



The PULSE



NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER

November 2017, Issue 2



We have two **new board members**; please join us in welcoming Claudia VanderHoek and Jacki Matter!

If you see them at the Christmas party on Dec. 1, make sure to thank them for volunteering their time and talents to help us serve the mission of CHCC: *Providing skilled nursing care with compassion and love in Christ's name.*

CHRISTMAS PARTY

Dec. 1, 2017

Northwood Hall, 3240 Northwest Avenue, Bellingham

There will be a social hour from 5:30 to 6:30 p.m. followed by dinner at 6:45 p.m. We hope you'll plan to stay for dancing from 8 to 11 p.m.

If you haven't yet RSVP'd with the number attending, you can still sign up at the main reception desk until Nov. 26.



*It's not happy people who are thankful,
it's thankful people who are happy.*

GIVING THANKS

A note from CHCC administrator Tonja Myers

I am truly thankful each day for the gift of working with this dedicated team of caring professionals.

It is an honor to be able to provide care to our community alongside so many smart, loving and fun people.

Thank you for your work and service to our residents, their families and our community. Wishing you and yours a very happy Thanksgiving.



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).

SURVIVING THE UNTHINKABLE: A FIRE

Remember in the last issue of The Pulse we shared info about planning for major disasters and emergencies? If you were watching national news on Nov. 16, you may have seen a report that showed a senior living facility in Philadelphia that had a massive three-alarm fire, which burned out of control. Details: <http://abcn.ws/zAN8eSM>

Dozens of residents were seen being wheeled out of the facility by first responders and staff.

Can you even imagine?

Thankfully, it appears that everyone made it to safety, including staff and residents. Due in part, no doubt, to drills, policies and procedures.



MUSIC, ANIMAL THERAPY WORKING WONDERS AT CHCC

There is something wonderful about the power of music.

Recently at Christian Health Care Center, we've begun inviting a music therapist, Yukiko Nasu, to visit residents in our skilled nursing facility. Yuki, who lives in Lynden, visits weekly with her harp and her adorable therapy dog, Ruby.

During and after Yuki's visits, CHCC staff have observed wonderful changes in residents with whom she spends time, including those dealing with pain, anxiety, isolation, dementia and end-of-life issues.

Staff identifies residents who might benefit from her services, and Yuki does the rest. Depending on what each resident needs, Yuki uses music therapy techniques to improve emotional levels and cognitive, social and fine/gross motor skills of individuals receiving care at CHCC.

There's a great deal of science and research behind music therapy, and the results are as plain as the smiles on residents' faces.

"I've seen people feeling less pain after implementing music at a specific tempo," Yuki says. "I've seen people with dementia reconnect with their memories, since most people have certain music that is associated with their specific memories."

Decades of research on music therapy backs this up. As sensory and intellectual stimulation, music can be used to maintain or increase levels of physical, mental, social and emotional functioning in older adults.

Continue reading at <http://chcclynden.org/news/>.



JOB OPENING: Our adult day health program is hiring an on-call NAC or NAR. Approximately one to three shifts per month (days). This is a great opportunity to explore what it's like to care for older adults in a more independent setting. Details: <http://www.nwadulthoodhealth.com/careers/>

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!

Northwest Adult Day Health Center has been turning teal each Tuesday in November to show support for families impacted by dementia. Thank you to our friends at Alzheimer Society of Washington for the inspiration!



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 Rowson at pr@pattirowson.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.

ATTITUDE OF GRATITUDE

Let's take a moment to recognize and appreciate our awesome van drivers who provide safe, reliable and efficient transportation services to NWADH members and CHCC residents. They transport those under our care in a responsible, friendly and courteous manner.

Thank you, Bill, Adriaan, April, Amanda and Gary!



REMINDER: CUSTOMER SERVICE AND RESIDENT CONCERNS

Our goal: Immediate resolution whenever possible.

When you receive feedback about the care we deliver, see repairs needed in the facility, hear about missing or damaged objects, learn of roommate issues, etc., you need to immediately start a green card. This is a task you must personally do; do not delegate green card reporting.

Your efforts in this area — being our eyes and ears on the ground — can help prevent small issues from becoming larger concerns.

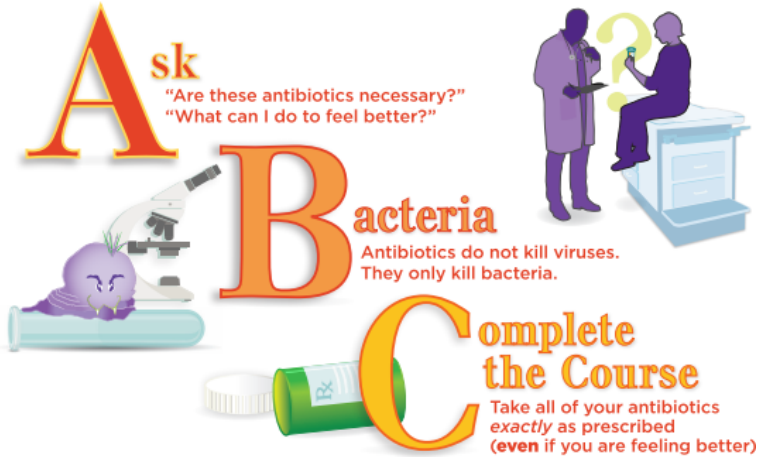
THANK YOU!

The ABC's of Antibiotics

Ask
"Are these antibiotics necessary?"
"What can I do to feel better?"

Bacteria
Antibiotics do not kill viruses.
They only kill bacteria.

Complete
the Course
Take all of your antibiotics
exactly as prescribed
(even if you are feeling better)



Do not pressure your healthcare provider for antibiotics.



You do **not** need antibiotics for:

- ✗ Colds or flu;
- ✗ Most coughs and bronchitis;
- ✗ Sore throats not caused by strep;
- ✗ Runny noses; or
- ✗ Most ear aches.

Using antibiotics the wrong way can cause bacteria to grow into superbugs. This could make your next infection much harder to treat.

Infection Prevention and You



Learn more about antibiotic resistance at
apic.org/infectionpreventionandyou and
cdc.gov/getsmart.

OUR ROLE IN ANTIBIOTIC STEWARDSHIP

Overuse of antibiotics is the most important factor leading to antibiotic resistance worldwide. Therefore, we, as healthcare providers, must help patients use caution when treating common illnesses with antibiotics.

Over 4 million Americans are admitted to or reside in nursing homes and skilled nursing facilities each year, and nearly one million persons reside in assisted living facilities.

Data about infections in LTCFs are limited, but it has been estimated in the medical literature that:

- 1 to 3 million serious infections occur every year in these facilities.
- Infections include urinary tract infection, diarrheal diseases, antibiotic-resistant staph infections and many others.
- Infections are a major cause of hospitalization and death; as many as 380,000 people die of the infections in LTCFs every year.

Antibiotic stewardship is the development, promotion and implementation of activities to ensure the appropriate use of antibiotics. By working to adopt antibiotic stewardship principles, CHCC is helping improve how antibiotics are used and prescribed. We can even slow the rise of antibiotic-resistant infections.



"At every moment, for every need, you provide exactly what we need."

Daughter of long-term care resident



WELCOME!

Join us in warmly welcoming Tyler, who returns to CHCC as a dining room assistant and Lannea, who joins our nursing team as an RN unit coordinator.

We're so very glad you're both here!

