



The PULSE



NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER

May 2017, Issue 2



Judy Van Dyk Strachila reviewed Christian Health Care Center — 5★

Yesterday at 4:54pm · 🌐

My mother was at CHCC after a broken hip. The care was beyond excellent! Pt & OT were great. The Nurses & CNA's were so kind! They were there when she needed them, they even asked ME if there was anything I needed! This place is top notch! I would suggest it to anyone.

Greetings, CHCC staff!

Seeing testimonials like this — publicly posted on CHCC's Facebook page — get me jazzed up.

How wonderful is it to know that people notice and appreciate the high level of care you deliver? How great is it when family members notice and appreciate your care for them as individuals, too.

Thank you for representing CHCC in a way that inspires people to share their thoughts with their friends and family!

Patrick O'Neill, CEO



FULL CIRCLE AT 94

Poem by Brett Bajema

Where I work, it is common
to reassure a woman that her
children are not waiting for her after school.
They are grown now.
She may anger, but often she will
simply place her hand on yours.
It is not always our actions which
determine our righteousness.

This woman. Mother of five, all home
birthed, two deceased.
Her zenith — those dangerous moments of
parturition, into
subtlety, grace, long life, with true wealth
abounding.
How are we to reconcile the slow decline?

Near the end, she could not sleep,
she would cry for her mother, nurse's aides
would cradle her in her bed, whisper safety.
Before she passed, she could not form
sentences.

When asked about her mother, her eyes
would glow,
head on the pillow, she would reply almost
too softly to hear:

bright
checkers
snow
kettle
home
near
home



**CONGRATS
DRA
GRADUATES:**



**MARAYAH,
BECKY,
MATT,
JULIANNA,
RANDEEP, &
MARITA**



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).

Did you get a chance to sit in on a “Pep with Brett” session earlier this month? The information shared was insightful and inspiring. Thank you, Brett, for sharing your thoughts with your coworkers.



Tues., June 13, 2:30 to 4 p.m.
NWADH Caregiver Connection Meeting
Steps Toward Caregiver Wellness

Mary Lynn Palmer, former NWADH nurse, will share the best caregiving tips she learned during 25 years of working alongside family caregivers. Spoiler alert! Many of the tips involve caring for yourself as a caregiver first.

Caregiver Connection meetings — held next door at 851 Aaron Drive — are open to NWADH member caregivers and members of the general community. Feel free to encourage family caregivers you know to attend.

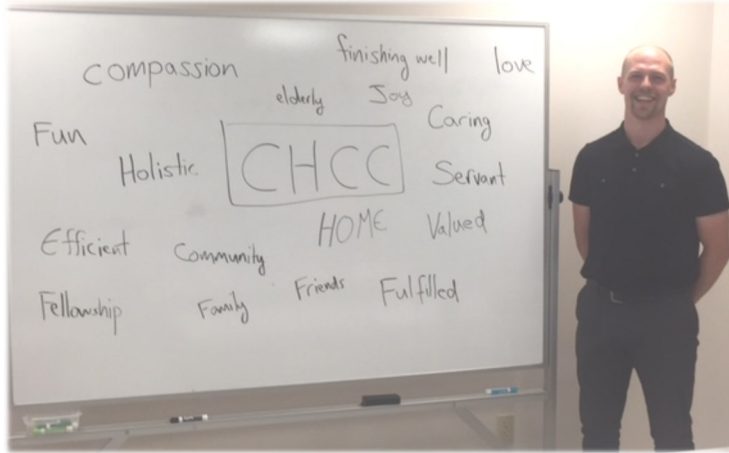
How to refer someone to Northwest Adult Day Health & Wellness Center

It’s easy, really. Just a few clicks in our online referral form (nwadultdayhealth.com/referrals/) will bring someone to the attention of our social worker, Kevyn, and she’ll take it from there.

She can answer any questions about member eligibility, funding sources, caregiver support groups or the benefits of involvement in an adult day health program.



Submitting an online referral is the fastest, easiest way to get started. Online referrals can be submitted 24 hours per day, seven days a week.



Job Feature: RN/LPN Team Leader

Nursing team leaders at CHCC are important members of the health care team. They work under the supervision of a unit coordinator to assure that each patient’s care plan is carried out.

Team leader duties include assessing patient conditions, performing treatments, disbursing medications and monitoring the effects of treatments and medications. Team leaders work closely with unit coordinators to communicate with families and doctors. They also supervise, teach and evaluate nursing assistants.

Thank you to all team leaders who serve those under our care! Know a nurse who would make a great team leader? Encourage them to contact our HR team today.

HOWDY, NEW CHCC EMPLOYEES!

Greetings to Cory (LPN), Julia (dining room assistant) and Rachel (RN) who recently joined our team. We’re very glad they’re here!



Love and compassion are necessities, not luxuries. Without them humanity cannot survive.

In the month of May, the nursing profession is publicly recognized across the nation. Here at CHCC, we know the value and importance of nurses; RNs and LPNs are critical to the care we deliver every day.

Here is some interesting info about nursing careers in America:

- In 2014, the Bureau of Labor Statistics reported that there were 2.75 million RNs in the United States.
- The job outlook for nurses is expected to grow 16 percent through 2024, which is much faster than the average for all occupations. This is due to the demand for healthcare services from the baby-boom population.
- In 1970, 3.9 percent of nurses were male. That number grew to 8.1 percent in 2011. Nurse anesthetists, however, are about 41 percent male.
- Nurses can work in a wide variety of settings, including nursing homes, hospitals, home health, correctional facilities, schools and even in the military.
- In 2014, five out of six registered nurses worked full-time.
- These qualities are considered important for career success: critical thinking, communication skills, compassion, attention to detail and physical stamina.

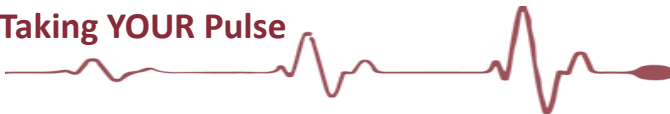


Interesting info, right? Join me in thanking all registered nurses and LPNs who work at CHCC. Please know that we think you are amazing and valued every day.

Make each day count by
helping someone
or making them smile.



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!

REPRESENTING. Our MDS coordinator, Karen, was out in the community representing CHCC at Bellingham Technical College's job fair. She shared information about career opportunities and our free nursing assistant training program with job fair attendees.



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.

 **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!

Suggestion: Is there a possibility that vacation hours and sick time could go into a lump personal time accumulated account?

Reply: Good question! What you're referencing is called a paid time off (PTO) account. PTO accounts allow employees to use accrued time off as they wish. All hours are dropped into one pot; there are not separate accounts for vacation days and sick time so staff have to carefully budget and plan their days off each year.

Imagine having to guess how many sick days you'll need each year and then calculating your vacation days around that number. What happens to your vacation if you go over on the number of hours you had budgeted for sick days in the year?

Our HR team explored PTO accounts in recent years, and we decided that the current — traditional time off — plan was a better option for staff. Mainly because a traditional plan takes the guesswork out of budgeting sick and vacation days. Plus, our traditional time off plan is less restrictive in cash out situations.

Question: Since this is a faith-based organization, why isn't Easter a paid holiday?

Reply: In late 2016, CHCC revamped benefits related to paid holidays. A floating holiday was added, which staff can use on any day of the year that is meaningful to them as individuals.

The new floating holiday would allow you to schedule a religious holiday of your choice off, or your birthday, for example.

If you have additional questions about these two topics, or any of your employee benefits, please stop by human resources and ask. We're here to help!

Kari Heeringa, HR director



*TODAY IS A GREAT DAY
TO HAVE A GREAT DAY*



CHCC gets a lot of family visitors, and many of them aren't quite sure how to interact with their loved one, other long-term care residents and even staff. We're sharing three quick tips, recently published on our blog, so you can, hopefully, pass the information on to visitors as opportunities arise.

Three tips for visiting someone living in long-term care

Personal visits: Every day, we see how our residents' faces light up at the sight of a daughter, grandson or special friend! Drop by to socialize with your loved one. Share some cookies (please ask nursing staff ahead of time if there are dietary restrictions), read a book out loud, help them write letters to family members, take them for a stroll in the courtyard or spend time reminiscing.

Share talents: Christian Health Care Center benefits from the support of volunteers in a variety of areas. You can spend time with your loved one while also brightening the days of other residents at CHCC by volunteering in our facility. Ask to speak with CHCC's volunteer coordinator about any of these opportunities:

- Are you a singer or piano player? We're always looking for people to play live music sessions.
- Do you enjoy crafts? Sign up as a craft leader to help long-term care residents with various hand-mind activities.
- Do you have a pet who is social and calm? Talk to a therapeutic recreation staff member about bringing your dog, cat or other pet by the facility to share some special snuggle time with residents.

Have you gone on an interesting vacation lately? Our residents would love to see a slideshow presentation of your pictures and stories from the trip.

Communicate with the staff: When you visit, it's a good idea to stop by the nursing station to check in before heading to your loved one's room. The more you know about how they are doing — physically and emotionally — the better equipped you'll be to spend time with them on any given day.