



The PULSE



NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER

October 2017, Issue 1

Greetings, CHCC and NWADH staff,

Our new benefits plan — for staff working 30 or more hours per week — rolled out this month. We believe this to be a more straight forward plan that has limited a number of confusing options. The new plan also provides you more freedom by not requiring a physician referral for alternative treatments. That’s great, right?

Here are some of the highlights of the new plan:

- Premera Blue Cross now provides CHCC and NWADH staff with comprehensive medical care and prescription drug coverage (replacing Group Health). With the old plan you would have to pay a copay and then, if you hadn't met your deductible, you'd be responsible for the entire cost of the visit (or 20% of the visit if you had met your deductible). With the new plan, as long as you stay in-network, you will only pay a \$25 copay for the office visit. You won't be billed for the visit but you will be billed for any extras like lab and imaging costs if they get referred during that visit.
- VSP is our vision plan. It allows for new lenses every 12 months and new frames (\$150 allowance) every 24 months. There is a \$20 copay for in-network eye exams.
- You have a choice between two dental plans: DPPO Base Plan and DPPO Buy Up Plan. The difference is that the Buy Up Plan covers major services at 50% while the DPPO Plan does not cover major services.
- A \$50,000 life and accidental death insurance policy is provided at no cost to you. You can explore purchasing additional coverage on the MyBenefits website.
- Short-term and long-term disability insurance is available for staff. Premium rates are available on the MyBenefits website.

Contact Information

Coverage	Carrier	Phone #	Website / Email
Medical	Premera Blue Cross	(800) 722-1471	www.premera.com
Dental	Guardian	(800) 459-9401	www.GuardianAnytime.com
Vision	VSP	(800) 877-7195	www.vsp.com
Flexible Spending Accounts (FSA)	Infinisource	(866) 370-3040	www.Infinisource.com
Life/AD&D	Guardian	(800) 459-9401	www.GuardianAnytime.com
Disability	The Standard	(800) 368-1135	www.Standard.com

Healthcare benefits across the nation continue to change. While we can't predict what the future holds for the healthcare system in America, you can trust that our board of directors remains committed to offering staff at Christian Health Care Center and Northwest Adult Day Health & Wellness Center a competitive benefits package.



Kari Heeringa,
Director of HR

If you have any questions, please don't hesitate to ask me. You can also log into the benefits website at <https://tinyurl.com/hubmybenefits> — username and password is Chcc2000.

SAVE THE DATE: DEC. 1

Our annual holiday party will take place at Northwood Hall in Bellingham on Dec. 1. CHCC and NWADH staff are invited. Details will follow in future issues of The Pulse; mark your calendar now so you don't miss out.

Flu Shots

Stop by the conference room on these days:
Oct. 9, between 2 and 6 p.m.
Oct. 13, between 7 a.m. and 3 p.m.



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/chcc).

ARMED INTRUDER: A QUICK REFERENCE GUIDE. In light of the recent and devastating attack on innocent people in Las Vegas it seems timely to share CHCC's armed intruder policy. Even bringing up this topic and considering different scenarios can be alarming; imagining yourself, those you provide care for, and your coworkers in an intruder situation, is unsettling and we recognize that.

However, feeling uncomfortable about any topic should not prevent us from educating ourselves and planning for a scenario nobody wants to be in. Preparation prevents panic. With that in mind, here is a quick reference guide for your review.

During the incident:

- Attempt to activate the nearest panic button and/or call 911 if it is safe to do so.
- Announce "Code Gray" and the location if possible.
- Move all residents, staff and visitors AWAY from the intruder location.
- Close fire doors in hallways, get everyone into rooms, close doors, barricade, HIDE.
- If in presence of intruder, be cooperative.
- Avoid making provoking comments or sudden movements.
- Inform the armed person of what you are doing to comply.
- Observe the person for a description.



After the incident:

- Do not follow the perpetrator outside.
- Call 911.
- Do not hang up or put the 911 Dispatch call on hold.
- Preserve all evidence.
- Lock all doors once intruder goes outside.
- Without leaving the facility, observe what you can of the route and vehicle description as the armed person leaves.
- Notify administrator, DNS, CEO, director of environmental services.

Note: If the armed intruder is an active shooter, do not engage. Run. Hide! Barricade yourself behind closed (and locked) doors. Only fight if you are trapped with no way out, then use any weapon you can find to throw, hit, or otherwise disable the shooter. Surprise attack gives you the best chance of survival, only if there is no way out.

WELCOME!

Join us in warmly welcoming Jasleen, as a dietary aide, and Natalie, who is an NAC. We also have a new unit coordinator, Dawn, and a social worker, Jenaye. Thank you all for choosing to work at Christian Health Care Center. We're glad you are here!





Introducing our latest **SHINING STAR: Yolanda**

Yolanda has been recognized for her quiet demeanor and giving spirit. Her peers say that she is also dependable, hardworking and pitches

in wherever and whenever needed.

Thank you, Yolanda, for being an important member of the environmental services team!



OCT. 17 IS NATIONAL PASTA DAY, SO WE'LL BE SERVING SPAGHETTI AND GARLIC BREAD IN THE MAIN STAFF LOUNGE.

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!

DID YOU KNOW...

In addition to wages, Christian Health Care Center pays more than \$500 per month to help cover the cost of each FT staff member's medical insurance? Think about that. Those numbers sure add up when they are multiplied by scores of employees!

Christian Health Care Center contributes \$508.47 towards the Employee Premium.

Coverage Tier	Monthly Cost	Employer Cost	Monthly Employee Cost
Employee Only	\$608.47	\$508.47	\$100.00
Employee + Spouse	\$1,347.26	\$508.47	\$838.79
Employee + Child	\$925.33	\$508.47	\$416.86
Employee + Child(ren)	\$1,263.05	\$508.47	\$754.58
Employee + Spouse+Child	\$1,666.60	\$508.47	\$1,158.13
Employee + Family	\$2,004.13	\$508.47	\$1,495.66

HALLOWEEN



Halloween will be here before we know it, and you know we LOVE to have fun with this holiday. Plan your team's costumes now!

In the past, there have been themes such as Shark Week, Gang Green, Hula Hawaiian, Roaring 50s, Angels Among Us, and many more.

Halloween is such fun for our residents; we'll again invite the public to come to CHCC for trick-or-treating between 2:30 to 3:30 p.m. Of course, your family and friends are welcome to stop by for candy during that time, too.

Looking forward to what we'll see on Oct. 31!

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

Lynden Tribune

This article was recently published in the Lynden Tribune.

LYNDEN — Five years after its inception, the care transitions program at Christian Health Care Center recently celebrated a major milestone, helping its 500th patient successfully transition from a hospital stay to life as usual.

Every week, a handful of Whatcom County seniors leave CHCC's short-stay rehabilitation program with no need to fear what's next, because one of a team of dedicated nurses is guiding them from hospital through rehab to life back in their own environment, smoothing as many potential bumps as possible.

Some were in the hospital for hip or knee replacements. Others had heart problems or lung diseases. Nearly all of them, thanks to the helping hand of CHCC's care transitions program, are able to ease smoothly back into the flow of life without major complications.

The proof is in the numbers. Among the biggest metrics of success for the program is the percentage of people helped who don't need a return visit to the hospital. Nationwide, roughly 25 percent of people are readmitted to the hospital within 45 days, says Steve Wallace, CHCC's social services director. In CHCC's care transitions program, that number is a mere 3.97 percent. Continue reading at chcclynden.org/news.



CHCC management staff and care transition nurses

Our adult day health program currently has two job openings, one for an on-call NAC/NAR and the other for a 30-hours-per-week kitchen assistant. Both offer day shifts, Monday through Friday. Please share these opportunities with anyone you know who may be looking for work in Lynden.

KUDOS



Sylvia Turner At 88 Preble is my 'big' brother to my 79. I am so pleased he has this available to him. He called it his 'school'. Since he has been going he has been much more alert.



Julia Poland Your program has been so therapeutic for my dad, Preble, who attends 4 days a week, as well as giving my mom, Eva a bit of a break during the week.

"We see clients form friendships through our program, which rarely happens for someone with dementia or another chronic illness."



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