



# The PULSE



September 2018, Issue 2

## WELCOME!

Please join us in welcoming Dr. McClincey, who is a licensed psychologist. She has already started counseling with our residents and patients.

Counseling sessions are being tailored to the needs of each person and can be used to reduce anxiety, fear and anger; resolve loss; improve relationships; increase joy in daily life; reduce aggressive behavior; develop social skills; create a sense of peace and much more.

Know a resident or patient who would benefit from speaking with Dr. McClincey? Contact your supervisor or a member of the social services team and they will take it from there.



*Remember that everyone you meet is afraid of something, loves something, and has lost something.*



**BE THE ONE TO SAVE A LIFE.** September is Suicide Prevention Month. Did you know people 85 and older have the second-highest rate of suicide? If you know an elder who lives alone at home; if you know anyone who may feel isolated, lonely, sad or depressed, please connect them with the National Suicide Prevention Lifeline at 1-800-273-8255. All ages can also text "HEAL" to 741741 to text with a trained crisis counselor. Be the one to save a life. <http://www.bethe1to.com/>

Read past issues of **THE PULSE** online.

[chcclynden.org/about/the-pulse/](http://chcclynden.org/about/the-pulse/)

**A word about training:** It's no fun to train, and it's no fun to practice. However, we have a duty. People are depending on us; we must always take care and do our best. **#CHCCTeamwork**



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/chcclynden).

## ELDER CARE 101: DIFFERENT TYPES OF CARE

One question often asked of the admissions team here at Christian Health Care Center is some version of “What level of care does dad need?” Good question; this is good information for us all to know. Here are a few options.

**Receiving care at home:** At-home caregivers often are family members or friends, but they also can be licensed professionals or other experienced healthcare providers. The caregiver typically will visit an elder at home and provide occasional services around the house. Elders can remain in the familiar comfort of home while getting help with simple tasks of daily life. Another option is to move to the home of the family member who provides care.

This service is best for individuals who are pretty independent but could use occasional assistance; caregivers can provide accompaniment on doctor visits and help shop for groceries, monitor medication or prepare meals.

**24-hour at-home care:** Round-the-clock care is for people who want to continue living at home but who might require assistance at any time of day or night. As above, caregivers are often family members or friends. Professional caregivers also are available, especially for overnight or longer shifts.

This service is best for people who might need help at any time of day but who typically don’t have medically extensive needs. This care also would be good for individuals with memory loss who might be healthy otherwise but who need 24-hour care for safety reasons.

**Assisted living:** Assisted living communities offer home-like settings for semi-independent adults who enjoy the feeling of living on their own but who need varying levels of supervision and support. A number of these centers are available in Bellingham, Lynden and the rest of Whatcom County, and these vary in the type of accommodation available, from private apartments to shared living situations. Skilled nursing is typically not available at these facilities.

This service is best for those who can handle many daily activities on their own but who would benefit from the regular care and attention of medical staff and a bit of socialization or sense of community. If your loved one can no longer live on his or her own but doesn’t require extensive care, assisted living might be the right choice.

**Skilled nursing care:** Christian Health Care Center is a skilled nursing center. Skilled nursing facilities, also known as nursing homes, must have registered nurses (RNs) and/or licensed practical nurses (LPNs) on staff to care for more extensive medical needs, and they offer a more organized way of living — for example, meals are cooked for residents and numerous activities are made available.

Our Lynden skilled nursing facility aims to provide a comfortable standard of living for those with higher daily medical needs or who need special memory care. Individuals remain independent but are always surrounded by the caring attention of nurses and nursing assistants.

This service is best for people whose medical or physical needs are greater than those provided for in an assisted-living setting.



# KUDOS



Our thanks to each & everyone of you for the care you have given Jack during the past year. He will miss you & so will I. His attendance there has done so much for his moral. Gods blessings to each of you as you continue your good works in making people's lives easier.

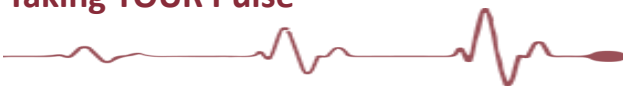
A heartfelt *Thanks* for all you have done.

*To all the workers at the Adult Day Health Center, You are amazing*

*Jack & Flo Chandler*

This lovely note came from clients of Northwest Adult Day Health & Wellness Center as it was closing last month.

## 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.

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## PeaceHealth

PeaceHealth is closing their 14-bed Bellingham inpatient rehabilitation center later this month. They plan to transition those services to Sedro-Woolley in 2019. (Article: <https://bit.ly/2CMJ8cy>)

In that article, The Bellingham Herald reported that until the center opens, PeaceHealth will help place patients in other area facilities with in-patient units, quoting a PeaceHealth spokeswoman as saying "the closest such unit is in Everett."

Of course, that is not accurate information. A number of inpatient therapy centers are available for adults in Whatcom County, including our own here at CHCC.

For those wishing to receive post-op or rehabilitation services in Whatcom County — close to home, family and your personal medical providers — a trip to Everett is not necessary. CHCC, under your care, is the place to be!

We are currently working to promote inpatient therapy services so individuals and families in our community know there is a local option operated by caring, experienced healthcare providers.



Everyone who works at CHCC is a true angel.

Rose B.



## LEADERSHIP FOR MILLENNIALS

In a recent staff survey, a suggestion came forward: provide leadership tips here in The Pulse. Great idea! Developing leadership skills is an important life skill. Growing as a leader can help you communicate better in your everyday life and advance your career, which are both good things.



Here are five tips for millennials who want to grow into leaders:

1. Make a difference to your team members. Be willing to help in their jobs; offer advice on skill advancement opportunities. Help others be better versions of themselves.
2. Don't gossip! Period.
3. Be a person of character; be truthful, kind and transparent.
4. Work to improve your problem-solving skills so you don't get frazzled or stressed in certain situations.
5. Learn the difference between power cravings and leadership. Leaders lift others up instead of putting themselves first.

These leadership tips for millennials were gleaned from a Forbes.com article. You can read it in full here: <https://bit.ly/2xkfWVq>

**“Becoming a better leader doesn't magically happen. It takes hard work and commitment to be better each day. You'll have slip-ups and will occasionally question your quest, but with patience and humility, you will eventually achieve your goal. “**

### *FEATURE ROLE: Nursing Department Scheduler*

The role of nursing department scheduler is not for the faint of heart. Seriously. This role is responsible for scheduling nurses and nursing assistants in a way that provides even and consistent coverage within our care center. The scheduler is tasked with ensuring full-time employees are scheduled enough hours to qualify for full-time employment benefits and that part-time team members get enough shifts to meet their needs.



The person in this role needs excellent organizational and analytical skills to publish a monthly work schedule and then adjust it — daily, often hourly — when team members call in sick or request days off.

They are required to call and text people on their days off — never fun — to see if they can fill in because extra hands are needed to care for our residents and patients. This person has felt the pressure of understaffing in our nursing department, too.

Thank you, Tanya Rouse, for stepping in to fill the role of nursing department scheduler since May of 2017. Your previous experience as a unit secretary here has been helpful. We appreciate all you do!

**Lois received a special shout-out for her work to “always make it right.” Add to that hostesses who are great = another positive experience for an inpatient therapy patient. [#CHCCTeamwork](#)**

Comments: *I will say Lois from the Kitchen lends over backward to always make it right. The dining room hostesses (all of them) are great !!*