

HomeTown HEALTH

MARCH 2018



Connell Dental Reaches Full Coverage Goal

Nohely Velazquez, CBHA's Connell Clinic Manager, is pleased to have reached one of her long time goals.

"We are so excited to offer full-time dental coverage at the Connell Dental Clinic – Monday through Friday," she said. "We have at least two dentists working in the clinic every day. Dr. Luis Miron (pictured on the cover with a patient) is our full-time dentist, Dr. Daryl Ballard works three days, Dr. Nicole Tomblin works on Friday and Dr. Aleta Cheek comes in on Thursdays to do Orthodontics. People like knowing that their providers work specific days so they can request them."

The Connell dental staff report that they feel well supported by CBHA. "Continuing dental education is very important," Dr. Miron said. "We want to keep up on new techniques, medications and equipment. CBHA makes certain that we receive on going education in our fields."

He said dental providers are continually researching new equipment. "We want to provide the best care possible for our patients with equipment that represents the latest technology and research. We regularly meet with CBHA management staff to provide input."

It is generally well known that it is important to have our teeth cleaned and examined regularly. Studies show that proper oral hygiene also helps protect against heart disease and other conditions. These problems are linked to dental plaque, a colorless sticky film that forms when bacteria in the mouth transforms the sugars from food into acids.

CBHA's Connell Dental Clinic employs two dental hygienists, Lauren Spilles and America Caballero to help us keep our teeth clean and in good condition.



Nohely Velazquez
Connell Clinic Manager



America Caballero
Dental Hygienist

Hometown HEALTH

BROUGHT TO YOU BY THE
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For Clinic Departments and Hours: 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.

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A Closer

“OUR PHYSICAL AND MENTAL HEALTH ARE INTIMATELY CONNECTED... IT'S NOT JUST 'IN THE PATIENT'S HEAD.'”



When ten-year-old Jimmy began having stomach aches every morning before school, his mother first suspected he just wanted to stay home and watch cartoons rather than learn long division. But the stomach aches happened regularly – sometimes several times a week.

His tears were real, and led her to believe his pain was, too. She brought him to his pediatrician, where after a thorough exam his doctor diagnosed Jimmy with anxiety.

Jimmy's story is not unique. And it shouldn't be surprising either. CBHA's Dr. Syed Gillani explains, "Our physical and mental health are intimately connected. Just as chronic pain over time can lead to clinical depression, which we see happen frequently, emotional stress can lead to physical pain. It's not 'in the patient's head.' We're learning that our biological, mental, and social health are quite interdependent. When one is out-of-whack, it's not unusual for another to decline."

While this close relationship rings true for adults as well as children, the recent increased incidence of mental health conditions has been especially noteworthy in young people.

Look... at Children's Mental Health



INCREASE IN DIAGNOSES OF BEHAVIORAL HEALTH CONDITIONS

The increase in children being diagnosed with behavioral health diagnose is often attributed to societal factors or ill-equipped parenting. The truth, however, is that clinicians now know much more about the connection between a child's behavior, mental health and ongoing developmental challenges. While it may be easy to dismiss these statistics as kids misbehaving, a closer look reveals that there's more going on.

According to the Centers for Disease Control and Prevention as recently as December 2018, 1 in 6 U.S. children aged 2–8 years (17.4%) had a diagnosed mental, behavioral, or developmental disorder.

Many family, community, and healthcare factors are related to children's mental health:

- Among children aged 2-8 years, boys were more likely than girls to have a mental, behavioral, or developmental disorder.
- Among children living below 100% of the federal poverty level, more than 1 in 5 (22%) had a mental, behavioral, or developmental disorder.
- Age and poverty level affected the likelihood of children receiving treatment for anxiety, depression, or behavior problems

Michelle Taylor, Psychiatric DNP, ARNP, PMHNP-BC, reports

that she and her team of behavioral health specialists have seen more children and adolescents in the past year, primarily with diagnoses of clinical depression, anxiety, and ADHD.

TYPICAL – OR SOMETHING TO WORRY ABOUT?

Taylor says, "When the behavior change is persistent, significant, and is impacting normal routines or relationships, it's worth a professional opinion. Stomach aches every day, frequent headaches, not wanting to go to school, poor academic performance – all of these are examples of changes in behavior that can mean a child has depression, anxiety, or possibly ADHD or a learning disability. Sometimes, though, deeper digging reveals that the child is being bullied. Unfortunately, we are seeing a lot of that."

Early diagnosis and services for children and their families can make a significant difference in the lives of children with behavioral health or learning issues.

HEALTHY MIND, HEALTHY CHILD

CBHA subscribes to a holistic approach to health, which means that all parts of the patient's life are considered: physical, emotional, social, and spiritual. CBHA's Behavioral Health team regularly treats:

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HOW DO I KNOW IF MY CHILD IS BEING BULLIED?

Here are some questions you can ask your child to help you learn if he or she is being bullied:

1. How are things going at school?
2. Sometimes kids get picked on at school. Have you noticed anyone in your class getting picked on or bullied?
3. Do you ever feel afraid to go to school?
4. Has anyone bullied you in the neighborhood, at school, or online?
5. Who can you go to for help if you need it?

STEPS TO STOP BULLYING

1. Start early. Parent/child talks are essential. Teach kids to respect others before they start school and continue to talk about this topic on an ongoing basis. Even small acts of teasing should be stopped in their tracks.
2. Teach your children how to be assertive. Encourage your children to express their feelings clearly, to say not when they feel uncomfortable or pressured, stand up for themselves without fighting, and to walk away from dangerous situations.
3. Stop bullying when you see it. Adults who remain silent when bullying occurs are encouraging it and making it worse.
4. Listen to and support children who speak up. Telling an adult about bullying is not easy for children. If a child comes to you seeking assistance with bullying, spend time listening to them and provide affirmation and support before taking action.



ANXIETY

Anxiety involves more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away, and can get worse over time. The symptoms can interfere with daily activities or schoolwork. Often the symptoms can affect relationships. There are several types of anxiety disorders, including generalized anxiety disorder, panic disorder, and various phobia-related disorders.

ADHD

Attention Deficit / Hyperactivity Disorder (ADHD) is a brain disorder marked by an ongoing pattern of inattention and/or hyperactivity or impulsivity that interferes with functioning or development. Inattention, impulsivity, and hyperactivity are key behaviors of ADHD.

Some children with ADHD have problems with only one of the behaviors, while others have both inattention and hyperactivity/impulsivity. Most children with this diagnosis have the combined type of ADHD.

In preschool, the most common ADHD symptom is hyperactivity. It is normal to have some inattention, unfocused motor activity and impulsivity at this age, but for those with ADHD, these behaviors are more severe, occur more frequently, and interfere with or reduce the quality of how they function at home, socially, or at school.

BEHAVIORAL ISSUES

Behavioral issues in children vary, but can include fighting, lying, stealing, and defying authority figures. When these behaviors are frequent, it's time to examine why.

BULLYING

The Journal of the American Medical Association reports that one-third of U.S. children experience bullying, either as a target, or as a perpetrator.

Both victims and bullies need attention from parents and healthcare providers to enable them to overcome the problems associated with bullying behaviors. If your child is being bullied or you suspect depression, anxiety, or any behavioral health issue, the knowledgeable, compassionate team of trained specialists want to hear from you.

"Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated or has the potential to be repeated over time. Both kids who are bullied and those who bully others may have serious, lasting problems as a result of the behavior," said Taylor.

In order to be considered bullying, the behavior must be aggressive and include:



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Elsie Garza (Behavioral Health Consultant, MSW), Michelle Taylor (Psychiatric DNP, ARNP, PMHNP-BC) and Deyanira Gonzalez (Behavioral Health Consultant, MSW)

- An imbalance of power. Kids who bully use their power – such as physical strength, access to embarrassing information, or popularity – to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.

- Repetition. Bullying behaviors happen more than once or have the potential to happen more than once.

Examples of bullying include actions such as making threats, spreading rumors, attacking someone physically or verbally, and deliberately excluding someone from a group.

SOCIAL ANXIETY

Social anxiety is the fear of being judged and evaluated negatively by other people, leading to feelings of inadequacy, inferiority, self-consciousness, embarrassment, humiliation, and depression. Children with high levels of social anxiety often have difficulty making friends, which can lead to loneliness and isolation.

LOW SELF-ESTEEM

Children with low self-esteem tend to be critical of themselves. Some depend on the approval and praise of others when evaluating self-worth. Others may measure in terms of successes;

some will accept themselves only if they succeed, not if they fail.

A person with low self-esteem may show some of the following characteristics:

- Heavy self-criticism and dissatisfaction
- Hypersensitivity to criticism with resentment against critics and feelings of being attacked
- Chronic indecision and an exaggerated fear of mistakes
- Excessive desire to please and unwillingness to displease others
- Perfectionism, which can lead to frustration when perfection is not achieved
- Neurotic guilt, dwelling on or exaggerating the magnitude of past mistakes
- General hostility and defensiveness or irritability without any clear cause
- Pessimism and a general negative outlook

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If you have a behavioral health concern for your child, call Michelle Taylor and the CBHA team today: 509.488.5256



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- Envy and overall resentment
- Tendency to view temporary setbacks as permanent, intolerable condition.

FOSTERING RESILIENCE

According to research from the Center of the Developing Child at Harvard University there are a common set of factors that predispose children to positive outcomes, even in the face of significant adversity or a diagnosis of a behavioral health issue.

Children who demonstrate resilience in response to one form of adversity may not

necessarily do so in response to another. Yet when these positive influences are operating effectively, they “stack the scale” with positive weight and optimize resilience across multiple contexts. These counterbalancing factors include:

1. Facilitating supportive adult-child relationships;
2. Building a sense of self-sufficiency and perceived control;
3. Providing opportunities to strengthen adaptive skills and self-regulatory capacities; and
4. Mobilizing sources of faith, hope, and cultural traditions.

In short, when parents, teachers, and caregivers create as many opportunities as possible for creating connection, they can't help but encourage a sense of belonging, and a feeling of significance.

KNOWLEDGE IS POWER

You are your child's best advocate, but we want to be your partner in health – both physical and mental. Holistic approaches to health keep you and your child healthier. May is Mental Health Awareness Month.

CBHA Publishes First Cookbook: *Flavors of the Community*

We've collected recipes from staff, friends and neighbors since last fall and bound them together into CBHA's first cookbook. It is not our intent to make this into a cookbook with only healthy recipes. However, we did have our registered dietitians look at the recipes and come up with tips to make them a little healthier. Sometimes that wasn't possible.

For example, when we come across Dulcye Field's recipe for her Brownies, it's best to just sit down and eat a really delicious brownie and not feel one bit guilty about it (well, maybe a little!)

Many of the recipes call for ingredients which can be grown in local gardens or purchased at the Farmers Market.



We've included recipes from a diverse group of people – some are well known in the community; yet most are from ordinary people like the rest of us who enjoy cooking, baking, and, especially, eating!

We've included a sneak peak of the recipe for Dulcye's Brownies. We know you will love them as much as we do!



Melissa Alvarez, PharmD, PA-C, is greeted by Wahitis Elementary students

Beyond the Walls of CBHA:

Inspiring Young Minds

For CBHA, being part of the community means being part of your everyday lives. Whether we're collecting and distributing holiday food baskets, or helping you welcome a new baby to your family, we enjoy interacting with our community beyond CBHA's walls.

Several of our providers recently visited Othello schools, answering questions and sharing their experiences. The goal of these visits was to help kids imagine how they too can turn their hard work and education into rewarding careers.

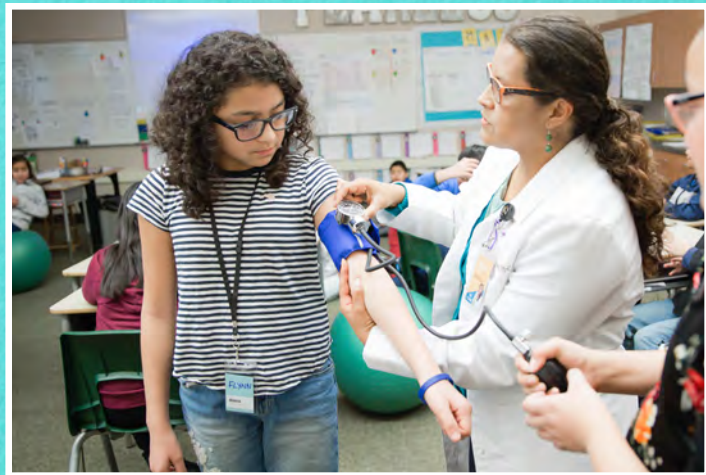
Dr. Syed Gillani (Doctor of Osteopathy) met with 7th grade students at McFarland Middle School, and talked about his work as a physician. Students were curious about medical school, how many babies he's delivered, and how he knows no instruments are left in people's bodies after a surgery.

Melissa Alvarez, PharmD / PA-C, also met with Wahitis Elementary students, showing them how to check blood pressures and measure heart rates.

"The students at Wahitis impressed me with their questions, interest in transmission of illness like the flu, and their knowledge about vaccinations and prevention

of illness," said Alvarez. "I hope by our clinic being next door to the school, we will be able to encourage more families to seek services and participate in community events at CBHA. I look forward to seeing students in our community - and my patients possibly returning to CBHA one day as providers and other members of our healthcare team."

If you would like an educational school visit, please call our HR Department. We enjoy being part of your world - whether that's in or outside CBHA's walls.



**Monday - Friday
6:30AM - 4:30PM**

Southwest Baja Salad
Strawberry Refresher
Fresh Apple Pastry

CBHA's Tim Seibel Retires from Army Reserves After 23 Years of Service

On a late autumn day at Fairchild Base, Tim Seibel's Army comrades gathered in his honor to wish him well, and to celebrate an impressive 23-year military career. It was the last day Seibel would wear an Army uniform.

Seibel joined the Army after completing his Associates degree, as a way to cover student loans. His years of military duty took him to Germany, followed by Bosnia, the Caribbean, and Iraq. "I've been all over the world, and met people from all walks of life – having opportunities I'd never have had otherwise," Seibel said.



Initially trained in Air Defense Artillery, Seibel rose to the level of platoon sergeant. The Army then trained Seibel to be a radiology technician, which opened the door to his civilian career in healthcare.

When he left active duty and returned to Washington, Seibel began working for CBHA. He currently serves as the Director of Ancillary Services, overseeing pharmacy and collaborating with optometry services.

"The certificate I earned for radiology is the same certificate that other people pay to earn – but I didn't pay for it," Seibel says. "In fact, I was paid while I trained to get it. And that, to me, is one of the greatest advantages of the military experience. My time has been well-invested and returned."

When asked what he'll do with his newfound time, Seibel didn't hesitate. "I haven't had a legitimate vacation in ten years. All my PTO from CBHA has been spent on my Reserves duties. I'm looking forward to a Staycation! That sounds good! I've travelled all over. I think for once I'd like to just stay home and relax." Enjoy your Staycation, Tim Seibel. You've certainly earned it. Thank you for your service.



Dr. Robert Forbes Combining Military Mission and Optometry

Dr. Robert Forbes has been treating patients at CBHA's Eye Care Clinic in Othello since March of 2018. His first task upon arriving was to set up an eye glasses manufacturing lab in Othello. "Patients are enjoying the convenience and cost savings of having their glasses manufactured locally," Forbes said.

Dr. Forbes is also a Lt Col and Chief of Optometric Services for the Washington Air National Guard. He is in his 24th year of service. He has participated in numerous military innovative readiness training missions and civilian humanitarian missions both domestically and abroad throughout the world.

His most recent trip was to Hawaii in August of 2018 where he was in charge of a team of 14 optometrists and over 30 technicians. Clinics were set up in Hana, Central Maui, Kihei, Lahaina, Lanai and Molokai. "The people who live here are very underserved – especially the indigenous people," Forbes said.

He pointed out that these missions are also about training troops. "In an effort to train troops in an environment where we can set up an austere mobile clinic for young airmen, soldiers and sailors, and run medical facilities in available buildings or outside in tents. We do these domestic missions so we can train soldiers without bullets flying overhead. It serves a joint mission with us be-



Dr. Robert Forbes, Lt Col and Chief of Optometric Services for the Washington Air National Guard

ing able to also provide medical, dental, vision and mental health care to people who might not have it otherwise. Poverty levels on the Hawaiian Islands are very high."

Dr. Forbes received the Innovations Medal for Meritorious Service on this mission because he developed a system wherein eye glass prescriptions written by providers in the remote sites could be transmitted electronically to the lab enabling lab personnel to manufacture them as soon as they were received. "This allowed shifts to be cut from 24 hours per day to under 8," Forbes said.

Missions of this type usually run for two weeks. "We ran into some snags this time," Forbes said. "During that time we experienced a hurricane and an earthquake. Still, our eye care encounters for this mission totaled 4,700 with 2,978 pairs of glasses manufactured and dispensed. And, we got in some disaster preparedness!" No date or destination has been set for the next mission.



Dr. Forbes with the Tropic Care Maui County 2018: C2



Miguel Blas-Matus, PA-C, explains healthy living to his patient.

Men's Health



with Miguel Blas-Matus, PA-C

Since June is Men's Health Awareness month, it is a good time to sit down with one of CBHA's long-time providers, Physician Assistant - Certified (PA-C) Miguel Blas-Matus, to talk about the health issues he sees most often in male patients.

Blas-Matus believes in the holistic approach to medicine – that a person's well-being is more than just their physical health. It includes mental and emotional health as well. This holistic, TotalYou approach, is evident in the way he treats patients, and aligns with CBHA's philosophy of caring for the whole person.

Q WHAT DO YOU SEE AS BEING THE BIGGEST OBSTACLE TO OVERCOME FOR MEN TO RECEIVE OPTIMAL HEALTHCARE?

A MIGUEL BLAS-MATUS: Well, first, men need to get to the clinic. They need to be seen by their provider – once a year, at least – for a complete physical. That would include having blood work, having blood pressure checked, and a prostate exam. But men as a group historically don't see their provider until something is really wrong, or they've been feeling poorly for quite a while. We all need to listen to our bodies more. Our body will often tell us when it's really not well. And if you're seen early on, many conditions can be treated successfully, more easily and more completely, than if you avoid the doctor until you're really sick.

Q WHAT'S THE GREATEST HEALTH THREAT YOU SEE FACING MEN IN YOUR PRACTICE?

A MIGUEL BLAS-MATUS: Hypertension. High blood pressure - without a doubt. It's a silent killer. In fact, it's the #1 killer of men in America, often leading to coronary artery disease, heart attack, or stroke.

Men sometimes think that high blood pressure only happens if they have a high pressure job or they're over 65. That's just not true. High blood pressure is common in men, even under the age of 45. Risk factors for cardiovascular disease include cholesterol, and smoking habits as well. We can calculate risk when we have the full picture, including these numbers.

Q WHAT IS CORONARY ARTERY DISEASE?

A MIGUEL BLAS-MATUS: Coronary artery disease is the narrowing or blockage of the coronary arteries, usually caused by atherosclerosis. Atherosclerosis (clogging of arteries) is the buildup of cholesterol and fatty deposits (plaque) on the inner walls of the arteries.

Coronary artery disease can lead to:

- **Chest pain (angina)** When your coronary arteries narrow, your heart may not receive enough blood when your body

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Miguel Blas-Matus, PA-C,
at the Wahluke Clinic

needs it, like during physical activity. This can cause chest pain (angina) or shortness of breath.

• **Heart attack** If cholesterol plaque ruptures and a blood clot forms, complete blockage of your artery may trigger a heart attack. The lack of blood flow to your heart may damage your heart muscle. The amount of damage depends in part on how quickly you receive treatment.

• **Heart failure** If some areas of your heart are chronically deprived of oxygen and nutrients because of reduced blood flow, or if your heart has been damaged by a heart attack, your heart may become too weak to pump enough blood to meet your body's needs. This condition is known as heart failure.

• **Abnormal heart rhythm (arrhythmia)** Inadequate blood supply to the heart or damage to heart tissue can interfere with your heart's electrical impulses, causing abnormal heart rhythms.

The same lifestyle habits that treat coronary artery disease can

**IN THE UNITED STATES,
COLORECTAL CANCER IS THE
THIRD
LEADING CAUSE OF CANCER
RELATED DEATHS FOR MEN**

also help prevent it from developing in the first place. Improve your heart health by:

- Stopping smoking
- Monitoring your numbers: blood pressure, cholesterol, and blood sugar
- Staying physically active
- Eating a diet with more fruits, vegetables and whole grains, limiting salt and unhealthy fats
- Maintaining a healthy weight
- Reducing and managing stress

Q WHAT IS AN IMPORTANT CHECK-UP OR SCREENING THAT'S OFTEN OVERLOOKED?

A MIGUEL BLAS-MATUS: Many are surprised to learn that yearly eye exams are an easy and important way to protect your eyes and overall health.

A routine eye exam can help detect signs of serious health conditions, like diabetes, high cholesterol, or even a brain tumor.

**MORE THAN
1 IN 3
ADULT MEN HAVE SOME
FORM OF CARDIOVASCULAR
(HEART) DISEASE**

Since symptoms of health conditions often don't appear until damage has already occurred, eye exams are a great way to learn what's happening in your body.

Your eyes are the only place in your body that provide a clear view of your blood vessels, arteries, and a cranial nerve, which can tell us a lot about your overall health.

Q WHAT KINDS OF SCREENINGS SHOULD HAPPEN REGULARLY AFTER A CERTAIN AGE?

A MIGUEL BLAS-MATUS: We recommend a colonoscopy starting at age 50, or before that if there's a family history of colorectal cancer. When colorectal cancer is found at an early stage before it has spread, the 5-year relative survival rate is about 90%. But only about 4 out of 10 colorectal cancers are found at this early stage. When cancer has spread outside the colon or rectum, survival rates are lower. Regular testing can save lives, and is covered by most insurance plans.

It's also a good idea to have your blood sugar checked regularly, to be aware of prediabetic conditions.

The American Diabetes Association (ADA) celebrates today's "modern man" as someone who is more aware of his blood sugar health. The ADA recommends that men "get out, get active, and get informed."

Q HOW OFTEN DO YOU SEE DIABETES IN YOUR PATIENTS?

A MIGUEL BLAS-MATUS: I see it a lot, unfortunately. Nearly one in ten people in the United States has Type 2 diabetes, with another three in ten having pre-diabetes, which means that if it's not treated and reversed, it will advance to diabetes, usually within five years. I've also diagnosed many young people with Type 2 diabetes – both male and female, adolescent age, not just adult.

Type 1 diabetes is much less common, affecting only 5-10 percent of people with diabetes. And there's nothing that can be done about Type 1 diabetes as far as prevention or cure.

But you can treat and prevent type 2 diabetes with a healthy diet, sufficient exercise, and not smoking.

If left untreated, diabetes can lead to nerve and kidney damage, heart disease and stroke, and even vision problems or blindness. Men with diabetes face a risk of lower testosterone levels and sexual impotence. This can lead to increased depression or anxiety.

Q SPEAKING OF DEPRESSION AND ANXIETY, IS THIS COMMON FOR MEN?

A MIGUEL BLAS-MATUS: Yes. We see a fair number of men with anxiety or depression – at all ages, from adolescent through senior age. Sometimes they come in for frequent headaches or digestive issues, and when we find there's no biological explanation for these symptoms, it's often revealed that there's a lot of stress at home, or on the job, or the person is losing sleep.

Our mental health has a great impact on physical health. And the reverse is also true: physical health can have an impact on mental health. Being in chronic pain can lead to depression just as depression can lead to physical pain. The body is very connected.

Some ways to combat stress include:

- Getting regular exercise, even just going for routine walks around your neighborhood
- Journaling or writing down your thoughts
- Communicating openly with friends and family
- Seeking professional help

Q WHAT'S SOMETHING MEN CAN DO TODAY TO SEE IMPROVEMENTS IN THEIR HEALTH AND THE WAY THEY FEEL?

A MIGUEL BLAS-MATUS: I have a lot of thoughts on this! Here are a few simple things that have a big impact:

First – get more sleep! Sleep deprivation is a big problem in our society. Everyone, not just men – needs at least seven hours of sleep. This can help heal many of our issues, including depression and anxiety. Sleep deprivation can contribute to chronic conditions. I think we spend too much time working and not enough time sleeping. So, a balance is needed for the best health.

Next – Get more fruits and vegetable and eat less of the foods like potato chips and other processed foods. Doing this will help manage high cholesterol and reduce the probability of getting Type 2 diabetes.

Also – Watch your alcohol consumption. Drinking alcohol everyday increases the risk of type 2 diabetes. It also increases

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A Series of Miracles



Reverend Donald Short with Dr. Bashar Elali

Reverend Donald Short

Local Emergency First Responders traced the call to his room and raced there to administer lifesaving treatment. He was taken to the emergency room in Seaside Hospital where they worked to stabilize his condition enough to tolerate further treatment.

MIRACLE #2

He was airlifted to St. Vincent's in Beaverton, OR. It was there, while he was in the emergency room, that his heart stopped and CPR was administered. He remained on life support for ten days in the Intensive Care Unit.

"I remember waking up and seeing a cross on the wall and thinking Anna must have bought a new one because it didn't look like the one we have in our bedroom," he recalls. "Then I was aware that there was something in my mouth that felt like a straw. I was restrained but didn't know it at the time. I drifted back to sleep."

The next thing he heard was Anna's voice saying "you're doing really well, you're doing really well." At some point the intubation tube had been removed and then he heard the calm voice of Martin, his nurse, explaining that he had had a very serious medical incident resulting in him being on life support.

Martin mentioned that his chest might be a little sore from the CPR but that he was doing well now and "we think you're going to be just fine."

Things moved rather quickly after that. The following day, with the aid of a lift, Rev. Short was out of bed and sitting up in a chair. "I was surprised at what a commotion that caused among the staff," he said. "It had been a bad week in the ICU and many patients had died from their injuries and illnesses. Though on life support, I had survived and it gave everyone a big boost."

He was only in ICU one more day before being moved to a general floor. Rehabilitation continued for another week at Portland General. He was pleased to be able to walk out of the hospital using only a cane when he was discharged from the hospital on February 8th. Physical therapy continued with Nathan Gerber at the Othello Hospital, and with Nathan's help the cane was no longer needed.

MIRACLE #3

A short time after returning to Othello, Rev. Short went to CBHA to be seen by his physician, Dr. Bashar Elali for follow-up care.

Physicians in Portland were insistent that he do this. When Dr. ...see page 19

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your risk for cancer of the mouth, throat, esophagus, liver and colon. Men binge drink twice as much as women, and that leads to alcohol-related deaths and hospitalizations, which men have at higher rates than women.

Finally, as a provider for 29 years and an athlete for 50 years, I'm a big believer in the power of exercise. Research shows that an hour a day of exercise five days a week greatly improves overall health. Your heart is healthier. Your weight is managed. And you get a release of endorphins that act as a natural anti-depressant. Exercise is a natural energy stimulant, so you just feel better when you're exercising regularly. My drug of

**AN ESTIMATED
6 MILLION
MEN SUFFER FROM DEPRESSIVE
DISORDERS, INCLUDING
SUICIDAL THOUGHTS**

choice is exercise. I exercise an hour a day several days a week. It keeps me healthy and gives me great energy. I highly recommend it.

If it's been more than a year since you've had a physical, including bloodwork, it's time to give CBHA a call at 509-488-5256. Know your numbers. Receive strategies to feel your best. You're worth it...and your health depends on it.



Miguel Blas-Matus, PA-C, practices what he preaches to his patients and cycles to stay healthy.

WHAT CAUSES DEEP VEIN THROMBOSIS BLOOD CLOTS?

"A lot has been written about this topic," Dr. Bashar Elali said. "We know that blood clots of deep vein thrombosis can be caused by anything that prevents blood from circulating or clotting normally, such as injury to a vein, surgery, certain medications and limited movement."

This happens when blood clumps up in one of the veins deep inside your body, typically in your legs, according to the National Heart, Lung and Blood Institute. There is also a genetic component as well as family history that may play a role. Sometimes this kind of clot can dissolve without causing damage, but other times it can break off, travel to your lungs, and block blood flow.

"This is what happened to Rev. Short," Dr. Elali said. "While it is true that he had had prolonged periods of sitting prior to his life threatening event, we will never know for certain what actually caused it."

They are grateful for the amazing care that Don received from so many. "I also know that a large number of people were praying along with me, not only daily but hourly. I am the recipient of many miracles," he said. "Dr. Elali is a fabulous physician. He obviously saved my life!"

Reverend Donald Short and his wife, Anna moved to Othello in March, 2017 when he accepted the position of full-time pastor at Pilgrim Lutheran Church. They quickly settled into the life of the church and became active in the community.

Rev. Short led worship services as usual on Sunday, January 14, 2018. "I left right after the service and drove to Portland where I spent the night with my son and his wife before driving on to Cannon Beach, OR the next morning to attend the Byberg Preaching Conference," he said. "I remember arriving in Cannon Beach which is the last thing I can recall about the following eleven days."

MIRACLE # 1

Even though Rev. Short doesn't remember doing so, he checked into the hotel on Monday, January 15th and attended lectures all afternoon.

He returned Tuesday, the 16th and listened to lectures until the mid-afternoon break when he returned to his room. It was there that a large DVT blood clot broke loose and traveled to his lungs causing him to go into pulmonary embolism. Somehow he managed to call 911 on his cell phone before he collapsed.

Columbia Basin Explorations

Columbia National Wildlife Refuge and the Sandhill Crane Festival

Explorations is a recurring feature of Hometown Health. We like to highlight destinations throughout our region which make our communities and surrounding areas great places to live and play.

The Columbia National Wildlife Refuge is located about five miles north of Othello. To get there simply drive north on Broadway Avenue until it turns into McManamon Road. Turn right on Morgan Lake Road into the Columbia National Wildlife Refuge. You have entered a world of wetlands and uplands to view birds and other wildlife, a diversity of habitats and the magnificent geological features of Ice Age Floods.

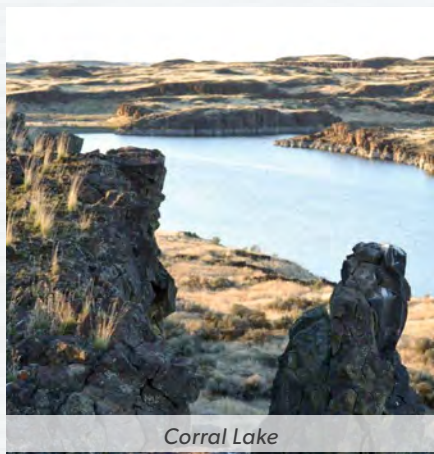
Robert McCrorie, CBHA Physician Assistant discovered this incredible sanctuary when he moved to Othello during the summer of 2018. It quickly became his favorite place to hike. *Learn more about him on page 23.*

The floods occurred when Glacial Lake Missoula's ice dam broke loose, sending hundreds of cubic miles of water through Northern Idaho into our region to scour out Washington's scablands. The floods cut through volcanic

Columbia River Basalt within the Drumheller Channels just northwest of Othello. Robert is amazed at the beauty of this area with giant basalt columns, dry falls, plunge pools, waterfalls, seep lakes, fishing lakes and hiking trails. He is looking forward to seeing the wild flowers which dot the landscape this time of year.

Othello's 22nd annual Sandhill Crane Festival was held recently. This festival celebrates the spring return of the Lesser Sandhill Cranes to the greater Othello area and the Columbia National Wildlife Refuge. These cranes stop off to rest and feed on their long journey from Southern California to Alaska where they nest, and raise their young before returning in the fall. Not all the cranes have migrated yet. Keep your eyes trained upwards. If you see a very large white bird with a red eye patch, it is probably a Sandhill Crane. They have a unique call which is certain to catch your attention. It sounds like a rattle with a coo on the end.

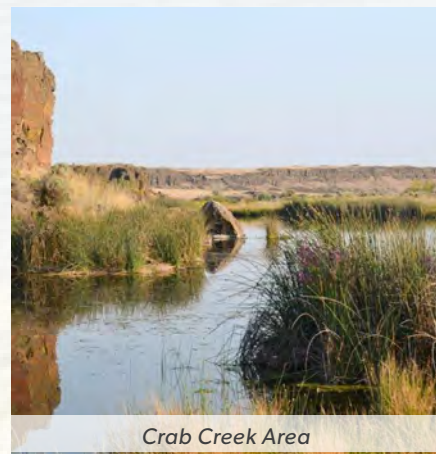
If you haven't already done so, treat yourself to a hike in the refuge. Wear your hiking boots and bring your binoculars!



Corral Lake



Walking Path along Crab Creek



Crab Creek Area

Photos courtesy of Marvin Polacek

South Teal Lake

CBHA.org Wins Best Site Design

In 2017 we began a journey to reimagine our brand ... which led to new logos, videos and, in 2018, a new website - CBHA.org.

CBHA partnered with Scorpion Healthcare Website Design to deliver a new web experience for our patients and employees. We implemented simpler navigation, Spanish translation options, up-to-date service listing, healthcare information and many other new features.

All that hard worked paid off. CBHA won the "Platinum Award for Best Site Design – 2018" at the recent Healthcare Internet Conference! CBHA competed against 1,000 total entries.

"The CBHA website clearly highlights the world-class facilities the organization provides. The website also provides an online experience that reflects the high level of care CBHA provides to its community. When a patient or healthcare consumer visits the website, not only can they easily find important information – they get a sense of relief that modern and caring providers

are available right in their own community. CBHA's mission to serve their market with exceptional care is unmistakable – and that is reflected in the website design and experience." said Rod Thomas of Scorpion Healthcare.

The panel of over 100 experienced judges selected our website because of its unique, attractive and engaging design. Other factors included strong branding and excellent usability.



WELCOME

Robert McCrorie, PA-C

FAMILY PRACTICE

In a way, Robert McCrorie, PA-C, has come home – home to Washington State. He grew up in Hoquim, WA, moved to Texas after high school graduation and enlisted in the United States Army in 1983. His deployments took him around the world as he organized and conducted unit training in tactical combat casualty care and coordinated medical care in war zones, triaged patients and arranged medical evacuations.

McCrorie holds a Bachelor of Health Sciences Degree from Campbell University in Buies, North Carolina and a Master of Health Sciences, Emergency and Disaster Management degree from Trident University in Cypress, CA. He retired from the military in 2010. "I knew I wanted to continue taking care of people from underserved populations," he said. He was accepted into the MEDEX Northwest Program at the University of Washington and graduated with his Physician Assistant certification in 2018.

"I was privileged to complete almost eight months of my training at CBHA. I came to love it here and I am so excited to be treating patients. Everyone has welcomed me; I look forward to meeting all of you!"



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It's not a place, its a partnership with your primary care provider



PCMH puts **you** at the center of your care, working with your health care **team** to create a **personalized plan** for reaching your goals.

Your **primary care team** is focused on getting to know you and earning your trust. They care about you while caring for you.



Technology makes it easy to get health care - when and how you need it. You can reach your doctor through **email**, **video chat**, or after hour **phone calls**. **Mobile apps** and **electronic resources** help you stay on top of your health and medical history.

CBHA certified as a Patient Centered Medical Home!

What does that mean to you?

It means that we have a team-based model of care. Our providers and patients partner together to agree on mutual goals for improving the patient's overall well-being. It means that our patients receive comprehensive and continuous medical care with a goal to obtain the best possible health outcomes.

We provide the proper support for the Total You in the form of education, behavioral health and preventative health services. The provision of medical homes is intended to allow better access to health care, increase satisfaction with care, and improve health.

As a PCMH-certified organization, our patients experience innovative healthcare technology with increased access to the care they need. We focus on providing continuous quality improvement and we always attempt to ensure that patients have the tools to make informed decisions about their health.



Leading the Way

After beginning her professional career journey in banking, Kelly Carlson was looking for a growth opportunity in a new industry. With her degree and several years of financial and process execution acumen, Kelly accepted her first position at CBHA as a medical records clerk.

While she was working in medical records, she seized the opportunity to obtain a certification in healthcare compliance, building on her background in banking compliance. Kelly would go on to obtain additional certifications which include medical coding, MGMA's Medical Practice Executive, and most recently SHRM's Senior Certified Professional.

During her 16 years at CBHA, Kelly has demonstrated her aptitude and drive to learn more about the healthcare industry. From Medical Records, Kelly moved to the Call Center as a Supervisor, and later shifted to Director of Member Navigations which included direct oversight of our referrals and medical records departments. She then would go on to Human Resources, obtaining a designation from the Professional Society of Human Resources Management.

In her current role as Vice President of Administrative Services, Kelly oversees Human Resources, Administrative/Executive Assistants, and Compliance Programs at CBHA. One of her goals in this position is to make CBHA a place of choice for employment, through supporting and helping to develop staff to achieve their highest potential within the organization.

"I always want to be maximizing existing systems and optimizing talent development so that every staff member has the opportunity for the same success many of us who've been here for many years have experienced," Kelly said. She acknowledges that a lot of the outcome is dependent on individual effort as well. "I encourage everyone at CBHA to put in 100% effort, and to obtain as much clinical and operational knowledge as they can. The more we know, the more we can do for others."

Kelly continues to demonstrate leadership and continued learning in her work at CBHA. This dedication to learning, coupled with CBHA's cultural values of professional growth, training and education, has made CBHA a top performer in federally qualified health centers across the country.

Kelly Carlson

Vice President of Administrative Services

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)