



# The PULSE



NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER

September 2017, Issue 1

Greetings, CHCC staff,

This summer, I've been working to re-write many of CHCC's policies — a daunting process, but progress is being made! The changes are necessary due to a new set of governmental mandates that went into effect Nov. 28, 2016. Here's an excerpt from a policy that received an update. The grey text is from our existing policy regarding visitation. The red text is important language you may be quizzed on by survey staff in the future.

*Upon admission, the facility will inform each resident or resident representative where appropriate of the facility's visitation rights and related visitation policies and procedures. This will include:*

- a. *Their right, subject to consent, to receive visitors designated by the resident*
- b. *Their right to withdraw or deny consent for visitation at any time*
- c. *When they will be informed of their rights relating to visitation*
- d. *Any clinical or safety restriction or limitation of the rights*
- e. *Reason for the restriction or limitation*
- f. *To whom the restrictions apply*



Tonja Myers,  
Administrator

- 3. **The resident's family and friends may visit the resident at any time, subject to the protection of the rights and safety of other residents and any restrictions imposed by the resident.**
- 4. *The facility reserves the right to limit the number of visitors in the room at one time to insure the rights of other residents are protected.*
- 5. **A resident may have visitors of his/her choice at any time, as long as visitation is not medically contraindicated. (Note: The resident's care plan identifies visitor restriction information.)**
- 6. *The facility will promote that all visitors have full and equal visitation privileges consistent with resident preferences. Additionally, the resident has the right to participate in resident groups in the facility.*
- 7. **The facility reserves the right to change the location of a visit if such visit infringes upon the rights of the resident's roommate or other residents in the facility.**
- 8. *Continued...entire policy will be published and shared soon.*



That's just one excerpt from one policy. There's much more to do between now and the end of the year. I'll keep you posted; we'll soon have a plan for updating you all and rolling out the policy changes.

**CONGRATULATIONS!** This wonderful nurse recently celebrated 44 years of working at CHCC. 44 years! How can that be?

Some say the number 44 has special meaning and that it signifies strength and willpower in relation to our work or recreational life. That description suits Fran — strength and willpower.



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**Facebook**

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## ADULT DAY HEALTH CENTER HELPS ADULTS SELF-MANAGE CHRONIC CONDITIONS

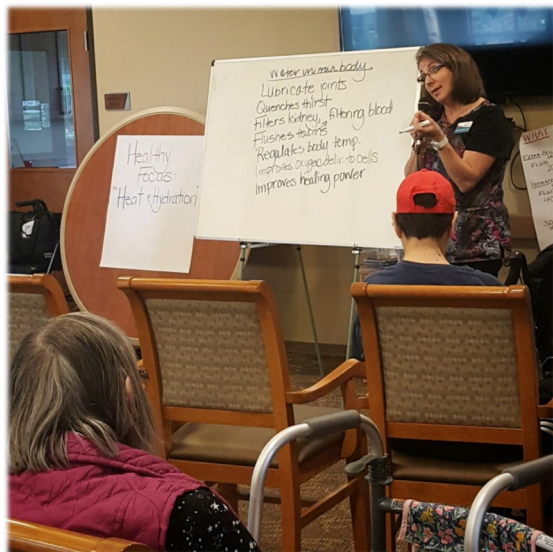
Diabetes. Arthritis. Lung disease. Hypertension. Alzheimer's disease. Depression. Cancer.

Eighty percent of older adults have at least one chronic disease, which means that eighty percent also face often-insurmountable daily challenges managing their ailments in addition to household tasks. It's a struggle.

Chronic diseases force older adults to track medication, manage pain, administer injections and communicate with doctors, all while ensuring they get good nutrition and exercise. Oh, and then there's the important issue of dealing with powerful emotions made more raw by the experience. Alone, that can seem nearly impossible.

According to the University of Michigan's Center for Managing Chronic Diseases, 99 percent of disease management is in the hands of individuals and their families. How do they get by?

Thankfully, adult day health centers — like our own Northwest Adult Day Health & Wellness — offer some respite from the struggle. They've been gaining in popularity for that very reason. There were more than 5,600 adult day health centers nationwide in 2014, a jump of more than 1,000 since 2010, according to the National Adult Day Services Association. Continue reading at <http://bit.ly/2wIghC2>



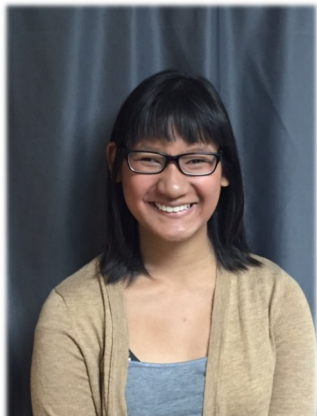
Aleen Warren, RN, teaches NWADH members about the importance of hydration.

**Sept. 15: WAFFLE BREAKFAST for staff. They'll be ready and waiting for you in the main staff lounge.**



## WELCOME!

Please join us in warmly welcoming dining room assistants Anna, Camryn and Sydney! They are joined by Paula, who is a new aide in our therapeutic recreation department. How lucky are our residents to be cared for by these friendly faces?





# KUDOS

## BECAUSE OF YOU...

Several therapeutic rehab patients felt they received excellent care provided by personable, knowledgeable staff.

Because of you, someone enjoyed their stay here.

Because of you, CHCC continues to be trusted and recommended by many in the Lynden community.



**Save the date! On Sept. 22, we'll be serving PORK SLIDERS in the staff lounge. Yeeha!**

Were there any staff members who went above and beyond to make your experience at CHCC better? Name: NURSE JOY

Comments: \_\_\_\_\_

Is there any additional feedback you'd like to leave? \_\_\_\_\_

THE TOTAL NURSING STAFF WAS EXCELLENT

Were there any staff members who went above and beyond to make your experience at CHCC better? Name: WENDY - PT & KATIE OT

Comments: HER KNOWLEDGE WAS EXCELLENT - VERY PERSONABLE

Is there any additional feedback you'd like to leave? I ENJOYED MY

STAY

How did you feel about the overall level of care received? (One check per line)

	Excellent	As Expected	Needs Improvement
Staff introduced themselves	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Help was available when needed	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Questions were answered	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Procedures were explained	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nursing staff were qualified	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Privacy & modesty respected	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quality of therapy services	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Any concerns were addressed	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal property kept safe	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meals served were appealing	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Activity programs suited my needs	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Visitors/loved ones were welcome	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments: <u>I WOULD RECOMMEND THIS FACILITY TO OTHERS</u>			



**NEWS TO KNOW:** Researchers say that following a Mediterranean diet can make some people 48 percent less likely to develop full-fledged Alzheimer's disease.

Dean Sherazai, MD, said, "When I treat a person at risk for dementia or newly diagnosed with this disease or mild cognitive impairment (a condition that often precedes Alzheimer's), I recommend a set of lifestyle changes I call *NEURO*. This stands for Nutrition...Exercise...Unwind...Restful sleep...and Optimize mental/social activities."

A Mediterranean-style diet includes lots of fruits, vegetables, whole grains, beans, fatty fish and monounsaturated fats (such as olive oil). Research has shown that a version of this diet that emphasizes certain brain-healthy foods (such as berries and leafy-green vegetables) is especially effective. Read more: <http://bit.ly/2erCmhc>

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](mailto: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).

# COMMENT BOX CORNER

Sharing your *FRESH* ideas, comments, kudos!

**Comment:** I'd just like to comment on the very yummy soup that is provided for us each day. It is a real treat. And also, the bread, jelly and peanut butter. Thank you so much!!

**Reply:** We know life gets busy at home and there isn't always time to pack something to eat at work. We're so glad that you like having food available during your shifts; dietary does a great job keeping this stocked!

Night shift staff, did you know soup is available for you as well? You'll find it in the rehab refrigerator.

**FOLKS GATHERED AT NWADH TO CHECK OUT THE ECLIPSE. DID YOU OBSERVE IT?**



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!

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## NORTHWEST ADULT DAY HEALTH & WELLNESS CENTER

NWADH member: *"I haven't drawn like this in maybe 15 or 20 years, but it is all coming back. My grandkids will be really excited to see it when it's done!"*

We offer art groups Monday and Wednesday mornings. An artist volunteer comes on Wednesdays to share techniques and help members practice. Art is an awesome activity to improve or maintain fine motor skills. Drawing and painting are also great for improving attention and focus.



**YOUR GREATNESS IS NOT WHAT YOU HAVE, IT'S WHAT YOU GIVE.**