



The PULSE



NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER

February 2017, Issue 1

Greetings, CHCC staff!

Your fresh ideas and comments always matter, and they are always welcome here. We'd like to hear more from you, and from guests who come through our doors, so we've freshened up the comment boxes around CHCC (shown below). Some of the new boxes will be in employee break rooms, and others will be in public spaces.

You're invited to share whatever you might be thinking! Maybe you have an idea that would streamline processes, or maybe you want to let us know one of your coworkers did something special today. We'd love to hear about all these things; just pop a note in one of these boxes.

Contributions can be anonymous, or you can sign your name for follow-up purposes. I will personally check these boxes and respond accordingly, so know that your ideas, comments and kudos will be going someplace meaningful — into my hands.

Together we are working to make CHCC a better place, inch by inch and day by day. Thank you!

Tonja Myers, administrator
tamyers@chcclynden.org



Mandatory Dementia Training for Nursing Staff

In the conference room on Feb. 9. There are two options for you to attend: 7 to 9 a.m. or 12:15 to 2:15 p.m.



REWARD FOR YOU!

You can complete mandatory training sessions on Relias in the first half of the year, then you can coast through the second half of the year. How cool is that? We'll even reward you for your efforts. Finish required training sessions by June 30 and receive a \$50 reward. See HR for details.



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.

KUDOS



Kevin Owen Korum reviewed Christian Health Care Center — 5★
January 20 at 10:23am · 🌐

Very helpful and friendly, staff is wonderful and treat you very well.

Q: Will the new minimum wage law have any major effect on CHCC?

A: Maybe not a *major* impact, but still an impact nonetheless.

CHCC complies with all laws related to human resources, including minimum wage rules. We also strive to go above and beyond by providing wages that compare favorably with other healthcare providers in our area.

Last fall, voters passed an initiative that led to these increases:

- On Jan. 1, 2017, employers in Washington state were mandated to pay employees age 16 and older at least \$11 per hour.
- The minimum wage will increase annually over the next four years: \$11 in 2017, \$11.50 in 2018, \$12 in 2019, and \$13.50 in 2020.
- There is a new rule related to accruing sick leave coming in 2018. Details can be found here: <http://bit.ly/2kenQrD>

One thing to note is that reimbursement rates — payments made to CHCC by governmental agencies and health insurance companies — did not increase with the new minimum wage law.

The effect is like having a home budget with limited income and then the power bill jumps up; it gets harder to make ends meet. We can all relate to that!



NWADH was recently featured in *WhatcomTalk* — an online website that shares positive stories from around Whatcom County. Below is an excerpt of the article.

The daily bus arrives with members of Northwest Adult Day Health & Wellness Center (NWADH). The connection and camaraderie is apparent as they sit and enjoy their coffee and snack before the day begins at the center.

Northwest Adult Day Health & Wellness Center, located in Lynden on Aaron Drive just off Bender Road and a part of Christian Health Care Center, provides specialized care for adults and individuals with long-term illness and disabilities.

“Our members truly notice when someone they care about isn’t there,” says Kevyn Avery, MSW/MHP social worker for NWADH. “The relationships formed here are significant to each one of them and those relationships can help improve quality of life.”

With a goal of helping to keep people living at home as long and as comfortably as possible, NWADH provides activities and healthcare services that work to build strength and maintain independence through cognitive and physical stimulation.

Continue reading at: <http://bit.ly/2kd1KYW>

WELCOME

If you see these friendly faces in the halls of CHCC, please say hello and welcome! Chiane (left) is a nursing assistant, Lynn (middle) is an RN and Yessica (right) is a nursing assistant.



Who LOVES Ice Cream?



We're celebrating Valentine's Day with an ice cream sundae bar in the staff lounge.

Tuesday, Feb. 14
10:30 a.m. to 12:30 p.m. and
4:30 p.m. to 5:30 p.m.

Don't worry, night shift team members! We're saving ice cream for you in the classroom refrigerator.

THE ROLE OF A HOSPITALITY AIDE AT CHCC. Curious what the new hospitality aides will be doing at CHCC? Here are some of the essential functions outlined on their job description:

Provides a pleasant, positive and calm environment for residents. Communicates and works smoothly with residents, families, supervisors and coworkers. Respects and abides by Resident Rights. Maintains confidentiality in all things relating to residents. Checks in with charge nurse on unit(s) to obtain report. Checks that clean linen carts are stocked. Fills ice chest on each unit. Transports residents to and from dining room for meals and activities. Assists with coffee service in dining room. Helps pass and set up trays for residents in dining room. Makes residents' beds and straightens rooms. Completes bed changes as needed, and with each shower. Checks and cleans nightstands; restocks personal care items as needed. Checks equipment (i.e. bedpans, urinals, commodes) in rooms to be sure they are clean, free of stains and in good repair. If not, clean or replace. Wipes down commodes in rooms. Checks supply of gloves in each room and replaces as needed. Assists in serving refreshments to residents and checks water pitchers. Helps answer call lights. Cleans Soiled Utility Rooms (all units). Provides washcloths, linens and gowns for HS cares. Provides 1:1 visits as directed by licensed nurse.

Won't it be refreshing to have extra hands around to help with these tasks? Hooray for hospitality aides!

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. Include your name if you want a personal response, or leave it anonymous—it's your choice!

You can help tell the story of CHCC and NWADH! 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 Rowlson at pr@pattirowlson.com.

A SPECIAL BLESSING FOR YOU

In appreciation and gratitude for the compassionate care that you provide, Whatcom Hospice invites you to receive a **Blessing of the Hands** on Wednesday, Feb. 22.

This affirming ceremony provided by Cheryl Smith, hospice chaplain, is so popular that it is requested yearly by hospice staff.

The beautiful blessing takes less than a minute and it has powerfully touched many care providers' hearts.

Stop by the chapel anytime between 2 and 3 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.

ASK US ANYTHING

Q: Why are we always training and hiring new nursing assistants?

A: As the population ages, the value of nursing assistants (also known as Nursing Assistants-Certified or Certified Nursing Assistants) only grows.

In fact, the Bureau of Labor Statistics predicts booming job growth for NACs through at least 2024. The predicted 17-percent growth rate for nursing assistants far surpasses the national job growth average of 7 percent.

Bls.gov is the website for the Bureau of Labor Statistics. They share some interesting info about the job outlook for nursing assistants. Here's an excerpt that explains current shortages and what is anticipated in the future:

"As the baby-boom population ages, many nursing assistants and orderlies will be needed to assist and care for elderly patients in long-term care facilities, such as nursing homes. Older people are more likely than younger people to experience dementia, as well as chronic diseases such as heart disease and diabetes. More nursing assistants will be needed to care for patients with these conditions."

Demand for nursing assistants may be constrained by the fact that many nursing homes rely on government funding. Cuts to programs, such as Medicare and Medicaid, may affect patients' ability to pay for nursing home care."

CHCC continues to train new nursing assistants as part of our mission; we are working to fill care gaps in our facility and in our community. Think of it a bit like a teaching hospital; we're committed to training healthcare workers for the benefit of our residents, and for the benefit of the greater community.

Our free nursing assistant training classes — led by instructor Dianne Anderson — are growing in popularity. There are frequently waiting lists; the demand for enrollment is high.

If you know someone who would be a good fit for CHCC's nursing assistant training program, tell them to put your name on the application as a personal reference. Doing so just may help them get into our program and launch a career in healthcare.

Sending a huge **THANKS** to all involved with prepping CHCC for a professional photo shoot. We had helpers from admissions, rehab, environmental services, dietary, educational services and marketing. The project definitely took planning and teamwork!

Here are some of the photos taken that day. These, and others, will be used on CHCC's website and on updated marketing brochures. Your efforts produced beautiful results.

