



The PULSE



NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER

January 2018, Issue 2

Far and away the best prize that life has to offer is the chance to *WORK HARD* at *WORK WORTH DOING*.

Theodore Roosevelt



CHCCLYNDEN.ORG

A WORD FROM NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER



“An apple a day keeps the doctor away.” Heard that one before, right? It’s popular because it’s true. Eating well is one of the best ways to stay healthy and avoid unnecessary trips to the doctor. But don’t stop there! That same principle applies to many areas of life.

Take memory loss, for example. Research shows that exercise and socialization can be effective means of staving off the lapses in memory we fear as we grow older. According to information from the Mayo Clinic, for example, regular exercise (several times a week) may delay or slow the progress of Alzheimer’s in people who are at risk for the disease. Exercise also may improve cognitive function among those with a mild version of Alzheimer’s.

WELCOME! Please join us in welcoming Holly to CHCC! She is an experienced RN; we’re so very glad she is here to help us deliver a higher level of care to our residents and patients.



We certainly can’t guarantee memory improvement at Northwest Adult Day Health and Wellness Center, but we do know that families of members here have said that they’ve felt like the program seemed to slow the progress of memory loss.

Socialization, too, can pay wonderful dividends toward quality of life. According to the Elder Care Alliance, building quality relationships can help support healthy choices, in addition to reducing stress and fighting depression or anxiety.

Members have regular access to activities like morning coffee and conversation sessions, exercise programs, arts and crafts projects, card and board games, music sessions, spirituality and friendship groups, and a nutritious hot lunch to boot. It’s like a social and health club, basically, with the bonus that a registered nurse is always on the premises to help monitor wellness. More at nwadulthoodhealth.org.



Like us on Facebook

Help others learn about job openings, volunteer opportunities, donation requests and more. It’s easy! Just like CHCC’s Facebook page and then like or share our posts with your friends and family: [fb/christianhealthcare](https://www.facebook.com/christianhealthcare).

THINKING ABOUT CORE VALUES

You've probably heard the term "core values" before. You may already understand how choosing to live your life with a set of core values, such as integrity, truth and service, can bring purpose and meaning to each day. That's all good!

Did you know that core values are just as important in business as they are in your personal life? Core values are the essence of a company's identity. They outline the organization's beliefs and philosophies; they help shape the company culture and can shape decision-making processes.

Identifying and sharing our core values can help with recruitment as well. Applicants who share our values are more likely to become team members who stick around because they understand and believe in why and how we do what we do.

Some companies place treating all with respect and dignity high on their list of values. Some include continuous improvement, transparent communication and operating in service to others on their lists. Those are just a few inspiring ideas.

In 2018, we'll be working to define CHCC's core values, and we'll be asking for your help in doing so.

Watch future issues of The Pulse for your chance to contribute!

Tonja Myers, administrator

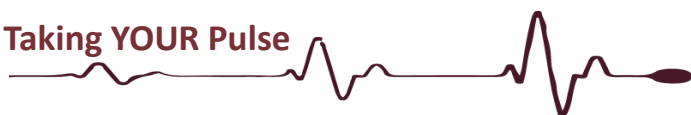


Introducing our latest SHINING STAR, Julie!



Julie has been a nursing assistant at CHCC for many years, and she currently works in Cedar Cove. Julie is one of those people who truly demonstrates how much she loves caring for her residents. You can see it on her face! She brings great compassion and dedication to her work; she has a can-do attitude and a heart for serving others. She is also a wonderful mentor to newer staff and a team player. Thank you Julie for the work you do and for being a shining example of serving others with compassion and care!

Taking YOUR Pulse



ASK US ANYTHING!

Have a question about CHCC? Jot it down and drop this slip in a break room comment box. We'll share answers in the Q&A column in this newsletter.



WELCOME! Please give a warm CHCC welcome to Daras. As an RN, she is committed to caring for our residents and patients and to providing leadership to nursing assistants. Thank you for choosing a career in nursing and for opting to serve at CHCC!

LOVE IS WHEN A FORMER PATIENT WRITES A BILL OF RIGHTS ON YOUR BEHALF.

Bill of rights for HEALTH CARE WORKERS
or

How to help your HEALTH CARE WORKER
survive your visit:

1. BE KIND

2. NO Whinning

3. Do your part, health CARE WORKERS
are not your servants

4. SAY "PLEASE"

5. Say "Thank you"

6. BE KIND

7. Don't complain about the food,
your health care worker did not prepare
it. It's Food, Be grateful

8. If your A talker (me), some times
less is more. your not their only
PATIENT

9. Life goes on inspite of your needs,
have patience when unexpected
events mean you have to wait
(excludes 911 events)

10. Smile AND Greet those who clean
your room. They ARE AN important
part of your STAY

Ⓢ Keep it simple.. BE KIND

Squash workplace gossip today!

"Hand your negatives up — share your concerns and problems with someone in leadership who can do something about it. Hand your positives down — share positive feedback with those who report to you."

Dave Ramsey, leadership expert

Submit photos of fun things happening here, compliment co-workers or share article ideas for future issues of *The Pulse* (and possibly digital media sites like Facebook). Email our marketing partner Patti Rowson at pr@pattirowson.com.

Hazard Vulnerability Assessment: Part Three

This is the last in a three-part-series on hazard vulnerabilities, which were identified in an assessment in late 2017. Thank you for reading this information and for helping us be prepared for anything that may come our way in the days, weeks and months ahead!

Elopement: This is a top potential hazard because of the resident population we care for, especially in our dementia unit, Cedar Cove.

As a prevention measure, we have the main entrance doors alarmed after hours. All other entrance/exit doors are alarmed at all times. Cedar Cove is also a secure unit, with a code being required to enter or exit.

Any residents identified as at risk for wandering are assessed. Those that qualify must wear an alert bracelet that sets off door alarms if they attempt to leave. Their photos are also at the reception desks for quick identification by staff who may not be familiar with them yet. We also train staff on our elopement protocol and hold periodic elopement drills.

Weapons/Armed intruder: While we have not experienced this at our facility (thankfully!) we have identified this as one of our top hazards due to the rising rates of this happening across the country. CHCC has implemented guidelines on how to respond to armed intruders. We have panic buttons located throughout the facility and we have had local police come and give training to staff. Intruder training is also included in required Relias continuing education.



Like us on
Facebook

Curious what's happening at Northwest Adult Day Health & Wellness Center? Like our Facebook page to learn about the program and continuing education opportunities: fb/northwestADH.

CHCC LAUNCHES ANTIBIOTIC STEWARDSHIP PROGRAM.

The overuse of antibiotics has created a real problem in the United States. According to the Centers for Disease Control, antibiotics are among the medications most often prescribed in nursing homes, with up to 70 percent of residents receiving at least one course of antibiotics each year. This is a problem because nursing home residents can build up a resistance to prescription antibiotics if they are administered too often, thus negating them as a treatment option.



Christian Health Care Center is working to fix that. We've begun an antibiotic stewardship program, in concert with recommendations put forth by the CDC. We have made a commitment to providing skilled nursing care with compassion and love, and that means doing the best we can to limit the unnecessary use of antibiotics.

"Antibiotic resistance has been a significant problem for healthcare facilities around the world in recent years," says Heather Lewis, CHCC's director of nursing. "And the problem has been getting worse. We're working with our medical director, consultant pharmacist and the local and state health department to take steps that will fix that."

Here's what Christian Health Care Center is doing:

- CHCC is a participating facility in the EQuIP program, a joint partnership of Qualis Health, the Washington State Department of Health, the Washington State Hospital Association, and local chapters of the Association for Professionals in Infection Control.
- CHCC participates in a Small Group Collaborative project with facilities from Washington and Idaho being led by Dr. Marisa D'Angeli from Washington's Department of Health.

What this looks like:

- Promoting a culture of optimal antibiotic use by educating staff, physicians, residents and families.
- Ensuring timely and appropriate start of antibiotic treatments.
- Ensuring appropriate administration of antibiotic therapy and narrowing the antibiotics used to specifically target the present pathogen.
- Monitoring for program effectiveness, evaluation and associated resident outcomes.
- Promoting a culture of transparency, reporting and open communication.



As noted above, there are several benefits to participation in programs that increase the stewardship of antibiotics in facilities like Christian Health Care Center. First, it decreases the side effects of antibiotic use, such as intestinal infections. Second, it reduces potential development of resistant infections. Third, it can help in preserving the therapeutic effectiveness of the antibiotic medications that CHCC currently uses. Fourth, antibiotic stewardship can decrease medication cost.

All of this is part of our commitment to stay on the cutting edge of healthcare trends so we can provide the best health care possible to every one of the residents and patients at our Lynden health care campus. If you have any questions, please contact Heather Lewis, director of nursing.

