



The PULSE



NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER

March 2017, Issue 2

Greetings, CHCC staff!

Please take a moment to read the feedback a patient's family member shared on Facebook (below). There are two words that Ms. Wight repeats several times: "eternally grateful."

The work you do here has such purpose and meaning; what you do is powerful. You arrive at this building each day and you do remarkable things that touch people's lives, even going above and beyond what your job entails.

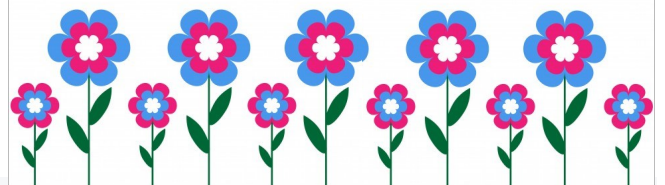
Your high level of compassion and care make CHCC a better place. You, individually and collectively, help families through the most difficult times of their lives and you do so with grace, love and empathy.

Ms. Wight's feedback is a wonderful reminder of the impact we all have on people's lives. I, Tonja and the board are eternally grateful to every member of our team, and we are especially grateful to the individuals who showed kindness, shared homemade baked goods and even brought their own babies in to brighten the day of a patient. Thank you!



Patrick O'Neill, CEO

KUDOS



Carol Collins Wight My Mother was at Christian Health Care Rehab until she passed away! You allowed my Father to stay in the same room with my Mother . They were together for 60 years! Eternally Grateful! The Staff was INCREDIBLE! A few brought their babies in as my Mother Loved children! Eternally grateful ! The kindnesses that was shown to our Family was something I will never forget... a tray with homemade cookies, breads and fresh coffee and tea and juices the last 48 hours.. Eternally grateful! And the kindness shown to our Family in the morning our Mother passed... eternally GRATEFUL!



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 FRESH IDEAS...

Thank you to everyone who has placed suggestions in these boxes around the facility! I enjoy reading your feedback and look forward to implementing as many of your fresh ideas as we can in the weeks and months ahead.

As promised, we'll use space in The Pulse to share a selection of suggestions and answer questions each month.

Note: The purpose of these comment boxes is to encourage staff, residents and visitors to suggest ideas that would make CHCC the very best it can be, for all of us. The boxes are not an appropriate place to leave concerns about staff. Those issues should be brought directly to your supervisor's attention or to me if it's a department-wide concern.

There is one request that would be super helpful: please consider signing and dating your suggestions. That way I know whom to contact if there are questions or if additional clarification is needed.

Tonja Myers, administrator



COMMENT BOX CORNER

Sharing your *FRESH* ideas, comments, kudos!

Suggestion: Subscribe to The Bellingham Herald and The Lynden Tribune for all employee breakrooms.

- Action: Great suggestion. We will do this!

Suggestion: Provide jam/preserves to go with bread and peanut butter.

- Action: Those items are typically provided. If they aren't there when needed, please notify the kitchen.

Suggestion: Provide soup and hot water in all employee break rooms, not just main.

- Action: Right now it's very labor intensive just to provide soup in the main break room. While most of us don't see the behind-the-scenes work, providing hot soup every day requires hours of work by our dietary staff. We will continue to discuss whether this request is doable.

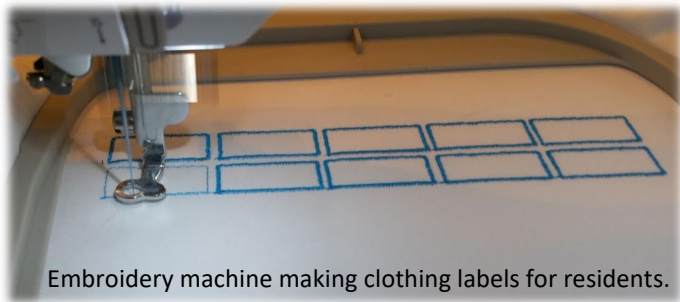


Please help us welcome Roschelle as a new hospitality aide. You might recognize her as a former NAC; we're glad she's decided to stay on at CHCC and transition to the hospitality aide team.





Join us in congratulating the latest graduates of our nursing assistant training program: Madeline, Nickole, Elisabeth, Dana, Ashlynn, Krystl, Hannah, Francisco and Courtney!



Embroidery machine making clothing labels for residents.

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.

FUN FACT: SOCIAL SERVICES

Did you know that in May 2016 CHCC purchased an embroidery machine to manufacture clothing labels? The snazzy machine uses resident initials to permanently mark clothing instead of a laundry pen, which can wash off over time.

Clothing from roughly 175 residents has been labeled since last May — approximately 9,000 labels have been sewn on clothing items!

It takes two hours to complete 100 labels, not including machine programming and set up time, plus fixing broken thread during the manufacturing process. Then, each set of 100 labels has excess thread that requires another hour of scissor cutting to remove.

At roughly 70,000 stitches per 100 labels, that is 6.3 million stitches this past year or 23 workdays of sewing, not counting the extra time involved before and after. (Thanks to Peggy Klaboe!)

Once the labels are at CHCC, four volunteers sew about 50 labels per hour onto residents' clothing. Impressive, right?



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](https://www.facebook.com/northwestADH).



Northwest Adult Day Health & Wellness Center hired a new part-time RN to its team. Extend a warm welcome to Christine when you see her!



New on the blog: How to maintain a healthy diet as you age

The human body is constantly running an amazing number of processes, all of which rely on various nutrients to thrive.

As we age, paying attention to these nutrients becomes more important, as certain issues can be exacerbated by age. In addition to staying active and social, eating the right nutrients can help bodies to keep functioning at top efficiency.

There are six essential nutrients — carbohydrates, protein, fat, vitamins, minerals and water — that should be part of every diet. As we age, focusing on the proportions of each can provide particularly good dividends in the areas of memory, weight and bone health.

Memory: Diets rich in fruits, vegetables and fish — such as the various Mediterranean diets — have been shown to reduce memory and thinking problems. Particularly good fish are salmon and sardines, both of which are high in omega-3 fatty acids, vitamin D and protein. Continue reading: <http://bit.ly/2mtMYtJ>



What a winter, huh? Anyone else glad that spring is finally here?

Anyway, we did what we always do when life hands us lemons: We made the best of it! Thanks go to our transportation coordinator, Kathy, for braving the cold to cook for NWADH, in the snow, on Feb. 27!



UPCOMING TRAINING

March 24 or 27, 9 a.m. through 4 p.m.
Mandatory LPN IV training in the classroom.