our physical health. That's why we must make it a priority in our lives. Sometimes just going for a walk, talking to a friend or learning a new skill can help your mental health and put you in a better mood.

Check out these 5 tips to get you started on taking caring of your mind and body.

CONNECT WITH OTHERS

Good relationships can help build a sense of belonging, giving you the opportunity to share positive experiences and provide emotional support so that you can also support others.

DO ✓

Take time each day to spend quality time with your family

Plan a day with friends – that can be going out or staying in

Have lunch with a colleague and step away from the office

DON'T ✗

Rely on technology or social media solely to build relationships

BE PHYSICALLY ACTIVE

Research shows that physical activity can improve your mental health by raising your self-esteem. The chemicals in your brain change when you're active, which helps change your mood in a positive way.

DO ✓

Find activities in your community to help you stay active

Spend 30-40 minutes outside with your kids playing catch or kicking a soccer ball

Get fit with friends who will help you stay accountable

DON'T ✗

Feel like you have to spend hours in a gym

LEARN NEW SKILLS

Learning new skills can boost your self-confidence and help you build a sense of purpose. Even if you feel like you don't have time, there are lots of ways to add learning into your life.

DO ✓

Try learning to cook a new healthy meal

Try learning how to play an instrument like a guitar or piano

Try learning a new language

DON'T ✗

Feel you have to learn new qualifications if it doesn't interest you

GIVE TO OTHERS

Acts of giving and kindness can help improve your mental health by creating positive feelings and a sense of reward, giving you a feeling of purpose and self-worth and helping you connect with other people.

It can be writing an encouraging note, baking cookies, or volunteering locally.

BE MINDFUL OF THE PRESENT

Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

This includes your thoughts, feelings, your body and the world around you.

REACH OUT

If you, or a loved one, could benefit from behavioral health treatment, CBHA can help.

Our highly trained behavioral health team includes therapists, counselors, and two Psychiatric Advanced Registered Nurse Practitioners, Michelle Taylor and Tamara Campbell.

Their medical training gives them a unique perspective into overall patient health and how mental-health issues impact physical health and well-being.



Scan to meet our Behavioral Health team

— IN LOVING MEMORY —



Everett Cole

1928 – 2022

CBHA BOARD MEMBER FOR 25 YEARS

Rev. Everett F. Cole was born on March 24, 1928. He attended North Central University after high school. There he met his beloved wife Angela whom he married in 1951. After moving to Othello in 1963, he was very active in the community, holding positions at the Othello city council for 28 years, CBHA board for 25 years, and Mosquito control board for 42 years, as well as serving the Othello booster club and Kiwanis. He was named FFA Honorary Farmer of the Year and Othello citizen of the year.

Everett was a true example of strong leadership in our community and an advocate for high-quality healthcare access for all. As a board member, Everett was supportive, motivating, and challenged the status quo.

In his last years on the CBHA Board of Directors, he advocated for the elderly and ensured the patient experience was at the focus of all decision-making. Everett will be dearly missed by all who had the pleasure of knowing him.

Paul Anderson

1963 - 2022

CBHA PHARMACIST FOR 5 YEARS

Paul was born July 16, 1963 In Idaho Falls, ID. Because of his father's employment the family moved frequently, living in Idaho Falls, Rigby, and Boise, ID, Longview WA, Portland OR, finally settling in Moses Lake in 1976 when Paul was 13.

After obtaining his GED he joined the US Navy for a few years and later returned to Moses Lake where he prepared to serve a mission for his church- The Church of Jesus Christ of Latter-Day Saints. He was called to serve in the Brasil Brasilia Mission and served faithfully for two years. He married Viki Anderson and they grew their family of 6. Paul was funny and kind, but was very quiet and reserved unless he knew you well. He was nicknamed "Mr Sunshine".

Paul blessed our patients, employees, and communities with his kindness and wise council. We grieve with and offer all of our love and support to his wife Viki Anderson, who is also part of our CBHA family.

