



The PULSE



NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER

July 2017, Issue 2

KUDOS

Appreciation changes everything



The new “Kudos” board has been a big success, don’t you think? Thank you all for recognizing your peers when they do something kind or generous or thoughtful.

When you tack a note on this board, you are lifting someone up. When you tack a note on this board, you are helping others see all the positive things that happen here every day. When you tack a note on this board, you make someone’s day.

Feels pretty good, right?



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If you think your parent, grandparent or neighbor could use a little extra help or companionship throughout the day, but, perhaps, they are resistant to participate in an adult day health program, consider asking their doctor’s advice during a regular medical appointment. Hearing the recommendation from a doctor they trust just might be what is needed to change their mind.

Of course, doctor’s referral is not needed to join NWADH. Those interested in having a loved one experience the social and health benefits of NWADH can call 360-306-3031 or visit our website for more information. It’s a simple process that can make a great difference in the quality of life of an older adult. nwadulthoodhealth.com



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).

We have a brand new website! It's cleaner and fresher-looking and it works beautifully on screens of all size. Visit chcclynden.org on your phone, tablet or desktop computer. Check out new all the new interior and exterior photographs, plus promotional videos we're using for recruitment marketing (thanks Kari and Mel for being brave and agreeing to be in the videos!).

Make sure to explore these pages: Careers, Admissions, Resources and the link — bottom of all pages — that gives you access to CHCC's employee HR portal.

Christian Health Care Center
Long-Term Care and Rehabilitation

Christian Health Care Center is a non-profit skilled nursing and rehabilitation facility that serves Whatcom County residents. Our caring and knowledgeable staff provide a full range of healthcare services to people recovering from injury, overcoming illness, or in need of long-term care.

We believe that each therapeutic rehab patient and long-term care resident deserves to live in comfort, with dignity and respect. This core philosophy, along with our mission to provide

“Thank you so much for the wonderful care you gave mom during her stay. Your concern and love for her and all the residents was very evident. Mom talked about you all the time like you were her own kids and grandkids. It was so comforting to us to have her in your care.”

HOWDY, NEW CHCC EMPLOYEES!

Greetings to Hollie (NAC), Lina (NAC), and Chyanne who will be a dining room assistant now and an NAC later after she completes our training program.



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!

Referral Bonus Reminder

Have you heard the term “boomerang employee”? These are people who have worked at an employer — like here at CHCC — then leave to go work someplace else, then return to the original employer. They “boomerang” out and back.

We’ve been thinking about boomerang employees lately — people like nurses or NACs who may have stopped working here a year or two ago, or maybe longer. We’ve been wondering if you (their former coworkers) might still be in touch with some of those individuals.

Who is the best nurse or NAC you ever worked with?

Are you Facebook friends with a nurse who you used to work with? Do you go to church with an NAC who used to work here? Would you be willing to reach out to them and see if they might be willing to return to employment at CHCC?

Remember, you — as a current CHCC employee — are eligible for a referral bonus if someone applies for a job here and is hired, even if they are a former employee!

Please contact HR with any questions you may have about recruiting former employees.

We’d appreciate your help reaching out to hard-working, compassionate caregivers who may be open to making a boomerang move back to CHCC!

Kari Heeringa, HR director



Surround yourself only with people who are going to lift you higher.

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 Rowison at pr@pattirowison.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.

RELIAS REWARD SUCCESS!

By the end of June, 132 employees had completed their annual continuing education sessions, which earned each of them a \$50 bonus. Hooray!

Thank you to everyone who participated and took care of their continuing ed early in the year. Your efforts help CHCC stay in compliance with governmental regulations; we appreciate you!



Look to see the best in people.

We are so thankful for the support CTK Bellingham provides Northwest Adult Day Health! Twenty CTK volunteers will be at NWADH on July 22 to help with cleaning projects, plus they'll be building a new raised garden bed. Thank you, CTK Bellingham, for all you do for our community. Your time and talents are a gift.

ctk) Christ the King
Community Church

Hello, CHCC staff!

As we work our way through the fourth month of our new time clock system, I need to ask each of you to bring timesheet management top-of-mind.

We've given each of you time to get used to the new time clock, but we're finding that the payroll department has needed to spend many, many hours correcting timesheets and payroll for employees who are not documenting their time — clocking in and out — correctly.

It's time to really focus and take personal responsibility to recording your time in a way that does not create more work for our payroll team. If you forget to clock in, be sure to communicate with your supervisor and get it corrected that same day.

If you don't correct missed punches before payroll is done, those hours cannot be included on your paycheck. You will have to wait for the next payday to be compensated for that time.

Please get in the habit of checking your timesheet each day you work to avoid payment delays.

I am confident that we can all do better in the timesheet management department. I am also confident we can work together to lighten the load of our payroll department by accurately recording work hours.

Thank you for taking this into consideration and for making any adjustments you need to make.

Tonja Myers, Administrator



DISASTER PLANNING: Older adults and those with mobility issues are especially vulnerable during natural disasters and community emergencies because it's harder for them to mobilize, and they often have special healthcare needs. A bit of emergency planning for seniors can help protect them if there should be a natural disaster. Whatcom Unified Emergency Management is a partnership of the Whatcom County Sheriff's Office Division of Emergency Management, the City of Bellingham's Office of Emergency Management, and several local jurisdictions, organizations and agencies. They provide tips for preparedness that we can personally share with loved ones.

chcclynden.org/disaster-planning-tips-for-older-adults/

GET OUTSIDE; GET MOVING!

"Experts may differ about what you should eat, what supplements you should take or avoid and whether a daily glass of wine is advisable. But there seems to be a consensus about one thing: Walking is good for you."

Want a beautiful hike without the hills? Here are some gorgeous Whatcom County walks that are easy on the knees. Read more: bit.ly/2uyXw3h

