



The PULSE



NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER

June 2017, Issue 1

Greetings, CHCC staff!

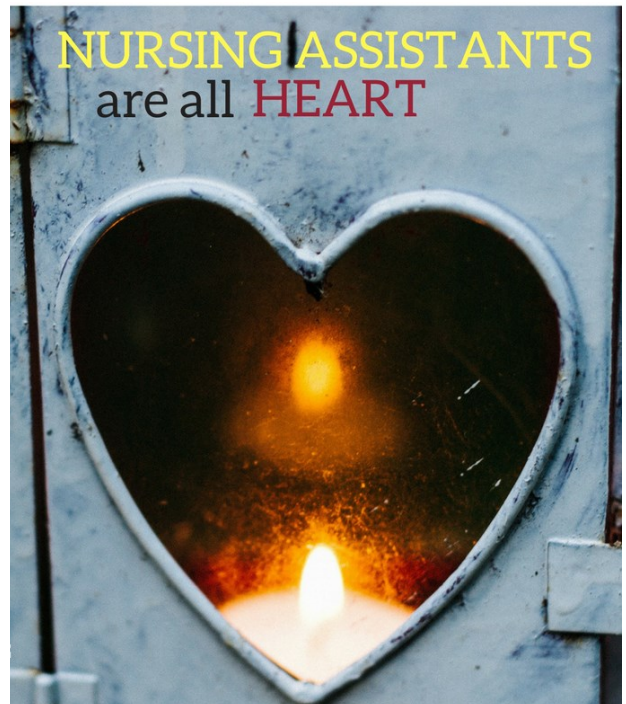
June 15 through 22 is National Nursing Assistant Week across America. It's a great time to stop and recognize CHCC's own nursing assistants who give so much as they care for others.



To our nursing assistants, know that your coworkers, our residents and patients, and their loved ones truly appreciate the work you do every day. We know this because they often use words like kind, amazing, helpful and gracious to describe you when they write thank you cards and public reviews online.

I know that what you do can be difficult and rewarding at the same time. If there are things CHCC can do as an employer to make your days more rewarding and less difficult, please share your ideas with me personally or via the comment boxes around the facility. Fresh ideas are always welcome!

Tonja Myers, Administrator



NAC TRAINING CLASSES

~ not just for youngadults ~

Our NAC training classes have become so popular that we needed to add another class to the roster this summer. The June class — beginning June 26 — is FULL.

We have a few more spaces available in the class that begins July 31. Our training program is open to all ages; please share this opportunity with friends and neighbors who may be looking for a new career or healthcare employment in Lynden.

Training nursing assistants for the future health of our community — it's what we do!

WELCOME, EZEKIEL!

Your new co-worker, Ezekiel, is working hard to pass the state NAC exam.



In the meantime, he will be serving as a hospitality aide here.



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.

Your outpouring of love for Nellie after her retirement was amazing.

Do you follow CHCC on Facebook? If not, you're missing fun things like this!
<http://bit.ly/2sumBaK>



A SHOW OF PATRIOTISM

We'd like to thank a young man named Tulley for making our flag pole dream come true! He worked hard to get a pole installed in the courtyard at NWADH as part of his Eagle Scout project.

Here's our new flag being raised with patriotic pride by two NWADH members, one of whom is a veteran. We'll be raising and lowering the flag as part of our program each day.



Job Feature: Hospitality Aide

Hospitality aides at CHCC are responsible for helping nursing assistants with non-direct patient care needs; they report directly to unit coordinators.

Duties include filling ice chests on each unit, helping with coffee service in the dining room, making beds and straightening rooms, ensuring equipment in each room is clean and in good repair, restocking exam gloves throughout the facility, helping answer call lights and providing one-on-one companionship visits with residents when directed by a nurse.

Thank you, hospitality aides. We appreciate you!

How do you celebrate the retirement of someone who has worked at CHCC for 45 years? With cake and balloons of course.

Happy retirement, Nellie. We are blessed that you chose to make CHCC your work home all these years.



2,851 people reached

Like Comment Share

Sandy VanDer Vliet, Julia Lautenbach and 92 others

Top Comments

HOWDY, NEW CHCC EMPLOYEES!

Greetings to Emily (NAC), Erin (dietary aid) and Jillian (RN), who recently joined our care team.



Say hello to our latest **SHINING STAR: Katy**



Katy is a certified occupational therapy assistant who works in our building for Infinity Rehab.

COTAs help CHCC residents and patients follow their rehabilitation plans. Often after an occupational therapist diagnoses a condition and provides an individualized plan, it's the COTA who oversees therapeutic exercises and activities that help people reach treatment goals. Cool, right?

Thank you, Katy, for being part of the healthcare team here at CHCC since 2016!

The heart that gives, gathers.

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 Rowilson at pr@pattirowilson.com.

Do you know the signs of stroke? Remember **FAST**: Face, Arms, Speech, Time.

Use **FAST** to remember warning signs of stroke:



FACE: Ask the person to smile. Does one side of the face droop?



ARMS: Ask the person to raise both arms. Does one arm drift downward?



SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?



TIME: If you observe any of these signs, call **9-1-1** immediately.

1-800-STROKES (787-6537) • www.stroke.org

Discount NW Washington Fair Tickets

CHCC employees can purchase discount tickets and carnival ride wristbands at work now through July 21, 2017. Order forms are at the front desk.

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!



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.

COMMENT BOX CORNER



Sharing your *FRESH* ideas, comments, kudos!

Question: Sometimes I see residents sitting alone in their rooms when activities are going on. It feels like they have not been included or invited to participate. How does CHCC make sure everyone is included?

Reply: Thank you for inquiring about this topic! There are many ways that we notify residents and announce upcoming activities, including:

- Activity calendars are posted in each resident room.
- Activity calendars are posted on bulletin boards in the hallways.
- Copies of calendars are available at the front reception desk, in the activity room and at the rehab nurses' station.
- Copies of the calendars are also mailed to residents' families each month.
- The TV in the front lobby is updated every month. It displays the planned activities for each day.
- Weekly activity boards are posted in each hallway by the nurses' stations.
- An overhead announcement is made 30 minutes prior to every activity.
- Therapeutic recreation staff members often go room to room inviting and escorting residents to activities, while respecting their choice and interests.



Phew! I hope you can see that we do our best to include everyone.

One thing to keep in mind is that our residents can forget about upcoming activities. They can also forget that they were invited to attend.

With that in mind, our entire therapeutic recreation team would welcome and encourage your help with getting residents to activities!

Please, if you see a resident alone in their room when something fun is going on, encourage them to join and help them get there (or call someone who can).

Have more questions about resident activities or ideas for programs? Please stop by my office and let's chat.

Mary Caitlin Mc. Anderson
Therapeutic Recreation Director



GRIEVING

by Brett Bajema

There are secrets now gone.
Craftsmen with their calloused solutions.
The perfect loaf of bread, the
essential red wine. The music that
most pleases the Lord—could he
not tell us of David's mantle?

My early life, brook-fed willows
at night, the low light of the porch
lantern, how memories glow
within us even at the end.

Luminous are we, not this
crude matter, heavy as August rain on
the blackberries. Each one full and dark.
Each one sustaining.