



The PULSE

You're a star! Here's how the Shining Star Program works

The Shining Star Program at Christian Health Care Center aims to honor employees each month who exemplify the CHCC mission of "providing skilled health care services with compassion and love in Christ's name."

Shining Stars are honored at our all-staff meetings and featured on our Shining Stars board. They also are recognized at the December Christmas party.

How the program works:

Every other month, a Shining Star is selected from our care team (NAC, LPN, RN). Those roles make up over 56 percent of all team members in our building, so it feels appropriate to recognize someone from that department every other month. The other Shining Stars are selected from other departments on a rotating basis. The upcoming department will be announced and posted prior to its selection month.

You are all invited to nominate peers for Shining Star recognition! Forms are available for this purpose in the HR office, front lobby, each unit and department, and the staff lounge. Completed forms can be turned in to the box in the staff lounge, directly to your manager, or to a member of the employee relations committee. Nominations must be in by the 10th of the month prior to the month that specific departments will be featured.



by **Tonja Myers**
Administrator

Criteria for selection as a Shining Star is as follows:

- ✦ Person who best exemplifies CHCC's mission statement.
- ✦ Minimal call offs and good attendance (preferably perfect at-

Please see *Shining Stars* on Page 4

Fall prevention reminders for residents

by *Kandi Camacho, Toni Bos and the Falls PIP team*

We love the individuals who receive care here and want to do our best to keep them safe.

Our goal is to prevent falls as best as we can, knowing that falls anywhere—here, at home, in public spaces—can reduce independence and quality of life.

Here are some things we as care providers can do to help prevent falls:

- ◆ Never leave a person at risk for falls alone. If they need to use the restroom, for example, stay with them and have someone else go for help if needed.
- ◆ Anticipate needs! **This is an important one!** Falls are often linked to care needs. Make sure to offer restroom breaks to those under your care every two hours. Especially those who are at risk for falls.

Please see *Fall Prevention* on Page 2



Like or share CHCC's Facebook posts with your friends and family to help others learn about job openings, volunteer opportunities, donation requests and more.

fb/christianhealthcare

FALL PREVENTION

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◆We recommend that NACs do their charting down the halls on the kiosks so they can provide extra eyes and ears, remaining close to those who may be requesting assistance with movement. That simple shift can really help!

◆As you are walking the halls, check each room with your eyes as you are passing by. Be alert and aware at all times.

◆Keep rooms free of clutter. Make sure people have frequently used items in reach.

◆Keep the curtains open so others can see in the rooms as they are passing by.

◆People receiving care here need non-skid socks on when in bed at night (unless they decline to use them, of course).

◆Night-shift nurses, please walk the halls at night as NACs are doing their rounds. Keep extra eyes on the hall in which they are not doing their rounds.

◆With all transfers, follow the care plan. If you are unsure how a person transfers, please double-check with a nurse.

◆Know which individuals are at high risk and check on them frequently. Check on high-risk patients and residents in between cares to monitor and anticipate their needs.

◆Remember that the orange leaf on the doorway is a reminder to care providers of the people who are a extra-high fall risk.

You all do a fabulous job! Thank you for your good care. What a blessing and privilege it is so serve these wonderful people. You are a light in their day. Shine bright!!! #CHCCTeamwork

Get your scrubs dirty? Backups are available.

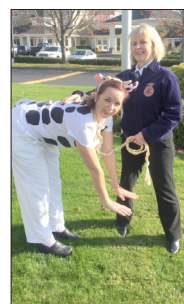
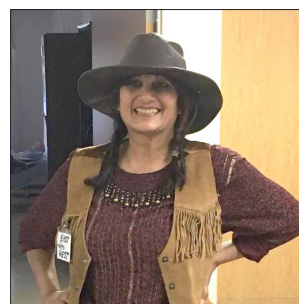


A message from Happy McMeekin, Central Supply coordinator:

Did you know... If your scrubs get dirty during any shift, there are backups available in Central Supply (not unlike the ones modeled by these lovely ladies). Any nurse can assist you with access to the supply room. We just ask that you bring borrowed work-wear items back washed and folded so they are available for other team members to use.

We're always looking for donations of scrubs, any-sized bottoms or large tops. If you have extras to share, please leave them at the reception desk or drop them off in the supply room.

Please remember: If you borrow scrubs, please return them washed and folded so they are available for the next person who needs them!



MARK YOUR CALENDARS:

July 31 is Western Theme Day. Dress up as a cowgirl or cowboy — or maybe even a cow! Let's see your best costumes!

Cybersecurity guidance for CHCC team members


by Mary Faber Wynstra,
CHCC compliance
coordinator




- Make your passwords complex. Use a combination of numbers, symbols, and letters (uppercase and lowercase).
- Change your passwords regularly (every 45 to 90 days).
- Do NOT give any of your usernames, passwords, or other computer/website access codes to anyone.
- Do NOT open emails, links, or attachments from strangers.
- Do NOT install or connect any personal software or hardware to CHCC's network without permission from the IT department.
- Make electronic and physical back-ups or copies of all your important work.
- Report all suspicious or unusual problems with your computer to the IT department.

Source: United States Department of Homeland Security.

Kudos to the CHCC team



Jani Wieber
Local Guide · 283 reviews · 1,718 photos
★★★★★ 2 weeks ago
Excellent and caring staff, highly trained to serve your loved-one.



Like

Response from the owner a week ago
Your observation and kind words mean a lot to our entire care team, thank you!

This is a recent review left on Google for Christian Health Care Center.

Thank you, CHCC team members, for all you do to make reviews like this possible. From facilities to dining to the admissions desk to nursing to NACs to the spiritual support team, every one of you con-

tributes to positive experiences that turn into reviews like this.

Thank you for working so hard, day in and day out and for every single resident who lives with us, to fulfill the CHCC mission to provide skilled health care services with compassion and love in Christ's name. **#CHCCTeamwork**



"CHCC is by far
the most excellent!"

Nancy T., therapeutic rehabilitation patient



Help welcome these new team members!



Aman, LPN



Amanda, RN



Sarah, Housekeeping

SHINING STARS

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tendance for the past three months).

- ✿ Employed for minimum of six months; can be either full-time or part-time

- ✿ Consistently meets/exceeds performance and attitude expectations; takes the initiative to go above and beyond the call of duty.

Shining Stars are not selected by popular vote, but by their manager(s), with feedback from their peers (that's you!).

Winners of the monthly CHCC Shining Star program each receive recognition and awards. Awards include the following: \$100 award, Shining Star Pin, photo/name on the Shining Star board, certificate, \$25 gift card for Woods Coffee, and acknowledgement at employee meetings and resident council meetings.



REFRESH! Position residents properly and reposition at least every two hours. Residents should be neatly groomed and in clean clothing and clean-shaven. They should have their hair brushed, glasses on, hearing aids in and dentures in. Be sure to check fingernails before meals to be sure they are clean. Check to make sure their wheelchair is clean, too.



ASK US ANYTHING!

Have a question about CHCC? Jot it down and drop this slip into the comment box in the break room. We'll share answers in the Comment Box Corner column in an upcoming issue of this newsletter.
