



The PULSE



Pajama Days are fun for members of the care team and also those who live at CHCC. Work hard, have fun! For more photos from Pajama Day, visit the CHCC Facebook page at fb.com/christianhealthcare.



COMPLIANCE CORNER: *A word about photo sharing*

Everyone who receives care here has the right to privacy and confidentiality. The care and services we all provide are personal and confidential to the recipient, per HIPAA regulations that we live by.

Did you know that CHCC could be considered out of compliance if you take photos or recordings of residents and patients (their physical bodies or personal space) and keep or distribute those images or recordings? Doing so can trigger additional surveyor activity in our care center.

If you have unauthorized photos of residents on your phone, or if you have shared images of those we care for via text or on your personal social networks, CHCC could be penalized.

Of course, there are ways to

snap and share photos and videos at CHCC and stay in compliance! We just make sure that there is an image release form signed and on file for each resident/patient who appears in the image **before** it is shared.

This is how we manage resident images that are shared on CHCC's Facebook page on occasion.



by Mary Faber Wynstra
Compliance Coordinator

One example of this took place in t-rec. Kaitlin snapped photos of Carnival Day. She then checked each resident's records to make sure there was a release form on file, and then she forwarded the images to Patti

Rowlson, CHCC's marketing consultant and social media manager, who wrote the text and posted them on Facebook. #CHCCTeamwork

Note: Photos that roll out on CHCC's Facebook page

*Please see **Photos** 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.com/christianhealthcare

REFRESH!
Talk with residents while you care for or assist them with meals.

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

chcclynden.org/about/the-pulse/

PHOTOS

Continued from Page 1

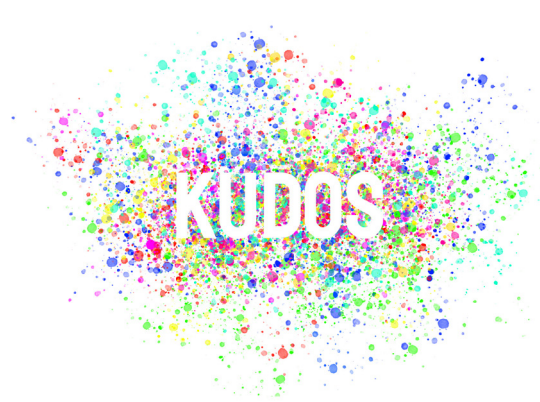
are shareable. You can click the “Share” button on those photos anytime you’d like to show your family where you work and whom you work with.

If you have questions about photo use at CHCC, please stop by my office and ask.

- Mary Faber Wynstra
Compliance Coordinator

Kudos for another great review!

Check out the wonderful review below from another satisfied therapeutic rehabilitation patient! Thank you to all of you, CHCC team members, for what you do to meet and exceed the expectations of everyone who comes through the doors here at Christian Health Care Center. #CHCCTeamwork



Here’s what the quote below says:

“I have felt so safe here and well-cared for. The P.T. was rigorous but suited to my need. Encouragement and acknowledgement of my progress was always present, my concerns and self-doubt was immediately addressed. The food was delicious. This is a fine and helpful facility. Thanks to all, especially to Martha (aide) for her cheerful assistance, and the other aides as well. The nurses certainly took my heart care every seriously.”

JENAYE, YOU’RE A SHINING STAR



Who is our latest Shining Star? It’s Jenaye!

Her peers say that she has demonstrated great leadership skills while remaining a true team player since taking on the role of social services director eight months ago. They say she is efficient and effective, compassionate, kind and hard working.

Thank you for all you do to support individuals, families, and your peers at CHCC, Jenaye. You are a treasure!

Please rate the care that you received.

	Excellent	Average	Needs Improvement
Staff introduced themselves	✓		
Help was available when needed	✓		
Questions were answered	✓		
Procedures were explained	✓		
Privacy and modesty were respected	✓		
Quality of therapy services	✓		
Concerns were addressed	✓		
Personal property was kept safe	✓		
Housekeeping services	✓		
Meals were appealing	★★★		
Activity programs suited my needs	✓		
Visitors/loved ones were welcome	✓		

Comments: *I have felt so safe here and well-cared for. The P.T. was rigorous, but suited to my need. Encouragement and acknowledgement of my progress was always present, my concerns & self-doubt was immediately addressed. The food was delicious. This is a fine & helpful facility. Thanks to all, especially to Martha (aide) for her cheerful assistance, and the other aides as well. The nurses certainly took my heart care very seriously.*

Almost there! CHCC weight-loss contest ends Sept. 1



How is your progress coming on the CHCC Weigh to Go competition? Have you been checking the leaderboard? The contest ends on Sept. 1. Until then, keep weighing in each week in the classroom.

Wellness tip: Eat more nuts, drink more water. Sure, nuts are a bit higher in fat, but they're super nutritious (not to mention delicious)! And sodas (many fruit juices, too) are empty calories. Opt for water instead.

REFRESH! Wash your hands and use gloves at all appropriate times. When you dispose of gloves, be sure to put them in the trash cans (not around it, not on over-bed tables, not on floors, etc.).



Earthquake safety planning at CHCC

Get Ready to Shake Out.

DROP! COVER! HOLD ON!

October 17, 10:17 a.m.

Shake Out

Christian Health Care Center once again will take part in the Great American Shake Out, which is scheduled for 10:17 a.m. on Thursday, Oct. 17, 2019. (10:17 on 10/17, get it?) Prepare to see more information in the weeks ahead on this important safety topic.

In August, we're sharing a few tips on earthquake preparedness, beginning with the first four steps toward earthquake safety. Before the next big earthquake, we recommend these four steps that will make you, your family (and your workplace here at CHCC) better prepared to survive and recover quickly:

Step 1: Secure your space by identifying hazards and securing moveable items.

Step 2: Plan to be safe by creating a disaster plan and deciding how you will communicate in an emergency.

Step 3: Organize disaster supplies in convenient locations.

Step 4: Minimize financial hardship by organizing important documents, strengthening your property, and considering insurance.

UPCOMING CALENDAR

Thursday, Aug. 8: Ice cream sandwiches in the break room.

Friday, Aug. 9: Book Lovers' Day! Bring a book from home and take a different one from the Rehab Staff Lounge.

Thursday, Aug. 15: Relaxation Day. Stop by the conference room for some quiet time. Heat wraps and cucumber-lemon water will be available. Bring your own yoga mat, if you like.

Monday, Aug. 19: Cancer Society World Daffodil Day. Wear yellow!

Tuesday, Aug. 20: Employee relations meeting at 11 a.m. in the conference room.

Wednesday, Aug. 21: Mandatory licensed nurse meetings will take place at 7 a.m., 5 p.m. and 6:30 p.m.

Wednesday, Aug. 21: The Safety Committee meets at 2:30 p.m.



Get your ice cream sandwich Aug. 8!

Dietary does it again!

Check out these delicious new menu items



The dietary department at Christian Health Care Center has rolled out a couple of amazing new meals lately. Don't they look delicious? On the left is a meat lasagna with Brussels sprouts, and on the right is pork loin with mango chipotle glaze, asparagus and roasted red potatoes. CHCC residents and rehab therapy clients are sure to be raving about these new meals soon — just like the great review on Page 2 of this issue of The Pulse, in which the food got a special pair of stars!



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.
