

HomeTown HEALTH

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Hometown HEALTH

BROUGHT TO YOU BY THE
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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.



Nieves Gomez, CBHA CEO, Vanessa Morelos with Evan, Dr. Bashar Elali and Vanessa's husband Jose Herrera.

Stepping Up At The Color Run

I awakened to a cold, rainy, windy day on Saturday, Sept. 28th – the day of our Second Annual Color Run. Even though we had over 400 people preregister for the run, I wondered who would want to come out on such a wet day. I needn't have worried – almost 500 people showed up!

We came up with the idea of a Color Run last year where each color represented a chronic childhood condition. It was and continues to be a fund raising event with the proceeds benefitting families who deal with these issues every day. Our goal this year was to bring our community together to promote healthy activities such as running and raise awareness about childhood obesity and healthy lifestyles.

We also want to continue raising awareness about Spinal Muscular Atrophy (SMA) Awareness Month as well as other

chronic childhood conditions. Last year Othello Mayor, Shawn Logan, designated August as SMA Awareness Month. My wife Valerie and I lost our infant son Liam to SMA in 2013. No treatment existed at that time to save his life. Now several drugs are being used to treat it. Recently the FDA approved what is now the most expensive drug in the world – Zolgensma, with a \$2.1 million price tag to treat Spinal Muscular Atrophy.

As I fell into step with the hundreds of other runners I noticed among the crowd a baby wearing a helmet being pushed in a stroller. I quickly recognized Evan, infant son of CBHA employee, Vanessa Morelos. Less than a year old, he was born with a condition called craniosynostosis, where the skull is rigid and doesn't allow brain expansion as he grows. Surgery has corrected the condition. Evan will continue to be closely monitored.

I am very grateful to live in a community that comes out on a nasty day to support health and wellness. Progress is made every day as new treatments and drugs are developed that offer hope where none previously existed. It is why we run – thanks for running with us!

Nieves Gomez,
CBHA President and CEO

Front Cover:
Dr. Mengyi (Zed) Zha
and her husband,
Dental Assistant
Matthew Cloutier at
the CBHA Color Run.

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“OUR CBHA RUN FOR A CAUSE 5K COLOR RUN WAS AN OPPORTUNITY TO BRING THE PEOPLE OF THE COMMUNITY TOGETHER TO ENJOY GOOD, WHOLESOME FUN.”

— COURTNEY MARTINEZ

A Hardy Bunch!

A little rain and wind were not enough to keep our amazing patients, families and friends away from our second annual Color Run and we couldn't be more pleased.

It's true. Saturday Sept. 28th did not turn out to be the sunny, warm, pleasantly picturesque day everyone was hoping for. Instead, it was rainy, cold and extremely windy. CBHA Operations Analyst and Color Run Coordinator Courtney Martinez recalls, "My first reaction was 'Oh no, will anyone come?' The answer was 'Yes!' as hundreds of people began arriving. It was so exciting and ended up being lots of fun!"

In fact, more than 480 people came to the Color Run 2019. The wind and rain may have kept some people home, but the event still achieved its goals of raising awareness for Childhood Wellness, and bringing the community together.

Those who came: Runners and walkers of all ages, parents pushing children in wagons and strollers, Color Run sponsors and volunteers. Participants were splashed with paint along the 5k course for a memorable – and messy – experience.

One couple showed up with nine of their ten grandchildren. "We all had such a good time last year, the kids insisted we do it again," the grandmother shared.

An event like the Color Run involves a lot of coordination, a lot of fundraising, and a lot of planning. In fact, the 2018 Color Run was barely over when CBHA employees started getting fundraising e-mails from Martinez for the 2019 Run. Several "Jeans Day" events were held. Buying the jeans-opportunity with proceeds going to the Color Run, many CBHA staff members earned the right to wear jeans to work. Employees loved it and lined up to pay. Then there were the Zumba classes where participants danced and exercised to the beat – a fairly fast, loud beat -- that had participants on their feet and dancing.

The rummage sale was next. Employees hauled off old office equipment (under the watchful eye of Curt Andrews, Facility Director) to be sold to help raise money. CBHA staff baked cookies, sold St. Patrick's Day treats, Easter goodies, and bought flowers for the mom's in their lives at the Mother's Day fundraiser.

Conveniently, employees could donate extra money when they bought food or beverages at the CBHA café. Many did, happy to add to the fun, and to the cause. "We have a great staff at CBHA! We can always count on them," Martinez said.

Yes, all in good fun and all for a very serious cause... that of raising awareness of and combating childhood obesity. "Our goal is to increase awareness of childhood obesity along with supporting families who deal with this every day, and improve education on maintaining wellness for all children in our area," Martinez said. "Our CBHA Run for a Cause 5K Color Run is an opportunity to bring the people of the community together to enjoy good, wholesome fun with race and post-race lawn activities and food for the entire family."

Martinez is very grateful to the vendors and sponsors and CBHA staff who helped make the Color Run a reality. "It takes a lot of resources, vendors, and sponsors to put an event of this magnitude together," she said. "I deeply appreciate everyone who helped. Thank you so very much. Thanks, especially to the 484 men, women, and children who participated in the run."





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Photos courtesy of Morgan Tayler Photo & Design



Pharmacy Drives Innovation

Technology has revolutionized everything from banking to booking travel, and the same holds true for CBHA's pharmacy and its patients.

Tim Seibel, CBHA Director of Ancillary Services, oversees the Pharmacy. He is excited about the new Liberty technology system that was recently installed. An important advantage with the new system is that it has a custom interface that allows pharmacy staff to talk to a patient's electronic medical record – a big improvement. Changes to one are automatically updated in the other, so the medical and pharmacy charts always match.

"Problems have come up in the past when people have hyphenated last names," Seibel said. "Sometimes they might sign in with both names and sometimes with just one name. This has resulted in a patient being listed in one system with just one last name and two names in another system. This new system allowing us to create all the accounts at the same time allows us to be consistent throughout the clinic."

The new system, based on a few pieces of information such as date of birth and social security number, allows pharmacy staff to do an insurance look up on a patient who might not have their health card along by pressing a button and, with a 70 to 75% success rate, pull the patient's information up from a

secure connection on the internet. Patients can bring their card in at a later date for confirmation.

Patients who go through the CBHA drive through to pick up their medications quickly notice that the system is now wireless. The patient is handed an iPad, they sign and hand it back. Inside, it's also more reliable.

CBHA pharmacy has recently released a mobile app that patients can use to refill medications. "We are constantly looking to develop new technology that makes it easier for patients to access CBHA services," Seibel said. "We are constantly looking to develop new technology that makes it easier for patients to access CBHA services."

CBHA is a community health center. As such it is eligible to obtain discounts on many of the drugs it buys. These discounts are then passed along to our patients and generally result in cheaper drug prices to many of our patients – especially those without insurance.

"Our patients benefit directly from this program," Seibel said. "It is also the reason we can't fill prescriptions from physicians who do not treat patients at our clinics. However, if a patient is referred to an outside clinic by one of our medical providers, any prescriptions written by the outside provider can be filled at a CBHA clinic."



Pharmacy Intern Returns as Pharmacist

Like many at CBHA, Osmark Jauregui is a home-grown product, having worked his way from the area's orchards and through the pharmacy ranks at CBHA to a pharmacist position in the Othello clinic.

"We are so excited and pleased to officially welcome Osmark Jauregui to our roster of pharmacists," Jessica Smith, CBHA Pharmacy Director said. "Osmark had just graduated from high school when he joined our staff as a pharmacy assistant in 2011. He has worked here ever since – worked while he did his undergraduate studies, worked during holiday breaks from college, worked during summers – anytime he wasn't going to school, he was working."

Osmark agrees that it has been a long journey. "I am deeply grateful to all of the pharmacy staff and Greg Brandenburg, former Chief Executive Officer at CBHA, for seeing something of merit in me. They have given me the opportunity to work while I attended school."

Along the way, Osmark passed state boards and became a pharmacy technician which carried more responsibilities

than an assistant. In 2015, he was accepted into the inaugural Washington State University School of Pharmacy and Pharmaceuticals extension in Yakima. His determination paid off and, with his proud parents, siblings and friends looking on, he graduated in May, 2019. "I will always be thankful for the amazing support my parents, co-workers and friends provided along the way."

Osmark attended Othello Schools from kindergarten through high school. "I always knew I wanted to do something in medicine," he said. "I liked science and biology and when I had an opportunity to work in a pharmacy, I decided I wanted to become a pharmacist."

Osmark has fond memories of growing up in Othello. "Our family loves going to movies at the Reichert Show House," he recalls. "We also watched movies at home on television – I especially liked Japanese anime and watching Mexican soap operas with my mom. I'd like to travel to Japan sometime and am interested in learning to speak the language." He speaks Spanish and English fluently but admits to knowing only "select phrases in Japanese." Osmark also enjoys jogging and playing soccer.



TIPS FOR STAYING HEALTHY DURING THE HOLIDAYS

As much as we enjoy our families and friends and all the delicious food that come with the holidays, it's also a time when many of us forget about our health goals. Before the holiday chaos commences, consider setting a few healthy intentions this season.

Maybe you typically end up with a virus or flu that takes you down during the holidays. Maybe it's your goal to drink fewer cocktails at the many holiday functions. Maybe you want to continue to exercise at least three times a week, not letting the festivities foil your fitness goals. Or maybe desserts are your weakness, and you want to be mindful of having just one at each gathering. Whatever your goals may be, it's good to have a plan from the outset. We're here to help.

STAY HYDRATED

If you make a habit of carrying a reusable water bottle with you and fill it throughout the day, your energy will be more consistent, and you will naturally eat less. Research backs up this overeating prevention theory: a study from the journal Obesity determined that drinking two glasses of water before a meal leaves you feeling fuller and likely to consume less food. Drinking plenty of water also aids digestion, improves physical performance and alertness, maintains a healthy blood pressure, and keeps our skin healthy.

GO FOR THE VEGGIES

Instead of gravitating to the cheese tray at a party, make your way to the vegetable platter or fruit tray. Loading up on vegetables first will help you curb overeating.

GET YOUR FLU SHOT

Children and the elderly are particularly prone to debilitating effects from the flu. Protect yourself – and others, too, by getting a flu shot if you're physically able to (not allergic to eggs, not immune compromised, etc).

OFFER TO BRING A DISH TO AN EVENT

Bring a festive salad or a yummy vegetable platter. That way you can make sure there's at least one healthy option at the buffet, and you can make it a goal to fill half your plate with those fiber-rich items.

WALK YOUR WAY TO HEALTH

Did you know that just 20 minutes of walking a day strengthens the immune system? Researchers aren't sure why this is the case, but they suspect that exercise flushes bacteria from our lungs and raises body temperature enough to prevent bacteria from turning into a serious infection.

SLOW DOWN

How you eat is often just as important as what you eat. Try to eat more meals at the dinner table. Turn off technology. Savor each bite. And, enjoy the time with family. Eating on the go, or eating mindlessly in front of the television, frequently leads to overeating, and isn't as helpful to digestion as a meal at the table

CALORIES IN WINE

Champagne: 105-125 calories
White wine: 110-125 calories
Red wine: 110-130 calories

CHEERS!

It's perfectly normal to want to indulge a little during the holidays, but when you're attending more parties and events than you usually do, it's easy to forget that those cocktails contain a lot of empty calories. Try to limit yourself to one per party, or two per week.

Taking Dental Outside the Clinic Walls

A child crying out in the night with a toothache is sometimes the first indication a parent has of a dental problem with their child. CBHA dental providers want to identify oral health issues at the earliest possible time. CBHA Chief Executive Officer Nieves Gomez is a staunch advocate for children's health – especially preventive care. "We want to work within our communities to help facilitate and work with partners like the North Franklin School District and the Othello School District to reach as many children as possible," he said.

Dental Hygienist, Lauren Spilles, divides her time between CBHA dental clinics in Connell and Othello. She focuses on traditional patient care in the dental offices in Connell. She also spends one day doing outreach care in Othello. "We began a new program in July of this year for children starting shortly after they are born through five years old," she said. "I do dental cleaning and instruction at the "well child" check-ups."

Lauren likes to see the babies shortly after birth; at that point her focus is on education such as cleaning a baby's gums, the importance of NOT allowing babies to go to sleep with a bottle in their mouth and other tips to teach parents how to get their baby on the path to good oral health.

"I also discuss the benefits of breast feeding in regards to proper facial development and tongue function." It's helpful for parents to know what to watch out for as their child grows such as-how to lift the lip and check for white spots on the teeth (possible early indication of a cavity). Even though Lauren's focus is on infants, she also works with parents whose child is at high risk for dental decay.

Outside of the clinic walls, Lauren works with area school districts. CBHA's school based oral health program began with North Franklin and Kalotus School District

a few years ago but has been growing to include other schools. The schools inform the parents ahead of time about this program and obtain consent forms before the visit.

"We try to help out as much as we can with this process to make it the least burdensome for the schools," Lauren said. School staff have been very helpful and supportive of this program. Oral health visits generally occur twice per school year and include education, screening and fluoride varnish with parental consent is also applied at those visits with parental consent."

Lauren said she is very mindful of the time students are taken out of the classroom. While fluoride varnish takes only ten seconds to apply, it is very effective in preventing cavities.

An oral health program was also added to the Othello School District Preschool last spring. "This will be the first full year of the program and we have now integrated our CBHA Eye Care team who accompanied our dental team at the fall visit to the school; we will go back in the spring and take our hearing team with us at that time."

The screening findings are communicated to the caregivers in a letter. Children identified as high risk of having barriers to care receive case management and assistance as needed. The screening letters include any areas of concern.

As part of the screening process CBHA collects data and issues a post-visit report each school year summarizing the data for that year including the total number of children screened, the percentage of children with decay, the number with rampant decay and the number who have been referred due to an area of concern. This data helps us track progress in our efforts to keep CBHA kids cavity free and ready to focus on learning.

OVER 300 STUDENTS WERE SCREENED IN 2018 IN THE NORTH FRANKLIN SCHOOL DISTRICT.



Dental Hygienist Lauren Spilles



ALWAYS ACCEPTING
NEW PATIENTS



Karlee Kerr, CBHA Nutritionist

What is a Pediatric Nurse Practitioner?

A PNP is a Pediatric Nurse Practitioner. PNP's have been treating pediatric patients in communities across the country for more than 50 years. They work in a variety of settings, including health care clinics, physicians' offices, community health centers, and hospitals.

Pediatric Nurse Practitioners treat common illnesses, listen to descriptions of symptoms, and spend one-on-one time with patients. In fact, NAPNAP (National Association of Pediatric Nurse Practitioners) reports that more than half of its members spend anywhere from 16 to 20 minutes with children and adolescent patients during a typical appointment.

In addition to preventing disease, PNP's promote health and wellness and educate family members about plans of care. A pediatric nurse practitioner offers some of the same services as a pediatrician.

Pediatric Nurse Practitioners work hand-in-hand with pediatricians and other healthcare providers. PNP's also might conduct home visits, and because of their graduate-level education, may be involved in research or take on leadership roles to affect public policy.

“ I love working with kids and their families and helping them navigate through healthcare challenges to be the healthiest they can possibly be. ”

— Vanessa Frank, Pediatric ARNP



Vanessa Frank, Pediatric ARNP

Middleton's Fall Festival



Having community health clinics in Othello, Mattawa and Connell has allowed CBHA to explore these communities, and others nearby, and all that they have to offer such as the Middleton Fall Festival which is located about 25 miles south of Connell. The annual fall festival, in its 6th year, begins the last weekend in September and runs every weekend through October.

The Middleton Family farms 3,000 acres where they raise hay, asparagus, corn, potatoes and more. They developed the fall festival to be family friendly and affordable with events that are suitable for a variety of age levels. "We have found that parents like to pay one price and have that cover everything at the festival," Hayley Middleton, family spokesperson and CBHA employee, said.

"We charge \$12 dollars per person and that covers about twenty activities including one big corn maze, kids corn maze, straw maze, two jumping pillows, a pumpkin patch and two giant slides. There is also horseback riding and potato blasters for an extra small fee."

The Middleton Family with six sons, six daughters-in-law and many grandchildren fully realizes that families face financial challenges on a day-to-day basis and need to get the best value for their dollar.

The family starts preparing for the festival early in the year. "We started growing the pumpkins in June and the corn the first part of July. The straw maze was cut the 3rd weekend in July this year and has been mowed and maintained every week since while the corn grew up around it," Middleton said. "The design of the maze was revealed the end of September and features CBHA's logo!"

CBHA is the festival's main sponsor. "The CBHA experience extends from our patients to our employees. We are always looking for ways that can get families together for activities that are affordable, wholesome and fun," Nieves Gomez, CBHA CEO, said.

"That is why we had a CBHA day on October 12th at the Middleton Farm Festival! We had over 300 staff and their families out to enjoy all the activities with their families and we had a great time.

"Our collaborative relationship with Middleton Farms works both ways. CBHA's 5K Color Run was the same weekend as their opening weekend for the fall festival. While they couldn't come to our event they are partnering with us and are one of our sponsors for the Color Run," said Nieves.



OUR DESIGN STORY

"The design is a tribute to farm workers. our design is a sunrise over the farm. During asparagus season, many of our workers arrive before the sunrise to harvest. Together with CBHA we want to say a huge THANK YOU to those who make farming what it is in the Columbia Basin. We honor you."

Middleton Farms



ALWAYS ACCEPTING
NEW PATIENTS



Melissa Alvarez, PA-C

WELCOME

Dr. Mengyi (Zed) Zha

FAMILY PRACTICE

Dr. Zha comes to Othello from the Mayo Clinic in Wisconsin where she recently completed her medical residency.

Dr. Zha's passion for delivering high quality care has brought her a long way from home. Born and raised in Beijing, China, Dr. Zha moved to the United States to repeat her undergraduate work at the University of Nebraska before attending Dartmouth's School of Medicine in New Hampshire.

Passionate about social justice and accessible healthcare, Dr. Zha looks forward to practicing medicine in CBHA's community health center practice, continuing her work to provide quality care to all.

"As a first generation immigrant, I have an understanding of what it's like to be so far away from home, or feeling you have no one to rely on. I really want people to feel they can rely on me."



WELCOME

Dr. Steve Pitcher

DENTIST

Dr. Pitcher graduated with a Doctor of Dental Surgery from Marquette University Dental School in Milwaukee, WI. He earned his BS in Microbiology from Weber State University in Ogden, UT.

Having spent two years in Paraguay on a church mission, and then earning a minor in Spanish, Dr. Pitcher is fluent in Spanish. Dr. Pitcher and his wife, Tori, are already settling into the Othello community, building a house, and enjoying all the area has to offer. He is excited to work with CBHA staff and to get to know the patients. He wants to be an oral health resource to patients and staff.

"I was inspired to pursue dentistry after experiencing a life-changing transformation in my own mouth. But three years of dentistry corrected the issues with my mouth and ultimately changed my life. I want to help others have similar experiences."



WELCOME

Clarissa Jimenez

DENTAL HYGIENIST

Clarissa Jimenez grew up in Othello. She obtained her Associates in Art and Sciences Degree in 2009 and graduated from Eastern WA University School of Dental Hygiene in 2013.

She and her husband, Manual and their two children are now making Othello their permanent home after living in Wisconsin while he attended dental school and she worked as a dental hygienist.

"I chose to become a dental hygienist because I enjoy providing healthcare to others. Establishing a one on one relationship with my patients is important to me; Othello is home for me and I feel I can relate to my patients. Working for CBHA gives me the opportunity to provide quality oral care to my community."

WELCOME

Bill Fredericksen

PHARMACIST

Bill is definitely an Eastern WA guy! He was born and raised in the area. He graduated from Washington State University, College of Pharmacy.

When not working, Bill's favorite thing to do is hunt – ducks, pheasants, geese, deer and elk. He also likes to read – historical articles about World War Two are his favorite. He loves football with WA State's Cougars being his favorite team. He follows basketball as well and likes to keep an eye on politics.

"I worked in corporate retail pharmacy prior to coming to CBHA. I love working here. I am enjoying the friendly community health clinic setting which is enabling me to get to know my patients. I want to help them understand the medications which have been prescribed for them by their physicians and answer any questions they might have."



WELCOME

Osmark Jauregui

PHARMACIST

Osmark joined the CBHA pharmacy after graduating from the WSU School of Pharmacy. Osmark attended Othello Schools from kindergarten through high school. He especially liked science and biology and decided to become a pharmacist after working in CBHA's pharmacy as a pharmacy technician after he completed high school. He also came back and worked in the pharmacy during college breaks.

He speaks English and Spanish fluently and would like to learn to speak Japanese in the future. Osmark also enjoys jogging and playing soccer.

"My first job was working in the orchard so I appreciate the hard work many of our patients perform on a daily basis. I like visiting with the patients about their medications and the importance of taking them in the prescribed manner. Being a part of the CBHA Team is a dream come true for me."



DID YOU KNOW If You Work For CBHA We Offer A 529 Plan?

A 529 PLAN is an education savings plan designed to help families set aside funds for future college costs and private K-12 tuition.

Typically a 529 is set up by a primary benefactor

You can use a 529 plan with certain higher education institutions:



DESIGNATED BENEFICIARY:
the student on whose behalf the plan is established
Each 529 has a single beneficiary but it can be transferred to another beneficiary such as a sibling or relative



Public & Private Undergraduate



Graduate



Some Community Colleges, Vocational & Trade Schools

CONTRIBUTION SCHEDULE 529/LOAN REPAYMENT

CBHA contributes \$250 - \$1500 dependent upon years of service and employment status.

WHAT CAN THE MONEY BE USED FOR?



Books & Supplies



Tuition & Fees



Equipment



Room & Board

CAN'T BE USED FOR

Education savings plans can also be used to pay up to \$10,000 per year per beneficiary for tuition at any public, private or religious elementary or secondary school.



Student Loans & Interest

INVESTING IN A COLLEGE EDUCATION IS A GREAT INVESTMENT!

A college graduate earns on average

\$19,500

more per year than the average high school graduate. Over a lifetime, a college graduate will earn more than

\$650,000

more than a high school graduate.





Leo Gaeta

Focusing on the Mission

Twenty six years ago Leo Gaeta was working long hours for the county counseling services where he frequently was on call. He remembers the situation not sitting well with his pregnant wife who wanted him home more.

Leo had previously met CBHA's Chief Executive Officer, Leah Layne, and she offered him a position as Program Coordinator with no on-call duties. He agreed to try the position for two years. "Now here I am - 26 years later," he said.

Leo laughs when he says he has worked from the time he was ten years old. It isn't a joke, though, as a unique set of circumstances brought his family to the Othello area at that time. The children worked the fields in addition to attending school.

"Education was important in my family and we weren't allowed to neglect our studies. Child labor laws were more relaxed back then," he said. "We had paper routes; I boxed groceries at Akins grocery stores. I worked at Soil and Crop Services part-time beginning my sophomore year in high school throughout college."

Leo's dream to become a mechanical engineer were dashed when he wasn't able to afford the tuition at WSU. However, he had enjoyed prerequisites he'd taken earlier for a social science class. That was the educational path he pursued graduating with a Master's Degree in Social Work a few years later.

Leo began his duties at CBHA by developing the First Steps Program – now called Maternity Support Services. His background in mental health enabled him to provide counseling to pregnant moms who might be depressed or suffering from crisis situations. Leo's responsibilities increased as CBHA worked to provide more services to its patients.

"Sometimes the going was a little rough and I would be reminded to stay focused on our mission to 'provide equal access to quality health care to all persons regardless of sex, color, ethnicity, national origin or the ability to pay.' Now, all these years later, we continue to be guided by this mission. I'm so thankful I have had the opportunity to work with so many needs and to develop programs that help make health care better for families in our communities."

If you want to be a part of the CBHA Experience we are always looking for talented and passionate individuals. Learn more about CBHA and explore current career opportunities at [CBHA.org](https://www.cbha.org)