



# The PULSE



October 2018, Issue 2



OCT. 31, 2:30 TO 3:45 p.m.



Save the date! We're getting ready for our annual trick-or-treating event on Oct. 31.

Our doors will be open to the public from 2:30 to 3:45 p.m.

This is a time for CHCC to shine and help local families (your own kiddos, grandkids, friends and neighbors included, of course!) have a positive experience interacting with our residents. It's multigenerational fun — good for all ages!

Working together as a team, Trick or Treat with Me is a highlight of the year for many. Enjoy!  
**#CHCCTeamwork**

## TOP OF MIND: INFECTION CONTROL

CHCC is one of the sponsors of an Oct. 26 infection control conference, which is designed to improve the health of our community as a whole.

Topics include drug diversion, antimicrobial stewardship, flu prevention and more.

Speakers include experts in the fields of geriatric infection control, public health, pharmacy and nursing.

When we work together with local health agencies and fellow healthcare providers, we can bring forth change and have a positive impact.

Interested in attending? Learn more through this link: <https://bit.ly/2Nyl8dv>



October 26 | St. Luke's Health Education Center  
Bellingham



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## LEADERSHIP TIP: TAKE OWNERSHIP OF ONBOARDING

So you've recently started working at CHCC and you want to do a great job in your new role. That's awesome; we're so glad that you're here! Hopefully you are starting to feel oriented and welcomed to the care center, but what if you are not?

Experts at Harvard Publishing say new hires need to step up their game and take control of onboarding to guarantee success. What? Take control in a work situation where everything is new and it may feel a bit scary?

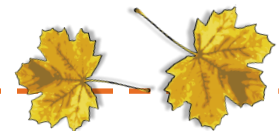
Yep. In addition to HR reps and your manager doing what they are tasked to do during your onboarding — paperwork, training, checking in — those Harvard experts say you should making solid efforts, too, such as getting to know your co-workers, asking questions when you have them, and communicating in positive, transparent ways (no gossip, please).

When you've been here a month or so, ask your supervisor how you've been doing. Ask them if there is one area you should focus growth and skill improvement on in the months ahead. It's okay to ask for feedback!

It's easy, really. Lay a foundation that is based on clear, positive communication. Know that we're all in this together and we're stronger when we pull together. Show grace to others and ask for it yourself if need be.

**#CHCCTeamwork**

More info: <https://s.hbr.org/1bmGQHX>



### Questions about advance directives and answers from Steve Wallace, social services director

#### I have a resident who is unable to make healthcare decisions. What do I do?

Look in Point Click Care (PCC) and find the resident under the Clinical tab. Look under their profile at the contacts. Find the individual who is the Durable Power of Attorney for Health Care (DPOAHC). That is whom you should contact.

#### I want more information. Where do I find the DPOAHC document?

Look in PCC and find the resident under the Clinical tab. Go to "documents." On the far right, change "sort by" to "category." You will find a DPOAHC document under the tab Advance Directives.



**NOTE:** Did you know that Steve W. is retiring on Oct. 31? He has served as CHCC's social services director since 2011 and was an integral part of getting our award-winning care transition program up and running. Here he is with care transition nurses at a recent gathering. Steve will be greatly missed here. He has been a gift to our residents and their families. Jenaye W., currently employed as a social worker here, will assume the role of social services director after Steve retires. They are training together now, which is wonderful! There will be a continuum of care. **#CHCCTeamwork**



Congrats to Mary R. for being a recent **KUDOS** winner. She gave and received more **KUDOS** cards than any other team member. How cool is that?

We're not the only ones who think Mary is awesome. Here's what you all said about her work at CHCC.

- *Great teamwork, willing to help a coworker that was not feeling great.*
- *Always willing to help and does it with a smile. Gives amazing care, too.*
- *Great team player; always willing to help.*
- *Thanks for all of your help!*



It's a great feeling to work in an environment where you feel supported. Thank you, Mary, for leading by example and showing your peers that you care for them and for our residents and patients. **KUDOS** to you!

## COMMENT BOX CORNER

Sharing your *FRESH* ideas, questions and comments!

**Comment:** I don't think the middle of the day is the best time to shampoo the carpet in rehab. It is slippery for residents and staff.

**Reply:** Thank you for mentioning this. Finding the right time for floor care is a challenge, that's for sure. Our environmental services department does their best to take care of necessary floor maintenance tasks at times that are the least inconvenient.

Daytime seems to work the best primarily because of the noise of the machines. Operating shampoo machines, vacuums, scrubbers and the like at night would disturb the sleep of our residents and patients. With that in mind, we've opted to do this work during the day, placing caution signs out when we do!

### 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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## HOW TO IMPROVE SLEEP PROBLEMS

As people age, one common complaint is that they're not getting as much sleep as they used to.

When bodies change, patterns of sleep often change, too. People over the age of 50, for example, often find themselves getting tired earlier in the evening and waking earlier in the morning. Many people also find that as they get older, they have more difficulty falling asleep and remaining asleep throughout the night.



The transition from being asleep to being awake often is more abrupt, too, so it can seem as though sleep is more fleeting, or that you're a lighter sleeper than in your youth. And because senior citizens tend not to sleep as deeply throughout the night, they often need to stay in bed longer to get the same amount of sleep — and the sleep they do get often is of lower quality overall.

Good sleep is important for health, so paying attention to sleep patterns is a nice idea, as is taking steps to improve your sleep as you age.

### How to get better sleep at night:



**Go for a walk.** Two things that can help you get better sleep: exercise and sunshine. Getting outside for a walk during the day can help tire you out (that's a good thing!), and the exposure to sunshine helps your body understand when it's time to be awake (daytime) and when it's not (nighttime). Plus, it's a great excuse to enjoy the beauty of Whatcom County. The Lynden trail system is a great place to start!

**Avoid alcohol before bedtime.** While alcohol can tend to make you sleepy at first, once its effects wear off, you're more likely to wake up. So while you may fall asleep more quickly, your overall sleep time and sleep quality will be diminished. Also avoid drinking coffee and tea before bedtime, as the caffeine can keep you awake. Too much fluids in general close to bedtime can interrupt sleep if you need to get up to use the restroom.



**Turn off the screens.** It can be tempting to engage in mindless TV, computer or phone time before bed, but all of that screen activity can actually keep our brains from winding down. To help you fall asleep better, turn off all of your screens at least an hour before bedtime.

**Don't lie in bed awake.** If you're still awake 15 or 20 minutes after you went to bed, get up until you think you're tired enough to sleep. This can help train your brain to associate the bed with sleep. Oh, and don't turn on the TV when you're up. Instead, grab a book or just sit on the couch and be still.

**Avoid naps.** Sleeping during the day can rob you of sleep during the night. Don't take naps during the day, if you can avoid it. You might also try some of these other sleep tips from the U.S. National Library of Medicine. [medlineplus.gov/ency/article/004018.htm](https://medlineplus.gov/ency/article/004018.htm)

If sleep problems persist, it also would be a good idea to have a chat with your doctor about other ways to ensure good sleep.