



The PULSE

Collaborative efforts lead to new medical director

Thirty-eight years. That is how long Steven J. Alexander, MD, has served as CHCC's medical director!

In this role, Dr. Alexander has collaborated with CHCC team members to ensure that everyone receives quality care here. He has provided expert insight and guided our nursing staff with regard to treatments and current best practices. He has been a staunch supporter of long-term care and rehabilitation in Lynden. For all of that – years of service, dedication to industry, and caring for our family, friends and neighbors – we are grateful.

Dr. Alexander expressed his desire to retire from the role of medical director at CHCC earlier this year.



Dr. Steven Alexander
MD

He has been kind and collaborative as we have worked to find a replacement and establish a transition plan, which is now in place. His last days here will be in October; however, he is not retiring from medicine. He will continue serving the local community through his role at Lynden Family Medicine, which is good news.

Please join us in thanking Dr. Alexander for all he has done for Christian Health Care Center over the decades! Words cannot express his impact and our appreciation.

Our new care providers

A thorough search for a new medical director was conducted; I'm pleased to announce that The Center for Senior Health, operated by PeaceHealth, has been chosen to serve our residents and patients. Through this partnership, we will have access to two care providers:

Please see *Care Providers* on Page 3

Being good stewards

Stewardship: The careful and responsible management of something entrusted to one's care.

When people think of stewardship, they often think of protecting natural resources, such as land and sea. However, our CEO Patrick and I believe that carefully and responsibly managing this nonprofit is also a form of stewardship.

The stewardship of Christian Health Care Center is something we take very seriously. Working to ensure it remains financially viable while delivering a high level of care in an industry that is faced with many challenges is the most important



by Tonja Myers
Administrator

Please see *Stewardship* on Page 4



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](https://www.facebook.com/christianhealthcare)

FAIR FUN!

Can you tell by the smiles on these faces that the Northwest Washington Fair outing was a big hit this year? Thanks go to all who are involved with organizing this hometown fair each year. Thanks also go to our wonderful care team. Because of you, some of our favorite humans were able to have a super fun experience! For a video featuring more photos from this fun event, visit the CHCC Facebook page at facebook.com/christianhealthcare.



What is the CBD policy at CHCC?

The legalization of marijuana in Washington state and the recent explosion in popularity of cannabidiol (CBD) products have led to some questions about whether the use of CBD for medicinal purposes is allowed in skilled nursing centers like Christian Health Care Center.

CBD is present in marijuana and hemp and is used for a number of medical uses, including for the treatment of chronic pain. It contains only trace amounts of THC, the compound in marijuana that produces a “high,” and it has been turning up in all manner of products, from food to dietary supplements. In Washington state, it is legal for individuals over the age of 21 to purchase and use products such as CBD oil and lotions.

However, on the national level, CBD products are not approved by the Federal Drug Administration for the treatment of any disease or condition, and it is illegal (at the federal level) to sell dietary supplements that contain CBD. Under the Federal Food, Drug and Cosmetic Act, any product intended to have a therapeutic or medical use is a drug, and drugs are under the purview of the FDA.

Because the FDA has not approved CBD for medical or therapeutic use, the situation be-

Welcome to CHCC

Let's give a warm welcome to these two new faces! Sally, a dietary aide, and Kelsey, a registered nurse, have joined the CHCC team. Give them a smile if you see them in the hallways, and do what you can to ensure they feel part of the team. We're all in this together to serve residents and patients of CHCC! #CHCCTeamwork



Sally, Dietary Aide



Kelsey, RN

Please see *CBD* on Page 4



On Sept. 11, wear red, white and blue to honor our nation's heroes.

More from the calendar this month:

- **Sept. 16:** Hat Day
- **Sept. 17:** Employee relations mtg., 11 a.m. in the conference room
- **Sept. 18:** Latino Food Potluck (sign up to bring in food items to make a meal to celebrate Hispanic Heritage Month)
- **Sept. 20:** CPR class, 8 a.m. to noon

Protecting others is up to you



Remember that you have an important role to play in helping those we serve by being quick to act on any possible concerns of abuse, neglect or a violation of resident rights. The protection of those in our care starts with each and every one of you. To make a report online, go to dshs.wa.gov/altsa/reportadultabuse. To make a report by phone, call the Aging & Long-Term Support Administration at 1-800-562-6078.

REFRESH! Keep hallways cleared so residents can be independent with mobility. The hand rails must be accessible. All equipment must be along one side of the hallway.

CARE PROVIDERS

Continued from Page 1

Medical Director: Angie Lee, MD

Dr. Lee will be at CHCC two times per week. She will provide medical direction to our care team, filling the role Dr. Alexander held. Dr. Lee is well-versed in skilled nursing; she is certified in internal, geriatric and palliative medicine, which will be a benefit to those who work and receive care here.



Dr. Angie Lee
MD

Nurse Practitioner: Cindy Peers, ARNP

In addition to the medical director, we will also have access to a nurse practitioner who can help with direct care, diagnosis and condition management. Ms. Peers has completed graduate-level education and training and specializes in adult health. She will be at CHCC four times per week.

Please help us welcome these new care providers as they settle into their roles here. They are both looking forward to providing care in the Lynden community, and particularly at CHCC, where we have earned a reputation for delivering patient-centered care with compassion and love in Christ's name.

If you have questions about the role of medical director at Christian Health Care Center, please direct them to Tonja Myers, CHCC's administrator.



Cindy Peers
ARNP

STEWARDSHIP

Continued from Page 1

work we've done so far.

We know that each and every one of us – all who work here (that's you!) – have been entrusted with something that is special. Guiding the organization and doing the work we've been tasked with, while being careful with the resources we have, are all parts of being good stewards of this critical community resource.

Just like the sensitive ecosystem that may impact the health of natural resources, there is a similar balance that impacts the health of CHCC. Being good stewards of this resource, we must manage that balance carefully.

Sometimes, we need to say “no” to your requests because they impact a balance, or we can't make certain decisions quickly because more time is needed to set CHCC up for success when something new rolls out.

Many times, we get to say “yes” because good stewardship, including the direction provided by CHCC's board of directors, led us to a balanced, fiscally healthy place.

Either way, please know that we are being intentionally thoughtful and careful with the stewardship of this healthcare organization.

We are always looking for ways to be most efficient with resources; I'd welcome and appreciate any thoughts you may have on ways to save time or reduce costs while balancing quality of care. That is never an easy task, but it's important!

CBD

Continued from Page 2

comes tricky for health care centers that receive federal funds, such as through Medicare and Medicaid, even though the products might be legal in the specific state in which the center resides.

By law, skilled nursing and rehab centers like CHCC can only administer products and medications that have FDA approval, or they could be penalized.

To ensure that CHCC doesn't do anything to jeopardize its federal funding — which is necessary to keep the nonprofit care center operational — CBD products are not allowed in our skilled nursing center.

According to a July 2019 article on its website, the FDA “recognizes the significant public interest in cannabis and cannabis-derived compounds, particularly CBD,” but goes on to note that “there are many unanswered questions about the science, safety, and quality of products containing CBD.”

To date, there isn't much infor-

mation available about how CBD affects the body. However, included in the FDA's ongoing research is an effort to determine how CBD affects the elderly in particular.

The FDA notes that — especially with CBD's recent rise in popularity

— a number of unsubstantiated claims have surfaced about CBD's ability to treat certain symptoms.

“Unlike drug products approved by the FDA, unapproved CBD drug products have not been subject to FDA review as part of the drug approval process,” the FDA

writes on its website, “and there has been no FDA evaluation regarding whether they are safe and effective to treat a particular disease, what the proper dosage is, how they could interact with other drugs or foods, or whether they have dangerous side effects or other safety concerns.”

That said, research is currently being done into the value and effect of CBD, and the FDA's policy may change in the not-too-distant future. For now, as we abide by all industry regulations, CHCC is abiding by FDA's restrictions on CBD use.

“Unlike drug products approved by the FDA, unapproved CBD drug products have not been subject to FDA review as part of the drug approval process.”

- Food and Drug Administration

