



The
PULSE



December 2018, Issue 2

TAKE CARE OF YOURSELF AND EACH OTHER

It's easy to get caught up in what Christmas is *supposed* to look like. You know, what you see in those Hallmark movies: A bountiful table, many warm moments with family and friends, perfect gifts, a home beautifully decorated, an endless array of fresh, homemade holiday treats... That's the dream, right?

In reality, families are complicated, not everyone can be together in one place, people overcommit, and buying gifts, decorating and preparing holiday meals are stressful — personally and financially.

The holidays can also stir up memories of loved ones who are no longer with us; the holidays can be joyful and sad at the same time.

Please bring awareness to this and go easy on yourself and others. Give yourself and others plenty of space and grace.

Take care of yourself this week. Stay hydrated, go for walks, get enough sleep. Skip baking that last batch of cookies.

Try to remember what Christmas is about for you, *individually*. For some it might be faith-based. For others it might be focused on family. Others may celebrate a different day altogether.

To each their own; there is no right or wrong way to spend the Christmas holiday. Just enjoy this time and each other.



Christmas Blessings

REMINDER: We will have a baked potato bar for all team members who are working on Christmas Day.



Thank you for covering shifts for coworkers. **Thank you** for adjusting your family plans for the day. **Thank you** for being here for our patients and residents!
#CHCCTeamwork



*And the angel said unto them,
Fear not: for, behold, I bring
you good tidings of great joy,
which shall be to all people.*



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://fb.com/christianhealthcare).



The National Alliance of Wound Care & Ostomy® hereby certifies that

Heather Lewis

Has successfully completed all requirements for certification, has demonstrated proficiency and mastery of essential knowledge in wound care, and is entitled to use the credential:

WCC

Wound Care Certified

180301989

CERTIFICATION NUMBER

11/19/2018

ISSUE DATE

11/19/2023

EXPIRATION DATE

Therese Moore

PRESIDENT OF THE BOARD OF DIRECTORS

Monica K. Wolford, RN, BSN, WCC, CWS

CERTIFICATION COMMITTEE CHAIR

Certificate is the property of the National Alliance of Wound Care & Ostomy and must be returned in the event of revocation of the credential.

NEW: WOUND CARE CERTIFICATION

Christian Health Care Center has taken a big step forward in its commitment to top-quality care.

Heather Lewis, CHCC's director of nursing, recently earned Wound Care Certified status from the National Alliance of Wound Care and Ostomy (NAWCO).

With a nationally certified wound care nurse on staff, CHCC remains at the forefront of wound care in Whatcom County, providing top-quality service to our many wonderful residents and patients.

The Wound Care Certified credential is a leading wound care certification in the United States, and it is highly respected in the field. NAWCO has been certified licensed healthcare professionals in wound care for more than 15 years.

With a certified wound care pro on staff, CHCC can perform wound care with a holistic, comprehensive approach that considers all factors affecting the way a wound heals.

And that's not all. Heather's training and certification also leaves her better equipped to understand the causation — etiology, in medical speak — behind skin and wound problems.

"I am better able to identify the etiology of both chronic and acute wounds, which in turn assists in determining the most appropriate treatment plan, including products and dressings," she says. "In addition, I am able to provide education for residents, patients, families and staff regarding treatment and prevention of wounds." Continue reading at <https://bit.ly/2QCloxp>

CONGRATS, DON!

Don Donahue — ace volunteer and all around good guy — was the recipient of the 2018 CEO Impact Award, which was presented at our Christmas party earlier this month.

Thank you, Don, for the countless hours you spend here spreading cheer and giving your time to our residents. You are a gift to us all.



POLICY REMINDER: CASUAL DRESS

You can wear jeans every Friday with a CHCC logo shirt. You can also wear casual clothing on theme days designated by the employee relations committee. Casual wear includes jeans, pants and T-shirts, and dress shirts.

Shorts, sweatpants, skorts, sweatshirts, rock band T-shirts, clothing with offensive language printed on it, attire that includes beer logos, and tank tops are also examples of inappropriate attire.

Casual wear clothing must be conservative, professional, clean, in good repair and wrinkle-free.

COMMENT BOX CORNER



Sharing your *FRESH* ideas, questions and comments!

Question: Can people hold weddings in the chapel or common areas at CHCC?

Reply: In the month of November, there were two weddings that took place at CHCC. How fun is that?

We know how much our residents enjoy (and benefit from!) being included in family celebrations. It also means a lot to know that people consider CHCC a comfy place to have a small ceremony.

With a bit of notice we can reserve space for family gatherings and notify staff that something special is happening in the building that day.

Since this is a relatively new occurrence, I will be writing a policy that addresses the notification and approval process for events held in our care center, whether those events are planned in the chapel, sunroom, activity room or courtyard. The policy will include guidelines for the size of gatherings, how much notice we need, and who families should speak to about reserving space.

In the meantime, before the policy is written, if you hear families, visitors or volunteers chatting about using space here for an event, please let me know so we can communicate with them. Thank you!

Tonja Myers, Administrator

CHCC's rehab department was featured in a recent issue of The Lynden Tribune. Did you know that the number of joint replacements nationwide is on the rise and the average age of rehab patients is declining?



Christian Health Care Center

CHCC rehab therapy

During a visit last week, the Christian Health Care Center's "rehab wing" was entirely full, its 23 rooms all occupied with patients receiving services.

That would be an indication of the need, and also the success, of this facility that is a one-and-only in north Whatcom County.

It is unique in combining the skilled nursing care of CHCC with the transitional rehabilitation services that may be needed by a person between a hospital stay and returning home fully functional.

"The goal is to establish a plan of care that includes therapy and nursing so that we are addressing all the issues for the patient," said Heather Lewis, director of nursing for all of CHCC.

"It is really very much a team," Lewis said of the two sides working together. "We reinforce each other. We support one another."

This back wing at 855 Aaron Dr. was added in 2006 a few years after the main building, and it's certainly proven to be a match. Patients in therapeutic rehabilitation

services enjoy, in addition to the nursing care, the CHCC meal preparation, medications monitoring, and the financial tracking to ease their transition.

The rooms are spacious and mostly single occupancy. They allow a patient to get back into doing one's own bathroom duties. There is adequate space for family and friends to come visit.

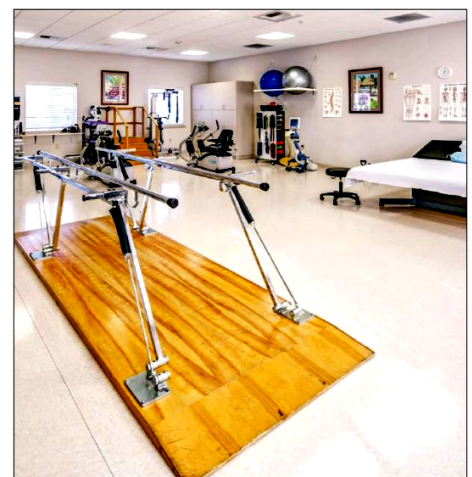
The goal is to get a patient back to "a safe home environment" in their familiar surroundings, Lewis said.

The medical situations for admission vary widely. One big clientele group is "post-op" individuals after joint or other surgery. Or there may be Parkinson's issues, or diabetes, or infection, or intravenous, or loss of mobility for some reason. Often the factor of "pain management" enters in.

Statistics in one area in particular bear out the need for a place like CHCC rehab: The number of joint replacements is on the rise while the age of patients is dropping.

The rehab therapy room, with its equipment and staff, has an entrance to be useable outpatient as well. And a care transition team backs up patients' return home with visits and monitoring, so they are less likely to need to be readmitted.

As to being in Lynden, Lewis says, "We definitely want to cater to the people that live here, because they



The rehab therapy gym is integral to getting patients moving toward a recovery lifestyle.

(Courtesy photo)

want to be near their homes too. They may have a spouse that wants to visit them. It's important to have the family supporting that patient."



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.

LOCAL MEDIA FEATURE

A4 • Wednesday, December 12, 2018 • lyndentribune.com

CHCC food service wins highest rating



Chef Dave chats with a CHCC resident at mealtime to get input for his cooking. (Courtesy photo)

By an outside auditor, the score in two areas was 100 percent

By Calvin Bratt
editor@lyndentribune.com

LYNDEN — High-quality food service at the Christian Health Care Center has been recognized by a third-party au-

ditor. Sodexo, the company that manages food services at CHCC, hired an outside firm to conduct two separate audits of the Lynden nursing-care facilities. The first, focused on food safety, looked in-depth at such items as personal hygiene, temperature control, purchasing and receiving, the knowledge of the person in charge and general observations regarding the service area, dishwashing and more.

The second audit covered health and safety, including chemical hazards, prevention of slips and falls, safety training and more.

What came out of the scrutiny was a "double gold" award for CHCC, reports Carol DuBois, dietary manager.

"Both audits, containing 15 pages total, showed 100-percent compliance," DuBois said. "This is the first double gold I have had since being at CHCC. In prior

years, I've scored in the high 90s, but not two at 100-percent!"

DuBois said CHCC works hard to create a great dining experience for its residents and patients. "We think that's evident both in the qual-

ity of the food and in the personal care and attention with which it's created and delivered."

The perfect scores earned the dining team a special Audit Recognition Award from Sodexo.

CHCC staff mem-

bers do take pride in their work, from storing and preparing food to serving it to CHCC residents, said Tonja Myers, administrator.

Dietary staff members work hard, day in and day out, to ensure that residents' nutritional and dietary needs are attended to.

"We go out of our way to meet with each resident and customize meals according to their preferences and diets," DuBois said. "It is not just a job to all involved; dietary staff really care about all the residents as individuals."

To ensure that all nutritional needs are met, the kitchen has a diet spreadsheet that breaks down individual types of diets, approved by a certified dietician.

As part of preserving a "family traditions" feel, once a week in various parts of CHCC, chief chef Dave makes custom omelets for both long-term care and short-stay rehab residents.

In fact, CHCC recently started asking residents for their recipes from home, so the kitchen staff can prepare meals that taste just like mama used to make. Treasured family recipes are presented to the food committee, which consists of DuBois, chef Dave and four CHCC residents.

"We all have family traditions that we do not want to lose just because we are no longer at home," DuBois said. "I hope that the dining experience makes all the residents feel like home."

