

# HomeTown HEALTH

JUNE 2018



# Cutting EDGE Tech

Introducing the new CBHA Eye Care Lab – creating high quality eyewear and world-class lenses with faster turn around in our own facility. Patients of CBHA’s eye care services will now be able to receive new prescription glasses faster than any competitor in the area.

Better yet, all of CBHA’s prescription lenses come with “CBHA Armor” – premium coatings and treatments that typically only come with higher costs. Patients will enjoy access to high quality frames, world-class lenses with a turnaround time measured in hours, not weeks.

## STREAMLINING THE EYEWEAR PROCESS

One reason that eye wear is often so expensive is that there are usually several businesses between the manufacturers of frames and lenses, and the retailers that sell them. By working directly with leading manufacturers, CBHA has been able to streamline the process and improve the quality of the glasses we sell.

What makes this simplified process possible for CBHA is custom technology (edgers and tracers) and in-house expertise. CBHA has invested in the latest lens shaping technology used anywhere, ensuring that each lens has been precisely cut to fit your exact prescription. Your perfect prescription, perfectly fit in your desired frames, every time.

What are edgers and tracers? A tracer is exactly that – it will trace the inside of the selected frame, creating a template for the edger to use. The edger cuts the blank into a prescription lens.

CBHA’s newest Optometrist, Dr. Robert Forbes, says, “We were looking to improve quality first and foremost. We are now cutting the lenses and fitting them to the frame, and we’re doing it right here in the clinic. We don’t have outside businesses involved in this process. We went directly to the manufacturers to purchase the lenses



that we’ll cut ourselves. This allows us to offer the best quality on the market at the lowest possible prices. CBHA patients will enjoy higher quality eyewear at the most competitive prices of any other retailer in the area.”

## ALL THE BELLS AND WHISTLES FOR LESS

Options for lenses that previously added hundreds of dollars to the cost of the glasses will now come standard. CBHA is committed to providing patients with excellent quality eyewear, referring to this quality bundle of coatings as “CBHA Armor.”

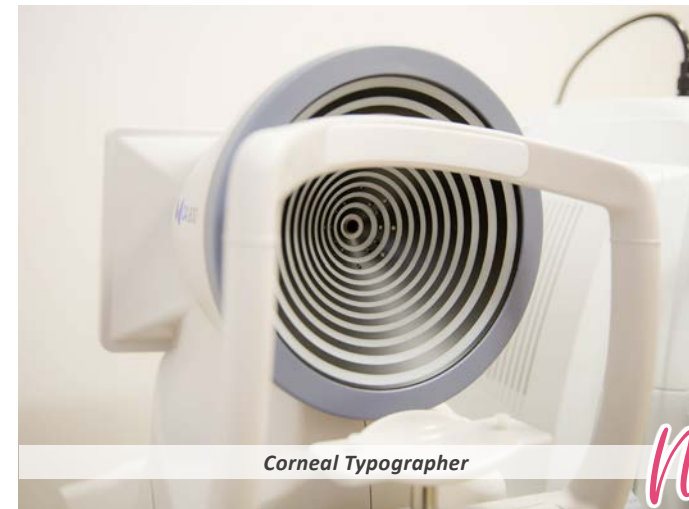
- Scratch resistant coating – standard.
- Anti-reflective coating – standard.
- Protective coatings – standard.
- Thinner, lighter, higher-end lenses – standard
- More durable options – standard.

The bottom line for our patients is simple: CBHA is making “premium” the standard for our patients, with every prescription eyewear purchase.

“The glasses we offer will have all the bells and whistles of premium lenses, but at substantially lower costs than even the entry level lens have previously been,” says Dr. Forbes. “We truly are providing our patients the very best that money can buy.” Having worked with the edging equipment for more than thirty years, Dr. Forbes has trained the eye care staff on how to use it



Dr. Robert Forbes and the new technology at CBHA



Corneal Topographer

*New Eye Care Hours!*

and his expertise will help the team raise the bar as they continue to offer excellent optometry services.

## CONVENIENCE

Before this edging equipment was purchased, CBHA patients and community members sometimes had to shop around, traveling hours out of the area for prescription lenses in search of the best deal, and then waiting up to three weeks for their glasses.

With CBHA’s eye care lab, the turn-around time for standard prescriptions will be just twenty-four hours. In emergency situations, the glasses may be available the same day. No more long trips, no more lengthy delays. And patients will get the best quality product at an extremely competitive price.

More complicated prescriptions will take about a week, and highly customized progressive lenses (or bifocals) may take a bit longer. Even with a week’s wait time, the turn-around for more complex prescriptions will still be considerably improved.

CBHA offers a wide variety of brand name and budget frames, great turn-around times, competitive prices, and incredible lens quality – there’s just no reason to go anywhere else. Dr. Forbes says, “It’s just a huge improvement in convenience to produce the glasses locally. I’m really excited for what this will mean for CBHA patients.”

## ADDITIONAL OPTICAL TECHNOLOGY

Lens cutting equipment isn’t the only advanced technologies CBHA has to offer. The Corneal Topographer measures the topography of the cornea (like a surface map), which allows optometrists to diagnose disorders like astigmatism, keratoconus, and marginal degenerations. It also allows for the identification of diseases and allows contacts to be fitted on complicated corneas. “The Corneal Topographer allows us to take an in-depth look at the corneal tissue, and better diagnose patients by detecting corneal irregularities that lead us to detect disease in cornea more quickly,” says Dr. Forbes. “Often times we are able to detect an irregularity that hasn’t even affected the patient’s vision yet – but could in six months or so.”

CBHA also has an Optical Coherence Tomography machine, or OCT, that provides a more focused, 3-D examination of the retina. “An OCT isn’t common in rural clinics at all. Many medium-sized cities don’t even have it. It’s very unusual for a rural



## OTHELLO CLINIC

1515 E Columbia St, Othello • 509.488.5256

**MEDICAL**  
Monday – Friday  
7 am – 7 pm

**DENTAL**  
Monday – Friday  
7 am – 6 pm

**EYE CARE**  
Monday - Thursday:  
8 am – 7 pm  
Friday: 8 am – 5 pm

**PHARMACY**  
Monday – Friday  
8 am – 7 pm



## CONNELL CLINIC

1051 S Columbia Ave, Connell • 509.234.0866

**MEDICAL**  
Monday – Friday  
9 am – 5 pm

**DENTAL**  
Monday – Friday  
7 am – 6 pm

**EYE CARE**  
Monday - Friday  
8 am – 5 pm

**PHARMACY**  
Monday – Friday  
9 am – 5 pm



## WAHLUKE CLINIC

601 Government Way, Mattawa • 509.932.3535

**MEDICAL**  
Monday – Friday  
9 am – 6 pm

**DENTAL**  
Monday – Friday  
7 am – 6 pm

**EYE CARE**  
Monday - Friday  
9 am – 5 pm

**PHARMACY**  
Monday – Friday  
10 am – 6 pm

clinic to have this technology," says Dr. Forbes. "With the OCT, we can assess under and on top of the retina, examining it in three dimensions. This is one of the higher levels of technology available. And it allows us to detect ocular disease we wouldn't see as easily without it."

#### EASIER PATIENT ACCESS

With four qualified providers (including Dr. Forbes) the patients' access to eye care has been improved. Previously CBHA's patients waited weeks to get in to see a provider. Now, the time between calling for an appointment and seeing a provider will be reduced to mere days.

Perhaps CBHA patients have heard the phrase: "You can have it good; you can have it fast; or you can have it affordable. Pick two." With the technology and professional expertise available at CBHA, patients don't have to choose. They can have all three - premium quality glasses, quick turn-around times and the lowest prices available anywhere. Call to schedule an appointment today.



Gabiela Olivares (Ophthalmic Technician) with the Optical Coherence Tomography



## Brenden Ditton: Seeing Clearly



Dr. Jason Bleazard with patient Brenden Ditton

Seven-year-old Brenden Ditton doesn't remember ever not wearing glasses. He was diagnosed with a condition called strabismus (crossed eyes) when he was a baby; he started wearing corrective eyeglasses when he was just 18 months old. Strabismus is a condition in which both eyes do not look at the same place at the same time.

Brenden's eye care provider, Dr. Jason Bleazard, explained that six muscles attach to each eye to control how the eye moves. The muscles receive signals from the brain that direct their movements. Normally, the eyes work together so they both point at the same place. When problems develop with eye movement control, an eye may turn in, out, up or down.

Sometimes it is possible to correct this condition without surgery. "We tried several options with Brenden's eyes," Bleazard said. "We put him in glasses and also tried patching where one eye would be covered forcing the weaker muscles in the other eye to become stronger."

Bleazard said it is always prudent to try other therapies before surgical intervention. "It was only when these therapies didn't produce the desired results that I referred Brenden to Northwest Pediatric Ophthalmology in Spokane for surgery."

The procedure to correct strabismus involves taking measurements in each eye. The muscles are then adjusted to fit correctly within those measurements. The correction in Brenden's current eye glasses is based on those measurements.

His vision is now corrected to 20/20. "I can see a lot better," Brenden said. "Brenden's eyes will be carefully monitored in the future," Bleazard said. "He will have his final surgery check-up in June of this year. We will resume caring for him at our Othello Eye Clinic after that."

Brenden's parents, Kim (RN at CBHA) and Shawn Ditton, describe Brenden as a very active seven-year-old who "loves everything about being outdoors." He is a happy little boy who adores animals and anything to do with nature. He just finished the first grade and is looking forward to summer. Brenden's parents are relieved that his vision has been corrected and he can participate in the activities he enjoys.

People often believe that a child with strabismus will outgrow the condition. But evidence doesn't support this hope. In fact, the condition may get worse without treatment. "An optometrist should examine any child older than four months whose eyes do not appear to be straight all the time," Bleazard concluded. "We can diagnose strabismus through a comprehensive eye exam with special emphasis on how the eyes focus and move. Family history is important as well. Brenden's mother also had this condition as a baby, but alternative therapies didn't work and she, too, had surgery as a small child."

For more information about strabismus or any other eye concern, Dr. Bleazard can be reached at 509-488-5256.

# WELCOME

## Dr. Haider Kalhan, D.D.S.M.Sc DENTIST

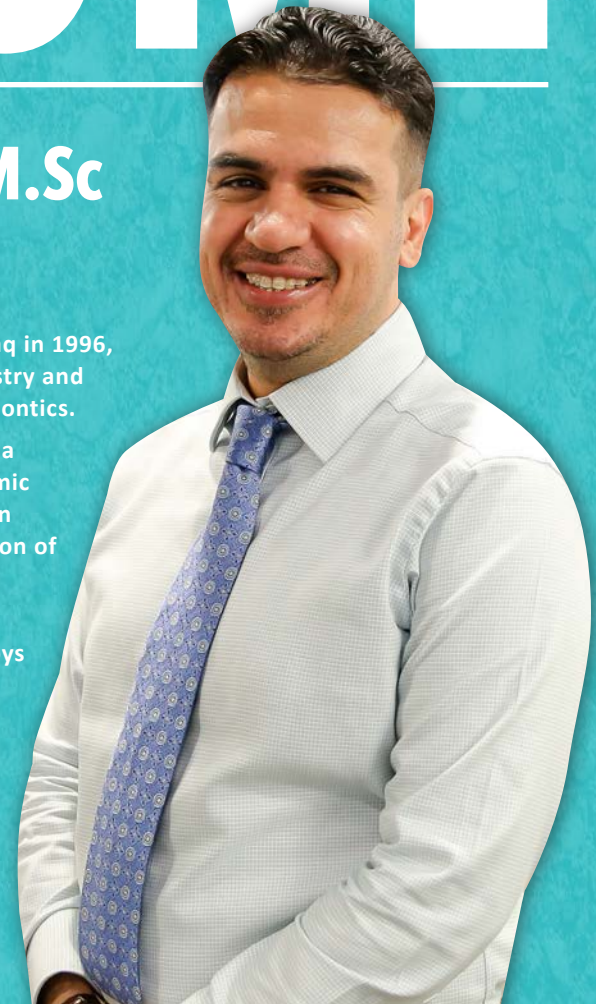
Originally from Iraq, Dr. Kalhan grew up in London, England. He returned to Iraq in 1996, where he attended Baghdad Dental School. He earned degrees in General Dentistry and Advanced Education in General Dentistry, as well as a master's degree in Orthodontics.

He moved his family to the United States in 2011, at which time he completed a postdoctoral advanced degree in General Dentistry certification. He is an academic member of the American Association of Orthodontics and a member of American Academy of Cosmetic Dentistry. Dr. Kalhan is also a fellow of the World Federation of Orthodontics. He has lectured internationally and enjoys teaching.

Dr. Kalhan and his wife, Tamara, have three children. The family enjoys hiking and biking, and Tamara loves to cook. Dr. Kalhan is an avid salsa dancer and enjoys playing soccer. Dr. Kalhan looks forward to a rewarding career with CBHA.

*"I have worked in both private and community health centers. I prefer community health centers. Many of the patients work long hours at labor intensive jobs—their lives are often complicated and somewhat difficult. Many are part of an underserved population which hasn't always received proper dental, medical, and vision care. They appreciate the treatment they receive. I am honored to care for them."*

CBHA is excited to welcome Dr. Kalhan! Call to schedule an appointment.



Behavioral Health Team: Elsie Garza (Behavioral Health Consultant), Michelle Taylor (Psychiatric ARNP) and Deya Valdez (Behavioral Health Specialist)

## Food For Thought Tuesday, July 17

We invite everyone to join us and learn about depression and mental health.

12 PM - 1 PM • Othello Clinic  
1515 E Columbia St, Othello WA 99344  
Please RSVP at [CBHA.org/Events](http://CBHA.org/Events)

Enjoy a free lunch served by CBHA Café!

Blake Barthelme  
Editor

Jill Baker  
Graphic Design

Magali Valdez  
Photographer

Fay Coats  
Writer



# COURTNEY OLSON

2017 SUPERVISOR OF THE YEAR

Originally from the Yakima Valley, it didn't take long for Courtney Olson to feel at home in Mattawa, where she has served as the site director of the Wahluke Clinic. She will be the first to tell you she "loves her Mattawa crew!"

Past Supervisors of the Year recognized Courtney's ability to manage financial resources, select and develop talent, lead effective meetings, and use sound judgment in making tough decisions.

Courtney works hard dealing with complex situations to keep both the patients and staff happy, working hard to maintain a positive work culture. Her goal is always to provide the best possible patient care. She also enjoys being active in the community, where she serves on the Board of the Chamber of Commerce.



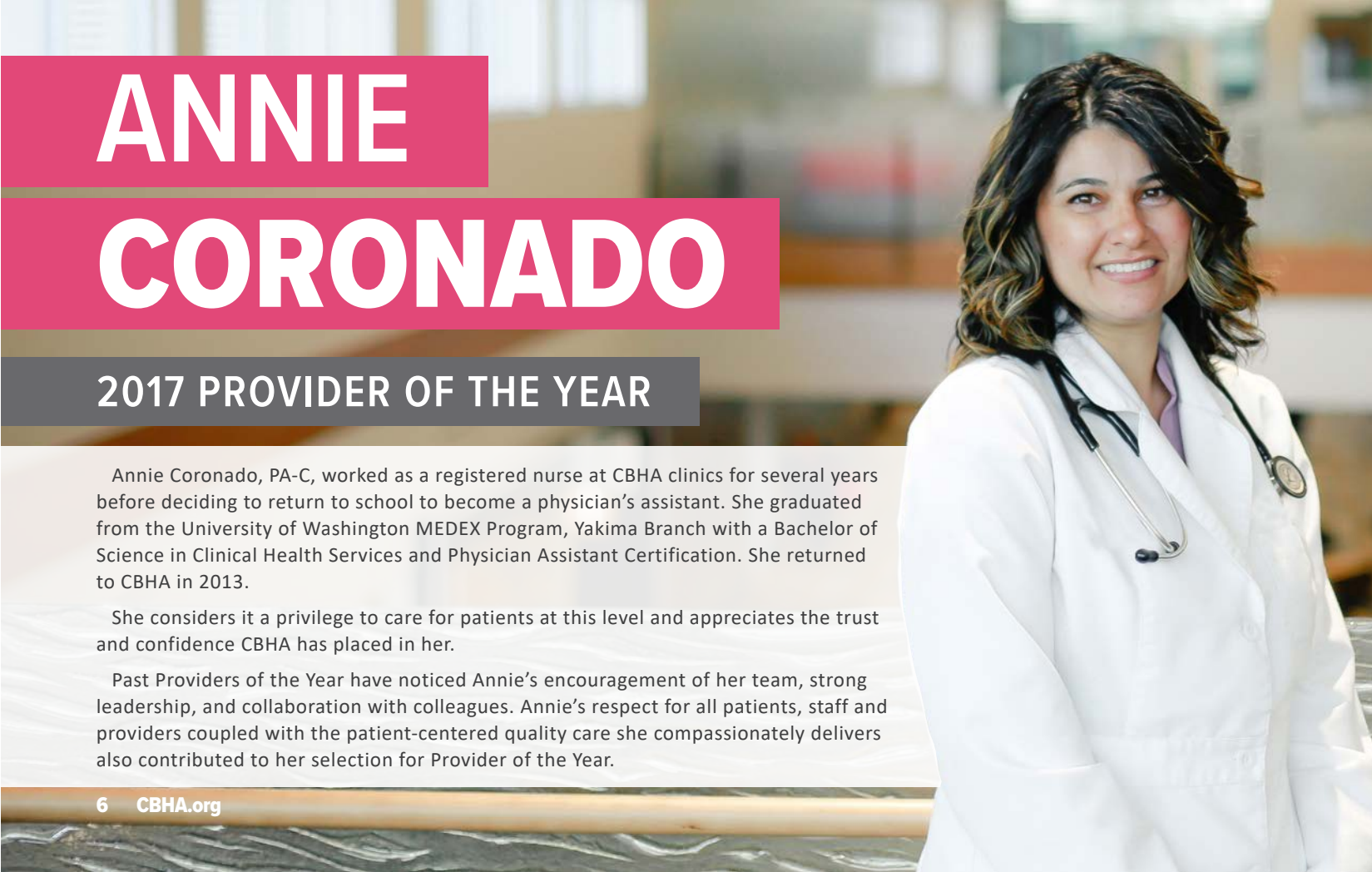
# JANIE LEAL

2017 EMPLOYEE OF THE YEAR

Janie Leal has worked in several CBHA departments since 1994. She started in the WIC (Women, Infant and Children) Department and then provided nursing care as a certified medical assistant for many years.

She is currently a care coordinator whose patient-focused quality care and respect for the dignity and rights of all patients have been noted by the leadership team in the selection of this award.

Janie has demonstrated positivity and a willingness to recognize the contributions of coworkers, while being a conduit for change -- always exhibiting a positive work attitude. Her current position allows her to interact with patients and their families at health fairs and community events.



# ANNIE CORONADO

2017 PROVIDER OF THE YEAR

Annie Coronado, PA-C, worked as a registered nurse at CBHA clinics for several years before deciding to return to school to become a physician's assistant. She graduated from the University of Washington MEDEX Program, Yakima Branch with a Bachelor of Science in Clinical Health Services and Physician Assistant Certification. She returned to CBHA in 2013.

She considers it a privilege to care for patients at this level and appreciates the trust and confidence CBHA has placed in her.

Past Providers of the Year have noticed Annie's encouragement of her team, strong leadership, and collaboration with colleagues. Annie's respect for all patients, staff and providers coupled with the patient-centered quality care she compassionately delivers also contributed to her selection for Provider of the Year.

## CBHA | In The Kitchen

# FISH TACOS

### PICO DE GALLO

- 4 Tomatoes
- ½ Onion
- ¼ Head of Cabbage
- ½ Bunch of Cilantro
- Juice from a Lemon
- 1 Avocado
- 1 Jalapeño
- ¼ Cup Olive Oil

### FISH TACOS

- 4 Tilapia Fillets
- ½ Cup Almond Flour
- ½ Cup Whole Wheat Flour
- 1 tsp Black Pepper
- 1 tsp Garlic Salt
- ¼ Cup Canola Cooking Oil
- Whole Wheat Flour Tortillas

### INSTRUCTIONS

1. Chop onion and tomatoes into small cubes
2. Chop the cilantro
3. Finely slice the cabbage lengthwise and soak it in hot water for 5 minutes.
4. Finely chop the jalapeño chili pepper
5. Mix onion, tomatoes, cilantro, cabbage, lemon juice, olive oil and salt. Let rest.
6. Empty the almond flour, the whole wheat flour, the pepper and the onion salt into a small transparent plastic bag. Mix.
7. After washing the fish fillets, place them one at a time into the small bag to coat them with flour.
8. Place a frying pan on medium heat and add 2 tsps. of canola oil for each fillet. Turn and cook until they are a golden color.
9. Heat the flour tortilla briefly and place the fish in it. Add the sauce and – READY!!

GABY ARAICO, CBHA Registered Dietitian

Check out [CBHA.org](http://CBHA.org) to watch our new video series "CBHA in the Kitchen" and to learn more about our TotalYou Program!





# THE Connell CLINIC

Franklin County residents, did you know that CBHA's Connell Clinic offers comprehensive, collaborative health care services? The Connell Clinic has been expanding services and intends to expand even more. Site Director Nohely Velazquez says, "One of my goals is for the Connell Clinic be a 'go to' resource for any health needs people might have."

And that goal is well on its way to being realized. With eye care, family medicine, dental care, lab services and behavioral health all under one roof, there's little reason to travel outside the area for health care.

It's being the "go-to" location for the community's needs that inspires Velazquez. "I knew the impact that CBHA has had on the community, but what surprised me is all the background work that goes into making sure we are doing

# CLINIC

the best we can and ensuring patients experience quality providers and quality service."

Recently Connell Clinic added the services of Psychiatric ARNP Michelle Taylor and the Behavioral Health team to its schedule. Behavioral health and medication management is now possible without leaving Connell. Those interested in learning more about common behavioral health conditions like depression or stress management can attend one of the Lunch and Learn events at the Othello Clinic. Michelle Taylor and her team will address important mental health topics while providing valuable educational content (and a free lunch as well). To learn more about these events go to [CBHA.org/Events](http://CBHA.org/Events)

Velazquez is excited about expanding services to provide even more comprehensive care. "I would like to see us grow our services. We're working on that by bringing more providers here."

Connell Clinic has already made a positive impact in the community – and it's certain to do even more, which gives the CBHA staff reason to celebrate. "I really do love what I'm doing," says Velazquez. "I love to make an impact on the patients and my staff, so that they can have the peace of mind that we are taking care of them the best we can."

“YOUR LOCAL  
RESOURCE FOR  
ANY HEALTH  
CARE NEEDS”



## 2018 CONNELL WOMAN OF THE YEAR Jaeniffer Kaiser, ARNP

Jaeniffer Kaiser's determination and resourcefulness has been evident from an early age – even before she moved to Connell at age sixteen. Most people who know her may know a little of her story, which is quite a remarkable journey.

When her parents had come to America earlier to set up a medical clinic in Connell, Jaeniffer stayed behind in the Philippines to care for her two younger siblings and run the family pharmacy which operated out of their home.

Looking back on that time, she doesn't remember being afraid of being left alone. She does remember crying the day her dad left. "After that we just did what we had to do without any questions," she said.

"We attended a Catholic school, and I looked after the business and took care of my younger siblings." She drew strength and comfort from her faith. "I prayed a lot and felt God was on my side," she recalls.

Managing the pharmacy was difficult and very stressful for a sixteen year old girl. "My godparents noticed the pharmacy was not doing well and getting low on inventory and they offered to help. It didn't occur to me that they might also have their own agenda," she said.

They encouraged her to sell the business. They asked for a commission on the sale which she paid even though she needed the money for living expenses since her parents were not yet making any money in the United States. "I gave the new owner the keys to the business thinking he would pay me right away since

my father knew him and the man owned a chain of pharmacies. He did not!"

Jaeniffer's natural resilient spirit came into play. "I had to call him all the time and finally I just showed up at one of his businesses and demanded that I get paid!"

Jaeniffer was then able to move her siblings, herself, and their few belongings

into a room that they rented from a friend. They lived there until they were able to come to America – several months later. It was winter in Connell when they arrived in the United States.

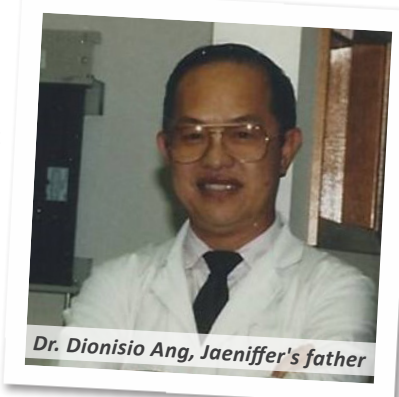
Jaeniffer finished her senior year at Connell High School. Then it was on to Big Bend Community College, Gonzaga University, University of Washington and Vanderbilt University, where she completed her masters of science in nursing and became a family nurse practitioner.

Jaeniffer helped open a private clinic in Pasco when she returned to Washington. She eventually returned to her adopted community of Connell joining her father at his clinic in 1999. She took over his medical practice when he retired in 2007. The Ang Clinic became the Connell Clinic in 2011, and Jaeniffer joined the CBHA medical staff.

This spring Jaeniffer Kaiser was named the Connell Woman of the Year. Her commitment to provide health care to a small, rural community was recognized by the Connell Chamber of Commerce.

Jaeniffer's husband, Larry, teaches at Robert Olds Junior High School. Their daughter, Jade, recently graduated from Connell High School.

Her passion is preventative care and she personally lives by what she tells her patients – that is to stay physically active and take care of the only body you will ever have. Jaeniffer considers it a privilege to take care of the health needs of the community who welcomed her and her family on that winter day years ago.



Dr. Dionisio Ang, Jaeniffer's father

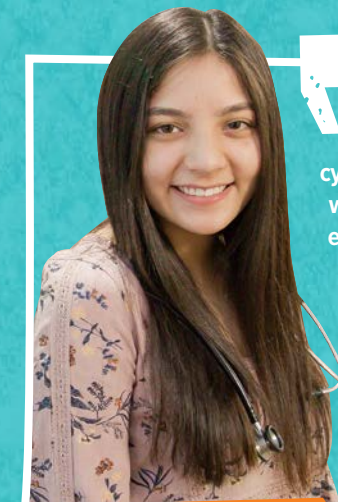
# CBHA: Outside the Walls

## Mother's Day Celebration

Mothers were celebrated and honored in style on May 10th as CBHA invited families and the community to join together at the Othello and Wahuake facilities – where music, food, dance and gardening activities provided an evening filled with fun, entertainment and health education.

Children in colorful dresses made by parents and staff performed traditional Mexican dances for their families and other event participants as part of CBHA's WIC Program focus on healthy life styles. The children began practicing 3 months prior to the event. All that hard work and practice showed! Dr. Veronica Idrogo, CBHA Dentist, even joined in on the fun (see cover photo).

CBHA event organizers Martha Mabry, Cindi Hogeboom, Marisol Quezada and Leo Gaeta were very pleased with the turnout. "We had lots of parents and kids. Everyone was having a good time enjoying the dances, the speakers, and the 'Gardening for Good Health' activity!" said Mabry.



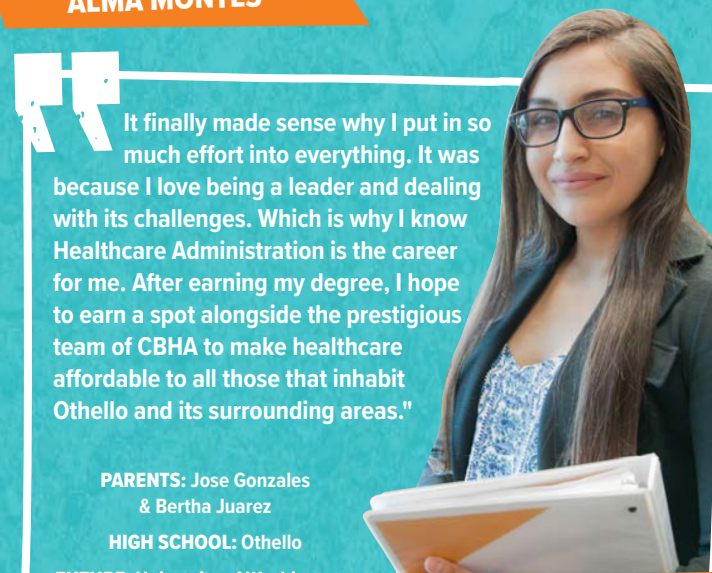
"I will never forget the experience of visiting the hospital for months due to a cyst in my brain when I was younger. The nurses were by my side through every test & explained everything in a way we could understand. I was fascinated by the impact they have on their patients. I want to become a nurse because I want to care for patients and help make their healthcare experience a positive one."

PARENT: Delia Millan  
HIGH SCHOOL: Othello  
RUNNING START: Big Bend Community College  
FUTURE: University of Washington - Bothell (Nursing)

ALMA MONTES

## CBHA Healthy Futures Scholarships

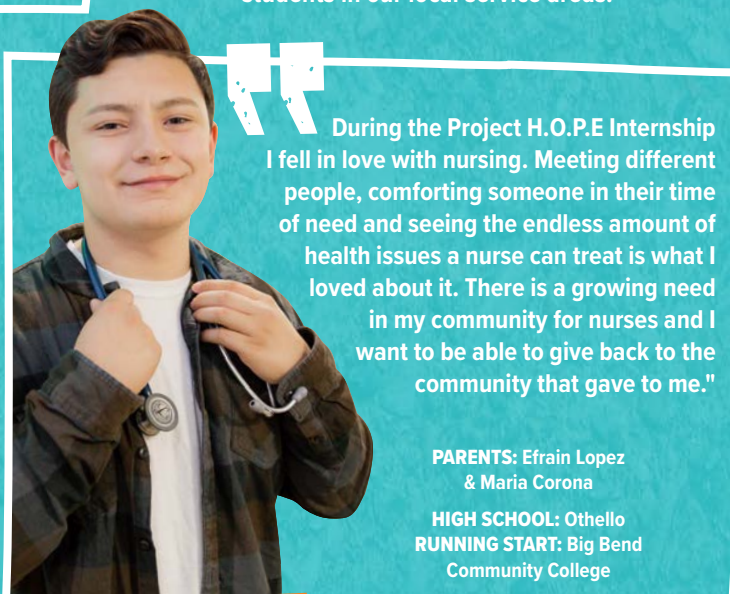
The purpose of these scholarships is to promote the career development of local students with a focus on health care and human services professions. CBHA awards three \$2,000 scholarships every year to students in our local service areas.



"It finally made sense why I put in so much effort into everything. It was because I love being a leader and dealing with its challenges. Which is why I know Healthcare Administration is the career for me. After earning my degree, I hope to earn a spot alongside the prestigious team of CBHA to make healthcare affordable to all those that inhabit Othello and its surrounding areas."

PARENTS: Jose Gonzales & Bertha Juarez  
HIGH SCHOOL: Othello  
FUTURE: University of Washington - Bothell (Healthcare Administration)

DILSIA GONZALEZ



"During the Project H.O.P.E Internship I fell in love with nursing. Meeting different people, comforting someone in their time of need and seeing the endless amount of health issues a nurse can treat is what I loved about it. There is a growing need in my community for nurses and I want to be able to give back to the community that gave to me."

PARENTS: Efrain Lopez & Maria Corona  
HIGH SCHOOL: Othello  
RUNNING START: Big Bend Community College  
FUTURE: University of Washington - Bothell (Nursing)

OMAR LOPEZ

# COLOR OUTSIDE THE LINES











CBHA RUN FOR THE CAUSE 2018: KIDS WITH SPECIAL NEEDS

# SEPTEMBER 29

SEE MORE INFO AT [CBHA.ORG/EVENTS](http://CBHA.ORG/EVENTS)

## LOCAL SUMMER EVENTS

-   
**JULY 4**  
 Othello 4th of July Festival and Parade
-   
**JULY 13-15**  
 Royal City SummerFest
-   
**JULY 19**  
 Summer Family Night (CBHA Family Services)
-   
**JULY 21**  
 Relay for Life: Heart of the Basin (Othello)
-   
**AUGUST 3**  
 CBHA Breastfeeding Celebration
-   
**AUGUST 4**  
 Mattawa Comm"Unity" Day
-   
**AUGUST 11**  
 Othello Community Health Fair
-   
**SEPTEMBER 29**  
 CBHA Run for the Cause: Color Outside the Lines

# Be a Part of the CBHA Experience

"I love my eye care team! I love coming to work every day knowing I get to work with fun, caring, genuine people who have a good work ethic. I also love playing a part in giving patients their best possible vision. It's amazing when someone's complete world is changed because they can SEE!"

— Laura Garza, Certified Optometric Technician  
CBHA Employee since August 2012



## Career Opportunities Available

Dental Hygienist • Director of Nursing • Data Analyst  
Optician Apprentice • Behavioral Health Specialist • Nutritionist

*View all current openings and see what CBHA has to offer you!*

# CBHA.org



/CBHA.WA



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