

HomeTown/In HEALTH

APRIL 2018



Get Connected



When you move to a new town or get a new job, getting connected to health care is often one of your first concerns. For those new to the communities of Othello, Mattawa and Connell, you will likely turn to CBHA, your local community health center.

CBHA's Patient Services department makes it easy for patients to make an appointment and learn about their benefits eligibility through their employer, or through a family-health services program. When you call CBHA to make an appointment, you are connected to a Patient Services Representative (PSR) in the call center who takes your basic information and asks about your insurance.

For patients who have their own insurance, the information is added into the system. If the answer is "no," you do not have your own coverage, you are then connected with a Patient Benefits Representative.

We know not all people have health insurance through their employer, and it is our job to help our patients get the care they need.

When patients meet individually with a Patient Benefits staff member, they learn about the many programs and insurance plans available to them, including:

MEDICARE

A federal health insurance program for eligible citizens and permanent residents, primarily over the age of 65, Medicare provides inpatient and outpatient care, doctors visits, and preventative services through Part A or B original Medicare coverage options.

MEDICAID

A federal assistance program for low-income patients of all ages, Medicaid covers medical expenses, including inpatient and outpatient services, doctor visits, laboratory and x-ray services, and home health services. Some states also provide optional benefits, such as physical and occupational therapy.

MEDICARE PART D

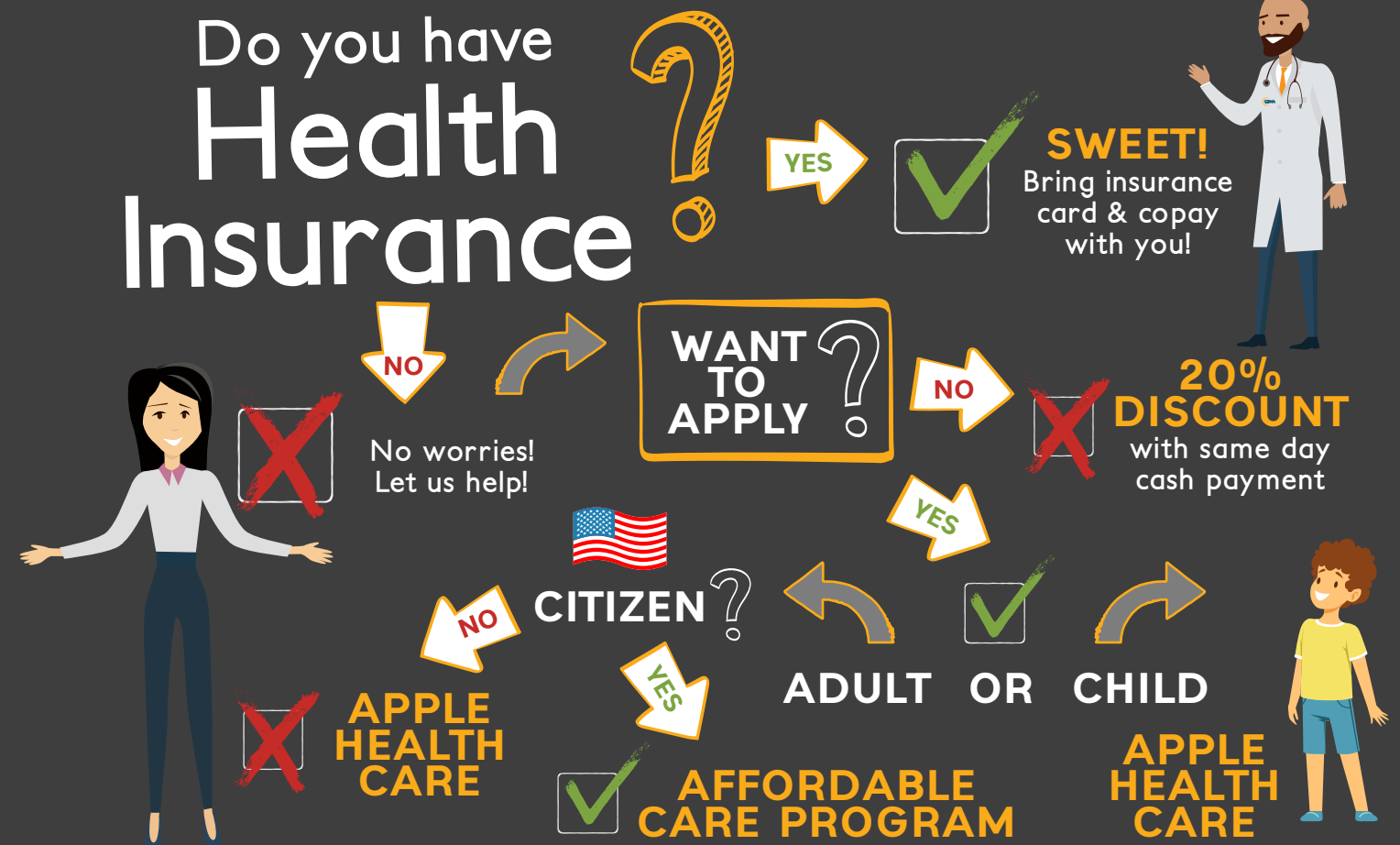
A stand-alone plan, Medicare Part D adds prescription drug expense coverage to any original Medicare plan.

APPLE HEALTH FOR KIDS

Washington's Apple Health for Kids provides free or lost-cost medical, dental, vision and mental health benefits to children under age 19 who qualify through the Medicaid and S-CHIP programs.

Call Patient Benefits for program requirements
509.488.5256

Do you have Health Insurance?



We All Have A Story



Patient Services Representative (PSR) Regina Perez has worked at CBHA for 14 years. "We (Patient Services) always do our best to find a way to help our patients," Perez said. "Patients are always free to call with questions and concerns; we work with them to make sure that our health services are accessible."

In her position, Perez hears many patient stories, and always tries to help make tough situations easier. Last fall, for example, an established patient came in for a scheduled exam. He was informed during the time of his visit that his insurance had been canceled. He called his employer to find out what had happened, and was told that because he was no longer employed his insurance had been canceled.

He had been temporarily off work because of medical problems, and was not aware that he was no longer eligible for employee insurance. In addition to health challenges, he had recently gone through a divorce and felt depressed and suicidal. Discouraged, he asked to cancel his appointment because he could not pay for it. Instead of turning him away, the receptionist pointed him to someone in Patient Benefits.

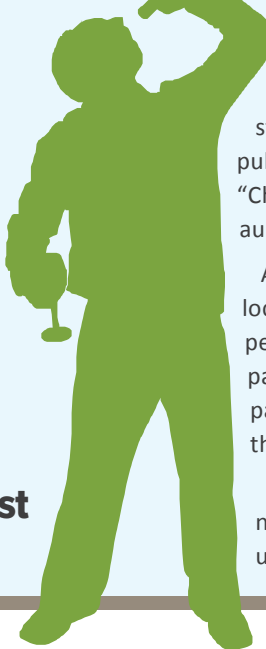
Perez and her team worked with the gentleman so that he could still receive services. Through their work, he discovered that he qualifies for Apple Health for Adults. He left the clinic feeling relieved, and had his knee surgery at the end of September 2016.

April is National Alcohol Awareness Month



29 people die every day as a result of drunk driving

65% of Americans 12 & older have consumed alcohol in the past year
58% were younger than 18 the first time they tried alcohol



Every April the National Council for Alcoholism and Drug Dependence (NCADD) sponsors Alcohol Awareness Month to increase awareness and understanding of the causes and treatment of the nation's #1 public health problem: alcoholism. The theme this year is "Changing Attitudes: It's not a 'rite of passage.'" The target audience: youth and their parents.

As part of Alcohol Awareness Month, the NCADD says local, state, and national events will be "aimed at educating people about the treatment and prevention of alcoholism, particularly among our youth, and the important role that parents can play in giving kids a better understanding of the impact that alcohol can have on their lives."

Leo Gaeta, VP of Programs at CBHA, believes there has never been a greater need for awareness of the dangers of underage drinking. "Sadly, approximately 5,000 youth un-

der the age of 21 die each year because of drinking," Gaeta says.

CBHA regularly participates in educational events. Gaeta says, "We use an alcohol screening tool that helps patient identify behaviors that might indicate an alcohol dependence problem. Trained staff member assist patients and they are assured that the information they share is completely confidential."

When a patient shares a question or concern about their use of alcohol or any substance, CBHA providers take that concern seriously. "We place a high priority on situations like this," Michelle Taylor, Psychiatric Mental Health Provider, says. "If a clinic physician calls me and has a patient he would like me to see right away, I will do my best to see the patient in the moment."

This campaign and associated events are an opportunity to reduce the stigma associated with alcohol dependence, as well as remove the barriers to treatment and recovery while making help available to those who suffer from the disease.

Try to go Dry



An important part of Alcohol Awareness Month is choosing an Alcohol-Free weekend during the month of April. The intent is for you to stop drinking from Friday through Monday, and then gauge the effect of the alcohol-free days.

If your body has become used to the continual presence of alcohol, suddenly stopping can cause physical effects, such as sweating, nausea, headaches and trouble sleeping.

If it was difficult to manage 72 hours without drinking, that struggle could signal a dependence on alcohol that should be more closely examined.

If you are having trouble with your three-day alcohol-free test, we urge you to contact your medical provider at CBHA to learn more about alcoholism and its early symptoms.

Alcohol and Diabetes

A DELICATE BALANCE

While it's true that moderate amounts of alcohol may cause blood sugar to rise, more than one or two drinks of alcohol can decrease your blood sugar level — sometimes causing it to drop to dangerous levels, especially for people with Type 1 Diabetes. This is one reason why people with diabetes need to be especially cautious about their alcohol use.

IS IT SAFE FOR A DIABETIC TO DRINK ALCOHOL?

Many with diabetes wonder if their days of sipping wine or beer are over. "My diabetic patients do ask that question occasionally," says Dr. Catherine Dinglasen, who's been treating diabetic patients at CBHA since 2005. "I always urge caution. Drinking alcohol can lead to serious low blood sugar reactions, especially if patients take insulin or types of diabetes pills that stimulate the release of insulin from the pancreas."

She said alcohol can also affect other medical conditions like diabetic nerve damage, diabetic eye disease, and high blood triglycerides. Low blood sugar (hyperglycemia) can cause people to pass out, which is a medical emergency that can be misinterpreted as intoxication.

"Diabetes is a complicated disease that must be managed carefully," Dr. Dinglasen says. "It becomes much more complicated when alcohol is added into the diet. A medical ID bracelet should always be worn. A carbohydrate source, like glucose tablets should also be carried in case of low blood sugar."

When mixing alcohol and diabetes, a little extra attention to preventative measures can make all the difference between a safe experience and one that requires medical attention. Given the risks, some providers do recommend abstinence from alcohol with a patient has diabetes.

...SEE PAGE 7



Dr. Catherine Dinglasen

SOURCE: National Council on Alcoholism and Drug Dependence



CBHA: Outside the Walls

The Othello Sandhill Crane Festival recently held its 21st annual celebration of the migration of the Lesser Sandhill Cranes from Southern California to Alaska. The cranes stop in our area for several weeks to rest and build up their food reserves for their long flight north.

CBHA has been a proud corporate sponsor of this festival for many years. CBHA staff have volunteered their time as well. Helping this year were Shannon Springer, her son, Thomas, Esperanza Leija, and Curtis Andrews. This was Shannon and Thomas' 8th years volunteering at this festival.

CBHA's vision statement includes the goal of developing relationships throughout the community, so CBHA was happy to be part of this fun tradition. "We look forward to being part of what's happening in our Othello, Connell and Mattawa communities," Nieves Gomez, CBHA President and CEO said.



Making a Difference in our Community



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
Mon, Wed & Fri: 8 am – 5 pm
Tue & Thurs: 10 am – 7 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
7:30 am – 5:30 pm

EYE CARE
Monday – Friday
9 am – 5 pm

PHARMACY
Monday – Friday
10 am – 6 pm

Blake Barthelmess
Editor

Jill Baker
Graphic Designer

Magali Valdez
Photographer

Fay Coats
Writer

WHAT IS PREDIABETES?

According to the 2012 National Health and Nutrition Examination Survey, an estimated 37 percent of adults over age 20 have a prediabetes.

What's prediabetes? It's a condition that indicates your blood sugar is higher than normal, but not quite high enough for a diagnosis of diabetes. But without intervention, the condition will likely progress to diabetes. According to the American Heart Association, risk factors for prediabetes include being overweight, smoking cigarettes, having a sedentary lifestyle and excessive alcohol consumption.

IF YOU ARE DIABETIC OR PRE-DIABETIC...

- Alcohol can interfere with the positive effects of oral diabetes medication or insulin.
- Alcohol may increase levels of triglyceride.
- Alcohol may increase blood pressure.
- Alcohol may affect judgment, causing you to make poor food choices.
- Alcohol stimulates your appetite, which can cause you to overeat and may affect your blood sugar control.
- Beer and sweet wine contain carbohydrates and may raise blood sugar.
- Alcoholic drinks are usually high in calories, making it difficult to lose excess weight.

ALCOHOL CONSUMPTION WITH DIABETES

- Drink alcohol slowly and only when also eating food.
- Do not consume more than two drinks of alcohol in one day if you are a man, and no more than one drink per day if you are a woman.
- Mix liquor with water, club soda, or a diet soda.
- Wear a medical alert bracelet or other piece of jewelry that says you have diabetes.

For additional questions about managing diabetes, your CBHA medical provider will be happy to help you.



88,000

the number of people in the US who die due to excessive alcohol use each year

alcoholism is the **3rd** leading preventable cause of death

Ten Years Smoke Free!

Dan Wolanski made a life altering decision in the Summer of 2009. During an appointment with his primary care provider, he mentioned that he wanted to quit smoking.

He'd begun to worry about the effects cigarette smoke on his dogs – and ultimately, on him, too. The medical provider encouraged him to quit and told him to come back when he was ready to set a stop date. Dan set a stop date of November 1, 2009.

"I came back. My medical provider prescribed a medication designed to help people quit smoking," Dan recalls. "He helped guide me through the whole process. I couldn't have done this without his support and encouragement."

Dan has not smoked since. He is healthier, works out, and gets plenty of exercise. He keeps busy with his Christmas tree farm on Schaake Road, where he also grows hay, corn, millet and sorghum on his acreage.

"Smoking is a very addictive, life sapping, and very expensive habit," he said. "I am so thankful I quit!"

Almost
500,000
Americans were killed
last year by smoking
related diseases



WELCOME

Matt StantsPainter, DO

FAMILY MEDICINE WITH OBSTETRICS

From: Pennsylvania

Dr. StantsPainter has always enjoyed sports, playing basketball and baseball in school, and running marathons more recently. He still enjoys running, as well as following his favorite football and baseball teams. Dr. StantsPainter also travels whenever he can. Last summer he participated in a month-long Spanish Immersion class in Guatemala.

Dr. StantsPainter attended the University of Pittsburgh where he received his bachelor's degree, and Lake Erie College, where he received his Doctor of Osteopathic Medicine degree.

"I am excited to be treating patients at CBHA. The services provided here offer patients a wide selection of medical, dental and vision providers. In addition to providing medical and osteopathic care, I also see obstetric patients. I enjoy taking care of the whole family."



Robert Forbes, OD OPTOMETRIST

From: Vernonia, Oregon

Dr. Forbes grew up hunting and fishing in Eastern Washington, and continues to enjoy the area with his sons, still loving anything to do with the outdoors. Other interests include two-week "Gift of Sight" Humanitarian Mission trips to underserved areas around the world.

Undergraduate studies were done at Oregon State University; he received his Bachelor of Science in Physics and his Doctorate of Optometry from Pacific University in Forest Grove.

"I have been an optometric practitioner for 25 years and have performed the full scope of eye care from commercial practice to personal to group practice. What excited me about coming to CBHA is that here I will be able to follow up on a patient even if they have had to be referred out for specialized treatment and know that they received the care they needed."



Daryl Ballard, D.D.S. DENTIST

From: Colorado

Dr. Ballard received a Bachelor of Science in Chemistry from Pacific Union College and a Doctor of Dental Surgery degree from Loma Linda University School of Dentistry.

Dr. Ballard studied voice in college and has a minor in music. He plays the keyboard in a praise band and is currently studying jazz. He also plays the trumpet and sings when he has the chance. When not playing music or singing in his free time, Dr. Ballard loves to ski. He and his wife, Cathy, also enjoy spending time with their grown daughters and participating in church activities.

"When I first came to CBHA, I had the impression that, from the top down, the philosophy and culture was something I really liked. I enjoy treating people of all ages – I want to make people as comfortable as possible during their dental procedures. I am looking forward to get acquainted with my patients and the community."



What is a Doctor of Osteopathic Medicine?

Do you remember that song you may have learned in elementary school about the parts of the body? It may have been taught with the use of a skeleton? "The foot bone's connected to the...ankle bone. The ankle bone's connected to the leg bone. The leg bone's connected to the..." Well, you get the idea.

That's how an osteopath thinks of the body. If one part of the body is not functioning optimally, it can have a detrimental effect on everything else – from the way a patient walks to how they drive a car, how frequently they get headaches, how they sleep, and even how they function in their work.

To a DO, Doctor of Osteopathic Medicine, an important way to treat a patient is to take a 360-degree view of the entire body. Osteopathic physicians are well-versed in anatomy,

and have a broad scope of training to treat a wide range of conditions.

CBHA's own Doctor of Osteopathy, Dr. StantsPainter, says, "We have equivalent training, privileges, and responsibilities as a medical physician who has a Doctor of Medicine degree."

Since one of the cornerstones of osteopathic medicine is that all the body's parts work together, DOs sometimes use osteopathic manipulative treatment (OMT) to help identify and treat the source of underlying health concerns.

They use this technique to help treat a number of health concerns, including low back pain, menstrual pain, migraines, and sinus issues.

Where does the money come from?



As many have discovered in recent years, having a health insurance card alone does not guarantee that people will have a place to go to get the health care services they need.

Community Health Centers like Columbia Basin Health Association (CBHA) have been the solution to that problem for millions of Americans for nearly 50 years. Located in communities all over the country, Community Health Centers provide doctors and other health professionals where they are most needed. The better proximity and quality of care has greatly improved health outcomes in the communities served.

America's Health Centers owe their existence to a remarkable turn of events in U.S. history, and to many determined community health and civil rights activists who fought more than 50 years ago to improve the lives of Americans living in medically underserved communities in desperate need of healthcare.

WHO DO THEY SERVE?

According to the National Association of Community Health Centers (NACHC), more than 62 million Americans lack access to primary care because of a variety of factors, including long distances from health care facilities, affordability of care and

a shortage of available doctors and other providers. People from all walks of life are affected. Nearly half (42%) are low-income and 28% live in rural communities.

A large majority of the people without access to primary care have insurance but have few or no options in terms of where they can get care. Health experts predict the problem will escalate as fewer providers choose careers in primary care; demand is expected to climb by as much as 14 percent. Nationwide, health centers serve more than 23 million patients -- that's one in 15 people living in the U.S., including more than 260,000 veterans.

We're here to help close that gap. At CBHA, we are open to all, regardless of ability to pay. Our doors are open at 7 a.m., Monday through Friday, with a range of services that include not just primary care, but dental care, mental health, optical care, imaging, audiology, and an in-house pharmacy. By making care more accessible and easier to navigate, we not only improve our patients' wellbeing, but also reduce unnecessary visits to hospital emergency rooms, saving money without adding to the nation's health care costs and overall debt.

Demand for primary care is rising, and there is universal recognition of the need to reduce healthcare costs. Health



◀ **80%** REIMBURSEMENT FROM INSURANCE COMPANIES

◀ **16%** GOVERNMENT FUNDING & FEDERAL GRANTS

◀ **4%** GRANT SOURCES

The new Othello clinic (located at 1515 E. Columbia St) is phase one of the healthcare campus to be completed on the 20-acre plot of land that CBHA purchased three years ago.

The next phases are already in the planning, development and implementation phases. The build-out will include a large plaza for health fairs; outdoor walking trails and fitness stations; community gathering areas and extended stay housing for clinical residents, students and new CBHA providers.



centers like ours are part of the solution. Aided in small part by federal investments, health centers have expanded capacity to serve more people and communities, while reducing costs and saving the system billions every year.

HOW IS CBHA FUNDED?

Originally, the funds to operate health centers like CBHA came from federal and state subsidies.

Today, the majority of our funds come from patients' insurance companies. Federal grants now account for a total of no more than 16 percent of total revenue, with only four additional percent from other grant sources.

DO CBHA CLINICS AFFECT MY TAXES?

It has no impact; nothing has changed. CBHA receives funding from insurance reimbursement, and only a small portion of government funding grants.

Your local property taxes do not contribute to CBHA. When you receive your property tax statement for 2017, review the back to see a breakout of local property tax expenditures. You will see that your local property tax contributions are divided between these entities:

- City of Othello • Othello Current Expense • EMS • Hospital
- Library • Local Schools • Other Junior Taxing Districts
- Parks-Rec-District, Port District • State Schools



CRUNCHY TURKEY MEATBALLS

- 2 Cups WIC cereal
- 1 Pound Ground Turkey
- ¼ Cup Greek Plain Non-Fat Yogurt
- 2 tbsp Honey Mustard
- 2 tbsp Onion, Chopped
- Salt & Pepper



1. Preheat oven to 370F.
2. Crush cereal in a bowl.
3. In a separate bowl, mix turkey, yogurt, mustard, onion and 1/3 cup cereal. Add salt & pepper to taste.
4. Shape into 16 meatballs. Roll each meatball in the remaining cereal.
5. Place on a lightly greased baking sheet and bake for 15 minutes, or until the internal temperature reaches 165F. Serve with veggie sticks.

Makes: 8 snack-sized servings
Each serving provides: 125 calories • 13 grams protein • 0.7 grams fiber
7 grams carbohydrate • 5 grams fat • 107 milligrams sodium

Be a Part of the CBHA Experience

"What I enjoy about being a part of CBHA is that there is always room to grow, learn, and progress. I love being able to help solve problems. Every day is different and I have to stay on my toes. Since I have started working here, I have made positive changes in my life like working out and making healthier choices."

— *Mayra Lopez, Patient Services Representative
CBHA Employee since April 2015*



Career Opportunities Available

Behavioral Health Consultant • Nutritionist - Registered Dietician
Dental Staff Director • Data Analyst • College Level Internships

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

CHECK OUT OUR NEW WEBSITE!

CBHA.org



/CBHA.WA



/CBHA_WA



/CBHA_WA