



The PULSE



NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER

January 2017, Issue 1

KUDOS



CHCC was named **Best Adult Care/Assisted Living** in The Lynden Tribune's "Best of Lynden" award program. We've earned this recognition from the local community five years in a row now! You can check out all the 2016 award winners here: <http://bit.ly/2hRZ1jg>.

Kudos to our hardworking, dedicated staff. You are the heart and soul of CHCC. This recognition totally goes to you.

As we look back on 2016 and ahead to 2017, we can see a lot has been accomplished and we're making progress in the right direction.

What shall we tackle next, team? Do you have thoughts about how we can improve processes? Do you have ideas for ways we can make your jobs easier? Please share; I'd love to hear your thoughts on ways we can make CHCC "Best of Lynden" in 2017, too.

Tonja Myers, Administrator
tamyers@chcclynden.org



Today, be a rainbow in someone else's cloud. Maya Angelou

Mandatory dementia training for nurses & social workers

Jan. 12 in the classroom

Nursing: 7 to 9 a.m. or 12:15 to 2:15 p.m.

Social services: 9:30 to 11 a.m.

Jan. 17 in the classroom

Nursing: 2:30 to 4:30 p.m.



Robert J Wiersma ▶ Christian Health Care Center

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To the CHCC staff...

We want to thank you for all your love and compassionate care you gave Sharon over the past 6 years. We truly appreciate all of you! — with Shelley Wiersma Leenders.



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).



Look who visited NWADH last month!
There were plenty of belly laughs when one of our members decided to sit on his knee.



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.

WELCOME

If you see these friendly faces in the halls of CHCC, please say hello and welcome!



Marlo is an RN, Megan is a dining room assistant and Holly is part of our spiritual support team.



Did you know that CHCC is a major employer in Lynden? Between our skilled nursing and adult day health programs we have approximately 240 staff members who work in patient care and support positions.



NURSING ASSISTANTS

Helping, sharing, always caring

Applications are now being accepted for our next NAC training class that starts on Feb. 6.

Please share this opportunity with kind, caring people you know who would like to start a career in healthcare.

There is no cost to students who are accepted into the training program. Details are available online at: chcclynden.org/careers-education/nac-training/



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.

Greetings, CHCC staff!

We're charging full steam ahead into 2017 with a focus on training and improving your safety at work. One of our goals for the new year is to reduce workplace injuries, particularly back injuries, which can be the result of lifting. Watch for training related to preventing back injuries this spring.

Also, have you heard that there are new guidelines for Relias training? In 2017, staff will need to complete mandatory training modules before Nov. 30 instead of Dec. 31. This change allows our HR department time to identify any staff who have not completed required training and to adjust shift schedules for those staff members so the facility stays in compliance as we roll into a new year.

The State of Washington determines what level of training staff in our building need. If you individually do not complete required training modules, CHCC will be flagged as being out of compliance with state regulations, and our facility will be penalized.

Continuing education is important in the healthcare industry. Training allows us to work smarter and safer. It helps staff advance their careers, and it helps our team deliver a high level of patient care.

Know that CHCC is committed to making staff training as easy as possible. That's one reason we chose Relias, which allows staff to fulfill their training requirements at no cost, and from any computer — here at work or in your own home.

I encourage you to put a plan in place for completing required training early in the year instead of waiting until year-end. Maybe you can set a goal of completing one module per month, or perhaps you might aim to finish all training sessions before Jun. 30. You can do it, whichever path you take!

If you have any questions about training requirements or how to access Relias, please check in with our HR department. They are here to help.

Patrick O'Neill, CEO
poneill@chcclynden.org



Jasmine, Margo, Isabella, Summer, Yesenia, Angelica, Faith and Stacey all graduated from our NAC training class in December. Congratulations, ladies!

Did you know that part of our mission is to offer health promotion services and educational programs to the community? That's just one reason we offer free training to individuals who would like to start a career in healthcare.



ASK US ANYTHING

Q: What makes our rehab center different than other places people can go?

A: People who choose rehabilitation at our healthcare campus do so because they know CHCC provides excellent physical, occupational and speech therapy services — made possible by our partnership with Infinity Rehab. They also trust that our staff will be there to deliver the right level of care people need to bounce back after a planned surgery, while they are recuperating from an injury or as they recover from a significant health issue, like a stroke. In a nutshell, they choose CHCC because we have the right equipment, processes and people in place to deliver a high level of care. We can medically meet their needs.

Now, let's talk about the personal reasons people choose to recuperate at CHCC. One thing we hear time and time again is that people who will be staying in a rehab center on a short-term basis often want privacy. They want personalized care in a private setting. This is especially the case if they are entering CHCC after a hospital stay where small, shared rooms can make it hard to move around and impossible to rest.

Our in-patient therapy patients appreciate that CHCC's physical therapy wing has its own entrance — separate from our long-term care wing — and that each of our spacious rooms has its own private bathroom. Large, private rooms help rehab patients maneuver easier and rest more, and they like that.

Another major reason people choose CHCC for rehab is its location. Many of our patients live in North Whatcom County towns like Everson, Nooksack, Sumas, Blaine, Ferndale and yes, Lynden too. Choosing CHCC as a rehab center means they will be close to their friends and family during the recovery process. That is important to many of our patients, especially if they will be with us for a few weeks.

There you have it! Our location, private rooms and being able to meet medical needs are the most popular reasons we know people come here for care.

STAY WARMER, DRIER AND SAFER!

Please enter through the rehab doors when using the staff parking lot instead of walking along the driveway to the door near the kitchen.

Need an access code for the rehab door? Ask your supervisor, unit secretaries or a receptionist.

Jan. 13: National Hat Day!



Wear your favorite team hat.

Make THIS a year OF FINDING,
of fulfillment,
OF JOY, PEACE AND
purpose

