



The PULSE



NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER

May 2018, Issue 2



Greetings, CHCC and NWADH team members.

A “Little Free Pantry” is coming to CHCC, and you should know about it!

It’s a fact of life: Sometimes things just happen. Sometimes unexpected car repairs occur, or there are unplanned emergency expenses that take precedent over paying for basic needs, like food and personal care items. Sometimes, in those moments, we know folks could use the support of people who care about them, including their work family.

You’ll surely agree, we don’t want any member of CHCC’s team to be without basic needs like food and personal care items when they are faced with an occasional life hiccup. That’s where the Little Free Pantry comes in.

CHCC’s Little Free Pantry will be located in closets in the classroom. It will initially be stocked with non-perishable items from our facility kitchen — gently dented cans and usable food items that the kitchen cannot use.

We are also hoping that you will help us keep the shelves stocked in the pantry by donating non-perishable food and personal care items when you can.

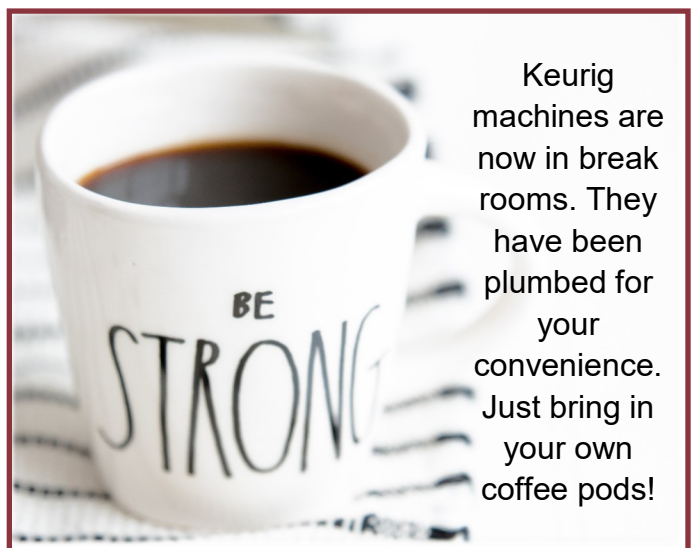
Recommendations: canned meat and vegetables, pasta, grains like rice and oats, peanut butter, pasta sauce, hearty soup, dried fruit and nuts, shelf-stable milk, baking mixes that require only water, baby wipes, toothpaste, toilet paper, bath soap, laundry soap, deodorant, shampoo, and feminine hygiene products.

The Little Free Pantry will be open and available any time the classroom is not in use. It is completely confidential; there is no one to check in with before accessing the pantry. Simply take what you need, or donate when you can.

Together we can support a coworker who is temporarily struggling. How great is that?

Questions? Contact Kari in HR.

ON A TEAM, it’s not the strength of the individual players, but it is the strength of the unit and how they all function together.



Keurig machines are now in break rooms. They have been plumbed for your convenience. Just bring in your own coffee pods!



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.



Fun at work! See that look of joy? That's the look you have when you win a jelly bean guessing game at CHCC. Well done, Sierra! Her guess: 1,641. Actual: 1,626.

She won the jelly beans, of course, and also some lovely Tupperware, which was donated by our nursing assistant class instructor, Dianne. Thanks, Dianne

WELCOME



We're thrilled to have Jim join CHCC's spiritual services team as a part-time chaplain. He will help HollyJoy deliver a comprehensive range of spiritual services here.

Also joining us is Adrianna. She's the newest dining room assistant at CHCC.

Please help us warmly welcome them both to the care team!

BLOOD DRIVE AT CHCC: FRIDAY, JUNE 8

Bloodworks Northwest shares these five important steps/what to expect:

- Eat a healthy meal and drink fluids at least four hours prior to donating;
- Complete a health history questionnaire and screening interview;
- Receive a brief health check of blood pressure, pulse, temperature and blood iron level;
- Sit back while a unit (about one pint) is collected; and
- Enjoy cookies and juice while relaxing for 10-15 minutes.

Blood is vital for children and adults battling cancer and for surgery patients, accident victims and other ill and injured people.



By donating blood, you will help ensure this lifesaving gift is available when your Lynden neighbors need it. Bloodworks Northwest provides all of the blood used here in Whatcom County.

Where: Christian Health Care Center

Date/Time: Friday, June 8, 11:30 a.m. – 5 p.m.

You can schedule an appointment to give blood here: bloodworksnw.org. Or simply come by between 11:30 a.m. and 5 p.m. *The important thing is to donate!*

Please help us share this community blood drive opportunity by sharing our Facebook event with your friends and family: <https://www.facebook.com/events/824742711049854/>

“The healing process is not just medical. It’s also emotional and spiritual. All of these come together to help people heal or find comfort in difficult situations. The chaplaincy program is one of the services we offer that’s not available at many other facilities.” Patrick O’Neill, CEO

KUDOS

"I would recommend CHCC to anyone as the best of care. All the staff was fantastic — helpful and kind."

Therapeutic rehabilitation patient

We all experience times when we need a little help managing our personal lives. CHCC understands this and provides the Employee Assistance Program (EAP) to qualifying team members to offer support, guidance and resources to help you and your family find the right balance between your work and home life.

How To Access EAP Online

1. Enter this address in your Web browser:
www.eapbda.com
2. Enter standard as the login ID (in all lowercase letters) when prompted.
3. Enter eap4u as the password (in all lowercase letters) when prompted.

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.

In case of emergency: What's your role?

In an emergency situation it is our mission to provide contingency plans to shelter in place or evacuate for emergency situations that may affect Christian Health Care Center residents, guests and personnel. Each department has a role to play during emergency situations. In this issue, we'll share nursing personnel's responsibilities.

Nursing Staff:

- Evacuate residents as needed (to another unit or another location) or shelter in place.
- Account for all residents and staff using forms and ID bands from the evacuation kit.
- Once residents are evacuated, close doors and leave lights on.
- If sheltering in place, close windows and doors.
- Report to incident command center if someone is not accounted for.
- Report to incident command center for other assignments.
- Licensed staff will safeguard all medications, medical records, and medical supplies needed for the use of the residents and facility.
- Professional nurses who report to the site of the fire/disaster will triage all victims and see that they are moved to a place of safety or transferred to the hospital.

NEW HEALTHCARE INSURANCE CONTACT

We recently changed healthcare insurance brokers from HUB to Propel Insurance. If you have any questions about healthcare coverage, billing, etc., please contact the insurance company directly first — Premera for medical, Guardian for dental and VSP for vision.

If you are not able to get a resolution by contacting the provider directly, or if you need additional assistance, contact Joshua Hayes at Propel. He is our account manager.

Phone: (253) 761-3225
Email: joshua.hayes@propelinsurance.com



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.

Funding for family caregivers allows access to adult day health

Great news for family caregivers! There is a program out there that might help local family caregivers receive the respite breaks they need. It's called the Family Caregiver Support Program, and it's available through Northwest Regional Council to caregivers who provide 40 or more hours per week of unpaid care to a loved one.



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The aim of the program is to help avoid caregiver burnout and provide caregivers with self-care opportunities so they can continue to provide care to loved ones at home for as long as possible.

To get started, Whatcom County caregivers should call Northwest Regional Council at 360-676-6749 and ask to speak with Kate Massey or another family caregiver support specialist. The specialist will ask a few questions about the caregiving situation.

If it sounds like the caregiver might qualify for the program, they'll fill out a questionnaire and then a support specialist will schedule an in-person meeting, usually in the home of the caregiver. During the visit, the specialist will ask about the care being provided to assess what the state refers to as "caregiver burden."

If a person qualifies for financial assistance, they can choose from various respite services, including adult day health. Continue reading at nwadulthoodhealth.com/news/.

PERSONAL PREPAREDNESS IN 28 DAYS—PART 4

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

In recent issues of The Pulse, we shared tips 1 through 7. In this issue we'll cover one more.

8. Designate an out-of-town contact for your Family Disaster Plan. When a disaster occurs, everyone wants to touch base with family and friends to make sure they are okay. Unfortunately, this can overload local communications capabilities and make it challenging for calls to go through. Often it may be easier to text — less likely to clog communication lines — or make a long distance call than a call across town. Identify an out-of-town friend or relative to be the contact point person for your family. Everyone should text or call the out-of-town contact to check in and say where they are, if they are okay, and to share plans.

Take action! Choose an out-of-town friend or family member as your family's long distance contact point. Be sure to let that person know their important role in your family disaster plan. Share the person's phone/text number with all your family members and add it to your phone contacts.

This info is presented by Northwest Healthcare Response Network.



Try to be a
rainbow in
someone's cloud.

Maya Angelou

