



# The PULSE



NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER

March 2018, Issue 2



## KUDOS

*“My dad was sent to CHCC from the hospital a couple times due to decreasing health and problems with his knee. He loved everybody there. I have a voicemail saved from him from Dec. 23, 2016, and in his voicemail he stated how nice and friendly everybody was. On Feb. 27, 2018, on my son’s 6th birthday, he passed away in his sleep at CHCC. I know for a fact that he was so comfortable staying at Christian Health Care Center and that he finally felt at peace to go be with our Lord in the early morning hours on Feb. 27. The whole staff was so supportive to myself and my family. We just want to thank all who worked with my dad.”*

Carrie Adams-Turnberg

**MUSIC & MEMORY® CERTIFIED!** We love music. Music can be beautiful, relaxing, energizing — and for those with dementia or memory problems, highly beneficial.

We’ve seen its benefits first-hand at CHCC with our efforts to unite residents with music. Yukiko Nasu, who frequently visits our care center, has seen exciting changes in residents because of music.

“I’ve seen people feeling less pain after implementing music at a specific tempo,” she told us.

We’re all about things that improve quality of life, and live or recorded music certainly fits the bill.

Because of our commitment to music at CHCC, we’re proud to have become a MUSIC & MEMORY® Certified Care Organization. Through the Music & Memory program, our care team provides personalized, therapeutic music on iPods for long-term care residents. It’s a person-centered program with exciting therapeutic benefits, and we believe it will help residents in a number of ways:

- increasing cooperation and attention through brain-music connection
- giving pleasure to residents with advanced dementia
- reducing agitation and sundowning
- enhancing engagement and socialization, fostering a calmer social environment
- providing a valuable tool for the effort to reduce reliance on antipsychotic medications



Continue reading this article at [chcclynden/news](http://chcclynden/news).



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).

# OLYMPIC STEP CONTEST WINNERS

Congrats to Kathy, Dima and Mary Caitlin for stepping ahead of all others (literally!) to win our Olympic Step Contest!

Gold: Kathy with 307,038 steps.  
Silver: Dima with 277,923 steps.  
Bronze: Mary Caitlin with 232,441.

Well done, everyone!



**NAC TRAINING:** Whom do you know who would benefit from starting a full-time healthcare career this spring?

CHCC is recognized by the Washington State Department of Health as a top performing training program for nursing assistants. When students join our seven-week program, they'll be trained to be an NAC by one of the best instructors around — Dianne Anderson!

Our next NAC training class begins on March 26. There will be more classes this spring. Tell you friends, family or church community that motivated, reliable, selfless individuals can apply for our free training program online. <http://chcclynden.org/careers/nac-training/>



## CONGRATS TO OUR LATEST NAC TRAINING GRADUATES!

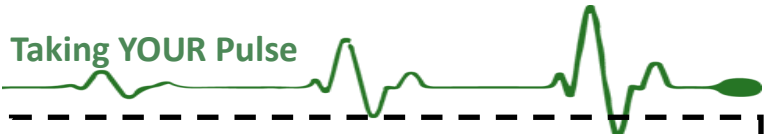
We're so glad that you are here to serve our patients and residents; welcome to the team, everyone!

Back row, left to right: Joshua Gallegos, David Mattioli, Austin Hewett

Front row, left to right: Rochelle Thomas, Clarisse Diez-Luckie, Cassandra Evenstad and Gina Ellingson.

# KUDOS

Taking YOUR Pulse



"The kitchen took care to attend to my gluten-free needs and vegetarian diet.

Beautiful meals after talking to dietician/meal planner."

Therapeutic rehabilitation patient



chcclynden.org

## 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.

Five horizontal lines provided for writing a question.

## PERSONAL PREPAREDNESS IN 28 DAYS—PART 2

Personal preparedness is important for everyone, especially healthcare workers who will be tasked with providing care to others in crisis situations.

In the last issue, we shared tips 1 through 3. In this issue we'll cover tips 4 and 5.

4. Review preparedness websites for information. We recommend the following:

- [MakeItThrough.org](http://MakeItThrough.org), [emergency.cdc.gov/preparedness/plan](http://emergency.cdc.gov/preparedness/plan) and [mil.wa.gov/preparedness](http://mil.wa.gov/preparedness)

Also, the Red Cross and Disney have teamed up to produce a Disaster Preparedness Activity Book, so children can learn how to be better prepared for the unexpected in a safe and stress-free environment: [Redcross.org/get-help/prepare-for-emergencies](http://Redcross.org/get-help/prepare-for-emergencies).

5. What kinds of hazards or risks do you and your family need to prepare for? Here in the Pacific Northwest, we know we might expect hazards to include flooding, windstorms, earth-quakes and wildfires. Are there other possible risks or hazards? Hunt through your home to find possible hazards, such as bookcases falling and then fix them. Explore this list of potential hazards for preparation ideas: <http://bit.ly/2aW8RNG>.

This info is presented by Northwest Healthcare Response Network.



Join us in warmly greeting Marie (left) and McKenna (right). Marie is returning to CHCC as an NAC (hooray!). McKenna is joining us for the first time as an NAC. We're so glad you're both here. Welcome!

## TAKE A TOUR OF NWADH!

CHCC staff are welcome to walk across the parking lot anytime to see adult day health in action. Our clients are here Monday— Friday from 10:30 a.m. to 2:30 p.m.



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](https://fb/northwestADH).

**NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER** was represented at Elder Service Provider's Caregiver Conference on March 16. Thank you to social workers Kevyn and Mariah for sharing program info with attendees in a friendly, approachable way!

Together, CHCC and NWADH help local families find the right level of care at the right time. Rehab patients can transition to adult day health. Adult day health clients can transition to long-term care. Working together, staff in both buildings are able to provide a true continuum of care.

"If this program had not come when it did we would have had to seek long-term care placement for mom."

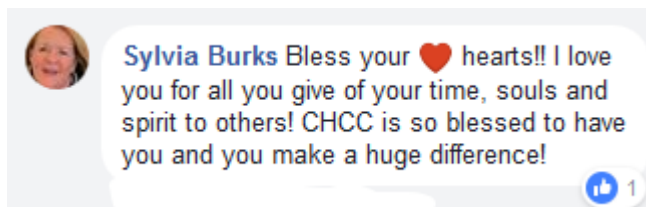
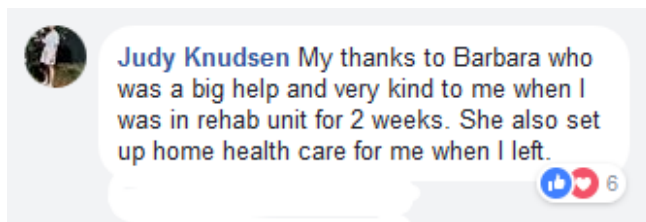
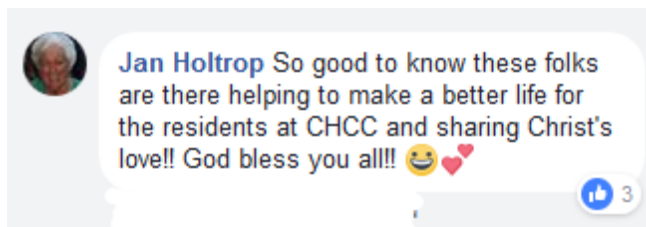


**PLEASE JOIN US IN RECOGNIZING CHCC SOCIAL WORKERS THIS MONTH DURING NATIONAL SOCIAL WORKER MONTH.**

These wonderful humans -- Steve, Josh, Barbara and Jenaye -- give so much to our residents and patients. They are leaders, advocates and champions of individuals and families who pass through these doors.

They are excellent listeners and have stellar assessment skills. They are amazing resource finders and solution providers.

They are also tasked with completing mountains of paperwork and managing lost and found in a place where people sometimes forget where they put things. 🤔 😊



Can you feel  
**SPRING** in the  
 air now?  
 Hooray!