



Meet our Leaders



Mike Maples, MD, Chief Executive Officer

Dr. Maples completed medical school, residency and fellowship training at the University of Washington. For the past 35 years, he has served the Yakima Valley. During that time, he has been a practicing family doctor, physician educator, and health care administrator. He is the founding director of Community Health of Central Washington (1992) and the Central Washington Family Medicine Residency program (1993). He is a founding member of the Board of Trustees of Pacific Northwest

University and its College of Osteopathic Medicine in Yakima (2005), where he served for 13 years (Board President 2013-15).



Michael Schaffrinna, MD, Chief Medical Officer

Dr. Schaffrinna joined CHCW in 2013 after an extensive and celebrated medical career in the US Air Force as a physician and a commander. A graduate of Oregon Health Sciences University, Dr. Schaffrinna completed a fellowship in adolescent medicine, taught community medicine at Wright State University, and continues to see patients

at Central Washington Family Medicine and Yakima Pediatrics.



Paul Kaschmitter, MBA/HA, Chief Financial Officer

Paul has been the CFO for Community Health of Central Washington since 2003. With more than 40 years in healthcare and an MBA with a concentration in Healthcare Administration, Paul brings a wealth of expertise to CHCW. He also participates in many civic and cultural organizations across Yakima.



Millard McQuaid, MBA, MSF, Chief Operating Officer

With a decade of experience overseeing a myriad of healthcare systems across the Pacific Northwest, Millard joined CHCW in 2015 as the Clinic Manager for Central Washington Family Medicine and accepted the COO position in 2017.



Laura McClintock, Human Resources Manager

Laura joined Community Health of Central Washington in 2007. A graduate of City University's Masters in Human Resources program, Laura brings nearly 20 years of experience to her role.



Brigita Fody-Landstrom, CPHQ, Chief Quality Officer

Brigita joined the organization in January 2018, following nearly 20 of national quality program development for Medicaid and Medicare.



Community Health of Central Washington



We provide full spectrum health care for all age groups from birth to senior care. We are here for you and your family when you need care. For more information, please call a clinic close to you or visit us online at chcw.org.

Services and Programs:

- Family Medicine
- Dental Care
- Pediatrics
- OB Care and Delivery
- Mental Health and Behavioral Health Services
- First Steps/CYSHCN (Children and Youth with Special Health Needs)
- WIC (Women, Infants, and Children Nutrition Program)
- Population Health
 - Care Coordination
 - Case Management
 - Outreach
- Senior Care
- Opioid Dependency Treatment
- Pharmacy Services



Each of our clinics offer unique services and programs. Please contact us to find out the specific services and programs your clinic offers.



Our Mission

Community Health of Central Washington provides quality healthcare through service and education.

www.chcw.org

Clinic Directory

Central Washington Family Medicine Clinic

Full spectrum family medicine including obstetrics care. (509) 452-4520

Central WA Family Medicine Residency Program

Accredited family medicine specialty training for physicians, medical students and allied health providers. (509) 452-4946

CHCW - Ellensburg Clinic

Care for the entire family including obstetrics. (509) 962-1414

Ellensburg Dental Care

Comprehensive dental care for the entire family. (509) 933-2400

Yakima Pediatrics

Complete newborn, child, and adolescent care. (509) 575-0114

Highland Clinic

Care for the entire family from newborns to elder care. (509) 673-0044

Naches Clinic

Care for the entire family from newborns to elder care. (509) 653-2235

Senior & Residential Care Program (SRCare)

Primary Care for people living in care facilities. (509) 574-6139

Senior Smiles Program

Dental care for people living in care facilities. (509) 574-6139



Residency Program Overview



The Central Washington Family Medicine Residency Program (CWFM-R) is a 30 resident family medicine residency program and provides a rich learning experience.

6 of the residents are based in Ellensburg for the majority of their training and provide much needed care to a rural population at our Community Health of Central Washington – Ellensburg clinic. The other 24 residents are in Yakima for training and provide care to a diverse patient population at our Central Washington Family Medicine Clinic in Yakima.

Community Health of Central Washington, the program's sponsor is a funded Teaching Health Center. As such residents learn to provide community based comprehensive and continuous ambulatory care to medically under-served patients representative of the cultural, socio-economic and demographic diversity of Central Washington. The program provides full spectrum Family Medicine training including OB, integrated behavioral health, centering pregnancy, osteopathic manipulation medicine, procedural training and inpatient pediatric and adult medicine.

Scholarly activity at CWFM-R includes a longitudinal quality improvement project during each of the three years of residency. This gives residents a chance to work together and learn about the systems they work in, how it may not be optimal for

patient care, and how to make meaningful changes that improve the care of their patients. Other scholarly activities include behavioral health and community health based research with opportunities to help conduct research, write and present findings, and collaborate with teams from across the WWAMI region.



The program is committed to academic excellence as demonstrated by its affiliation with the nation's #1 ranked University of Washington Department of Family Medicine and one of the newest osteopathic medical schools, Pacific Northwest University of Health Sciences. Community physicians provide and teach state-of-the-art medicine in both the outpatient and inpatient settings.

In keeping with the Teaching Health Center's mission of improving access to health care, the program recruits a diverse group of self-directed learners interested in working with rural and under-served populations. Our program is committed to the development of the pluripotent stem cell physician.

Faculty

Clinical teaching is provided by a board certified faculty of family physicians, pediatricians, psychologists, an internist, and a pharmacologist in addition to over one hundred community physicians that volunteer thousands of hours. All clinical faculty spend time in clinical practice, assuring clinical and technical competency.

Masters level organization development and business and finance faculty round out the faculty team.

The CWFM-R faculty brings a wealth of experience to the program. Each faculty member has special areas of interest, training, and experience which are complementary and enable the program to train physicians for a broad spectrum of service to rural and under-served populations. In addition to the teaching of residents, faculty members spend time precepting students.

Central Washington Family Medicine continuity clinics serve as sites for the required family medicine clerkships for the University of Washington School of Medicine and Pacific Northwest University of Health Sciences.

We also offer fourth year sub-internships for students from U.S. medical schools, educate pediatric dental residents, provide clinical training for physician assistant, nursing and doctor of pharmacy students, and job shadow opportunities for local high school and college students.



Current Faculty

Central Washington Family Medicine Residency Program



**Faculty & Staff
Roster**
2017/2018

Faculty



Behavioral Health Faculty



Program Staff



PHONE 509.452.4520

FAX 509.452.5224



Community Health
of Central Washington

Current Residents

Central Washington Family Medicine Residency Program



Family Medicine Resident & Behavioral Health Intern Roster

2017/2018

First Year Residents



Dustin Brown, DO



Andrew DeGiorgio, MD, MS



Dolly Do, DO



Sarah Hanson, MD



Ben Keggi, DO



Tiffany Mark, MD



Rachel Postemeyer, DO



Joel Roberts, MD



Purnam Tapa/Ekman, MD, MS



Zach Valadez, MD

Second Year Residents



Irene Varghese, MD
AAROF Chief Resident



Rana Aidawi, MD, MPH



Rameet Chahalwal, MD



Sheri Finn, DO



Rose Foster, MD



Tess Ish-Shalom, DO, MS



Sukdeep Kaur, MD



Dominique Nguyen, MD



Clint Thompson, DO



Kristi Trickett, DO

Third Year Residents



Jane Christensen, DO
Chief Resident



Annaliese Stone, DO
Chief Resident



Jie Casey, DO



Larry Edwards, MD, DPM



Stephanie Ellwood, DO



Regina Lancaster, DO



Shilpa Muddasani, MD



Larrt Rudman, MD



Andrew Skolatz, MD



Hsley Turner, MD

Behavioral Health Interns and Fellows



Joanne Barlow, PsyD
Behavioral Health Fellow



Lisa Cirasa, MA
Behavioral Health Intern



Ashley Woods, MS
Behavioral Health Intern

PHONE 509-452-4520

FAX 509-452-5224

Hospitals & Funding

Virginia Mason Memorial
Astria Regional
Kittitas Valley Healthcare
Toppenish
HRSA THC Funding

Memorial

St. Elizabeth's

CWFM 1993

CHCW 2003

CWFM

Clinic

Yakima
Pediatrics

SRC

Naches
Clinic

Highland
Clinic

Sr. Smiles

Eburg
Dental

Eburg
Clinic

CWFM & Ellensburg Clinics

OB Service

Inpatient Medicine Service
Clinic

Suboxone

Integrated Behavioral Health
All FQHC Services

Academic

University of Washington - #1 Ranked FM Program
WWAMI Network
PNWU
ACGME Accredited with Osteopathic Recognition

Residents

30 Total
24 in Yakima (18 GME + 6 THC)
6 in Ellensburg (all 6 THC)

CHCW Board

CEO

PD/DIO

CMO

CFO

CQO

COO

The Yakima Valley Region



More than 300 days of
sunshine and a plethora of
outdoor activities in
breathtaking settings!

A variety of cultural, retail
and epicurean offerings
for the entire family!



Affordable housing in beautiful
neighborhoods or spacious lots
for custom builds; all with easy
proximity to amenities,
mountains, orchards, wineries
and great schools!

About the Yakima Area

LOCATION

The Yakima Valley is located east of the Cascade foothills and north of the Columbia River, surrounded by velvety rolling hills, with the snow-covered peaks of Mt. Adams and Mt. Rainier visible in the distance. Situated on Interstate 82, the area enjoys freeway links to Seattle, Portland, OR and Spokane - all within 2-1/2 to 4 hours' drive. Regular air service is provided by Horizon Air; additional air access is available through the Tri-Cities, 74 miles to the southeast, and Sea-Tac International Airport just 2-1/2 hours driving time from Yakima. Yakima County covers 4,296.1 square miles; the City of Yakima covers 16.83 square miles and sits at an altitude of 1,068 feet.

POPULATION

The population of the city of Yakima is approximately 93,400. The population of Yakima County is approximately 250,900. Between 1980 and 1990, Yakima County's population grew at an annual rate of .9%. Since 1990, growth has accelerated and has averaged 1.6 percent through 1996. In addition to the permanent resident base, the county has a large seasonal population related to the agriculture industry. This temporary population has been estimated at up to 50,000 during peak activity. The median age overall is 32.67.

CLIMATE

Sometimes touted as the Palm Springs of Washington, the area boasts of having an average of 300 days of sunshine each year. The normal precipitation is just 8 inches a year, almost half of which occurs as snowfall in the months of November, December and January. Average temperatures range in degrees Fahrenheit from 22 to 55 in winter, 36 to 80 in spring, 45 to 87 in summer and 22 to 64 in fall.

About the Area - continued

TAXES

There is no income tax in the State of Washington. Sales tax within the city of Yakima is currently at 7.9%; in unincorporated areas within the county the sales tax is 7.6%.

BUSINESS & INDUSTRY

Agriculture is the primary industry in the Yakima Valley, thanks to the rich volcanic soil that covers the valley floor and man-made irrigation systems. Of the 3,072 counties in the United States, Yakima County ranks first in the number of all fruit trees; first in the production of apples, mint, winter pears and hops; and fourth in the value of all fruits. Due to its central location, on a major highway and with both established air and rail transportation systems, Yakima is also an important distribution center.



WHY YAKIMA?

THE HEART OF CENTRAL WASHINGTON

POPULATION



91,067

15% INCREASE SINCE 2000



EDUCATION



PACIFIC NW U	150
CENTRAL WASHINGTON U	9,880
WSU LEARNING CTR	157
YAKIMA VALLEY COMMUNITY COLLEGE	12,500
HERITAGE UNIVERSITY	1,100
PERRY TECHNICAL	852

TRANSPORTATION

140 MILES TO SEATTLE

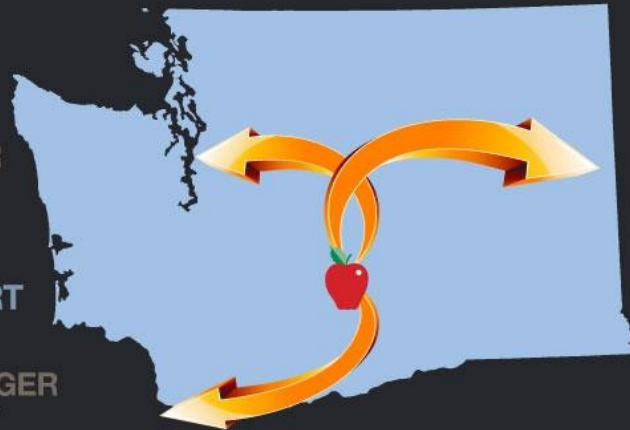
184 MILES TO PORTLAND, OR

204 MILES TO SPOKANE

YAKIMA REGIONAL AIRPORT



167 AVERAGE PASSENGER
BOARDINGS DAILY



CLIMATE



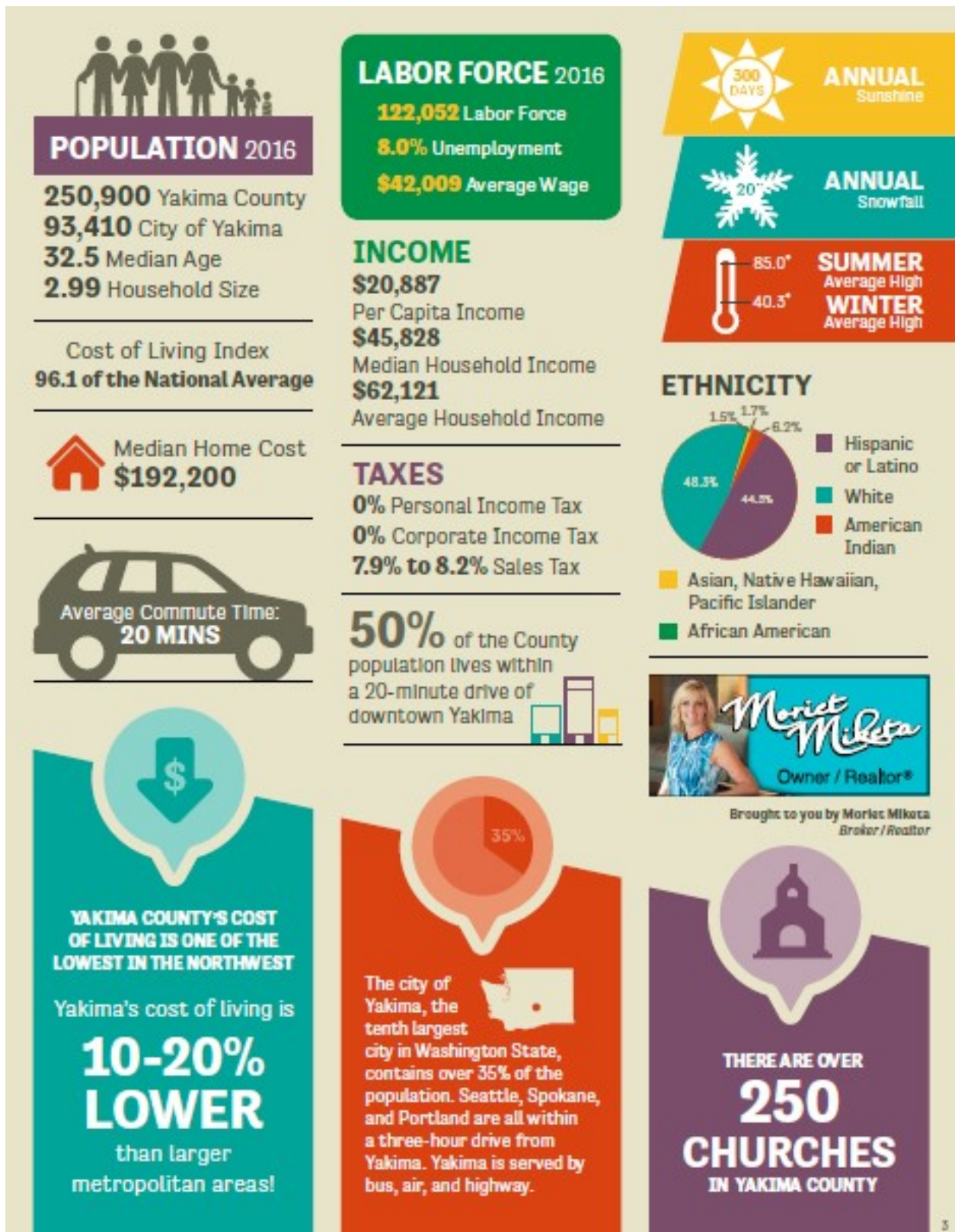
300 SUNNY DAYS



8 INCHES OF RAIN YEARLY



Yakima Valley Demographics



ECONOMIC SNAPSHOT

Employment Breakdown



TOP 15 PRIVATE EMPLOYERS

2500 Virginia Mason Memorial Hospital	1023 Monson Fruit
1700 Wal-mart	1006 Yakima Valley Farm Workers Clinic
1500+ Yakima/Sunnyside/Grandview	900 AB Foods & Washington Beef
1500+ Zirkle Fruit	644 Yakima Nation Legends Casino
1355 Sunnyside & Yakima Regional Cardiac & Medical	615 Tree Top
1212 Barton Fruit	500 Shields Bag and Printing
	350 Costco
	340 Comprehensive Mental Health
	330 Seneca Foods

YAKIMA IS A GROWING CENTER FOR HEALTHCARE



THE INDUSTRY HAS GROWN 17% OVER THE LAST DECADE AND ADDED OVER 3,500 JOBS.



2016 REAL ESTATE

Active Listings **678**
Existing Home Sales **1,579**
Median Home Price **\$192,200**

COST of 2,200 sq.ft. Single Family Home
AVERAGE COST BY AREA

\$294,058 Yakima
\$563,432 Seattle
\$339,166 Tri-Cities
\$308,221 Spokane



HOUSING AVAILABILITY

January 2017

Qty	Description	Avg Price
50	1-2 Bedrooms	\$128,741
208	3 Bedrooms	\$246,040
132	4+ Bedrooms	\$386,792
10	Condo/Townhouse	\$168,840
390	All Homes	\$282,012
59	Manufactured	\$175,126



RENTAL INFORMATION

2017

Type	Description	Avg Price
Home	1 Bedroom	\$450-700
	2 Bedrooms	\$600-1,200
	3 Bedrooms	\$900-2,000
Duplex	1 Bedroom	\$595-650
	2 Bedrooms	\$659-895
	3 Bedrooms	\$895-1,350
Apartment	Studio	\$350-600
	1 Bedroom	\$525-650
	2 Bedrooms	\$625-750

YOUR EDUCATIONAL UTOPIA

Yakima Valley School

Your family will have access to a complete range of educational resources from K-12 through Master's degree levels, as well as a number of dynamic programs offering unique educational opportunities. Some of these include the International Baccalaureate Program, Discovery Labs Innovative Learning program, the YV-Tech running start program, and the prestigious Doctorate of Osteopathic Medicine from Pacific Northwest University of Health Sciences.



Higher Education & Technical Institute Enrollment 2015-2016

Central Washington University **10,912**
Yakima Valley Community College
8,149 total; 4,289 full-time equivalent
Heritage University **1,219 total; 619 undergraduates, 347 graduates, and 53 non-degree**
Washington State University Education Center **1,300+**
Perry Technical Institute **710**
Pacific Northwest University of Health Sciences **569**



Educational Attainment

Persons 25 years and older 2016
High School Graduate or Higher **71.9%**
Bachelor's Degree or Higher **15.7%**



A+ FOR TWO YAKIMA VALLEY EDUCATORS

Toppenish High School's Principal has been the National High School Principal of the Year and Zillah's Science Teacher was National Teacher of the Year



OUTSTANDING STUDENT IMPROVEMENT

Eight Yakima Valley schools were honored with the 2016 School of Distinction Award





17 MINS

AVERAGE COMMUTE TIME

What would you do with all that unused commute time?

- 20 mins away
- 30 mins away
- 60 mins away
- 120-150 mins away



Brought to you by the City of Yakima



71
LAKES

14
RIVERS

42
CAMPGROUNDS

9
GOLF COURSES

67
PARKS

14
SWIMMING POOLS

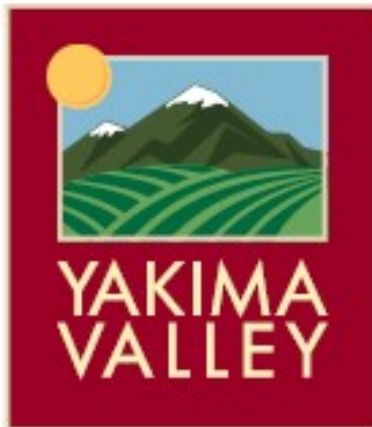
63
HISTORIC AND CULTURAL SITES

50
TRAIL MILES
(153 additional miles planned)

YAKIMA VALLEY EVENTS

AT A GLANCE

Brought to you by Yakima Valley Tourism



YEAR ROUND

Salsa

The Seasons
Performance Hall, Yakima

First Friday Yakima

Downtown Yakima



FEBRUARY

Red Wine and Chocolate

Yakima Valley

Central Washington Home and Garden Show

Yakima

APRIL

Spring Barrel Tasting

Yakima Valley

MAY

Cinco de Mayo

Downtown Yakima
Sunnyside

Roots and Vines Festival

Yakima

Lunchtime Live

Yakima

Yakima Farmers Market

Downtown Yakima

Community Days

Zillah
Selah

Memorial Day Parade

Downtown Yakima

JUNE

Yakima

Pippins Baseball

Yakima

Yakama Nation Treaty Day Commemoration

Toppenish

Mural in a Day

Toppenish

Sunshine Days Parade

Sunnyside

Scottish Fest and Highland Games

Prosser

Gap to Gap Dash

Yakima

Yakima Fresh Hop Ale Festival



has been
named as one
of the Ten Best
Brew Festivals
in the nation!

America's Best Online
Suds Magazine
Seattle Brew News

JULY

Toppenish Rodeo

Toppenish

4th of July Celebrations

Yakima

Toppenish

Zillah

Prosser

Selah

Yakima Folklife Festival

Yakima

Nile Valley Days

Jim Sprick Community Park,

Naches

AUGUST

Moxee Hop Festival

Moxee

Yakima Valley Fair and Rodeo

Grandview

Zillah's

Bluegrass Festival

Zillah

A Case of the Blues and All That Jazz

Yakima

Highland Community Days

Tieton

Hot Shots 3-On-3 Basketball Tourney

Downtown Yakima

SEPTEMBER

Annual Rail Show

Northern Pacific Railway
Museum, Toppenish

Skewered Apple BBQ Championship

Tree Top, Selah

Tour of Homes

Yakima Valley

Chinook Fest

Naches

Central Washington State Fair

Yakima

Naches Valley Sportsman's Days

Naches

Fashion Front

Downtown Yakima

Annual Great Prosser Balloon Rally

Prosser

Prosser Farmers Market

Prosser

Yakima Indoor Farmers Market

Downtown Yakima

OCTOBER

Yakima Fresh Hop Ale Festival

Downtown Yakima

NOVEMBER

Winter Market

Prosser

Thanksgiving in Wine Country

Yakima Valley

DECEMBER

Selah

Lighted Parade

Selah

Annual Sunnyside Lighted Farm

Implement Parade

Sunnyside

Downtown Yakima Lighted Christmas

Parade

Downtown Yakima

Granger Tour of Lights

Granger

Luminaria

Arboretum, Yakima

Union Gap Christmas Parade and Festival

Union Gap

Santa Trolley

Yakima Valley Trolleys,
Downtown Yakima

11th Annual Toy Train Christmas

Northern Pacific
Railway Museum,
Toppenish