



# The PULSE

## HOW YOU CELEBRATE

# DIWALI: The Festival of Lights



*Christian Health Care Center thrives in its mission in part because of the great many team members who give of themselves each and every day to serve others. We are people from many backgrounds and experiences, gathered together here on Aaron Drive each day to care for those who need it, and the diversity of cultures present in the CHCC halls each day deserves to be honored and celebrated. To that end, The Pulse is featuring various cultural traditions and celebrations present among the team members here at CHCC. First up: Diwali.*

Diwali, also known as the Festival of Lights, is celebrated as a national holiday each fall in several countries in South Asia. In India, for example, it is the biggest and most important holiday of the year. Diwali — or Divali or Dipawali, as it is sometimes called — also is

celebrated around the world by many Hindus, Jains, Sikhs and Buddhists. Hindus follow the legend of Lord Rama and his battle with the demon King Rawan, in addition to his wife Sita's return after 14 years in exile. Sikhs celebrate

*Please see **Diwali** on Page 4*

## LEADERSHIP TIPS

# 'LEAN' INTO LEADERSHIP

This may not be a surprise, but it's easier to work and function in clean, organized places. That is totally true. It's easier to find what you're looking for, and it's easier for our environmental services team to clean in spaces that are tidy. If not for yourself, consider the info shared below for their benefit. #CHCCTeamwork

Have you heard of the organization and productivity term referred to as "lean?" It has been promoted by a Whatcom County business leader and global lean evangelist — Paul Akers of Fastcap — for years.

Lean is a style of work that promotes efficiency. It is often used in manufacturing settings in which leaders are looking for ways to manage workflow, streamline processes and reduce redundancies. Lean also works in many workplace environments, including healthcare.

One simple tool that helps people get in line with lean is called "3S," which stands for Sort, Shine and Standardize. There are super simple ways to incorporate 3S practices into your daily thinking and work. Here are some tips to try:

**Sort** means to get rid of items that are not necessary. Sort through that pile of papers at

*Please see **Leadership** 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.

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

**EVENTS**

# Get your jingle on Dec. 5

Jingle with CHCC! On Saturday, Dec. 14, Christian Health Care Center will be participating in the annual Jingle Bell Run/Walk at Bellingham High School in Bellingham.

Festivities begin at 8 a.m. at the high school, with the walk/run starting at 9 a.m. Carol and Happy are co-captains of the CHCC team this year, and they are looking for folks to join the team.

There are many ways to participate and help raise money for an important cause (100 percent of registration fees go to the Ar-

thritis Foundation to fund arthritis research):

- 5k run/walk (3.1 miles) around downtown Bellingham.
- Dog trot (walkers only).
- 1-mile walk.
- Kids' fun run with the elves.

As you can see, running is not required! Plenty of walkers participate every year, too. There is also a costume contest, photos with Santa, post-race refreshments and more!

Your \$30 registration fee will get you a long-sleeved Jingle Bell T-Shirt and jingle bells to go on your shoes. Also, the CHCC board has donated \$1,000 that will put the CHCC name on the shirts and on posters.

If you need help registering, please see Happy or Carol in the kitchen. Our team name is "Christian Health Care." To sign up, go to [JBR.org/Bellingham](http://JBR.org/Bellingham) online. CHCC employees can sign up, of course, but so can CHCC families and volunteers.

We hope to see you Dec. 5 at this fun, family-friendly holiday event!



**CHCC at a previous Jingle Bell Run/Walk.**

**REFRESH:** Keep hallways cleared so residents can be independent, moving around on their own as much as possible. All handrails must be accessible, and all equipment must be along one side of the hallway.

**NEW HIRES**

# Welcome these new faces to CHCC!

We have some new faces to welcome to CHCC! Danielle, Esther and Jamie are registered nurses that have recently joined our team. When you see them, please tell them you're glad they're here!



**Danielle, RN**



**Jamie, RN**



**Esther, RN**

**Conduct during election season**  
*It's election season, which means there is chatter about politics and elections all around us. Please remember that CHCC's Code of Conduct requires us to ensure that "our personal political activities are separated from those of the company." We ask you to refrain from discussing political opinions in this work environment — with your peers, with residents, with volunteers and with others who may visit here. Thank you so much!*





## HEALTHCARE

# How does an ARNP add to the quality of care at CHCC?

**A**s you know, a new medical director has arrived at Christian Health Care Center. Dr. Angie Lee, MD, has replaced Dr. Steven Alexander, who served CHCC for 38 years. Dr. Lee comes to us through a partnership with The Center for Senior Health, operated by PeaceHealth St. Joseph Medical Center in Bellingham.

But Dr. Lee won't be the only new face in the halls of CHCC and at the bedsides of those who receive care here. Cindy Peers



**Cindy Peers**  
ARNP

— an advanced registered nurse practitioner, or ARNP — also will be helping our care team manage the health and wellness of people who are here for long-term care or therapeutic rehab. Peers earned her ARNP degree from the University of Cincinnati and is board certified by the American Nurses Credentialing Center.

### What is an ARNP?

An advanced registered nurse practitioner is an RN who, like a doctor, can have primary responsibility for patient care. ARNPs complete extra levels of graduate train-

ing in medicine and can have their own practices or work alongside physicians.

We are fortunate at CHCC not only to have the services of Dr. Lee but also ARNP Peers, who can do many of the same high-level tasks in patient care. For example, she will be instrumental in diagnosing and treating health issues here at CHCC, which helps keep re-hospitalization rates low. ARNP Peers can also prescribe medications and teach those who live here about healthy living choices.

Besides having access to Dr. Lee's medical expertise, CHCC will benefit from ARNP Peers providing care to those receiving care here a number of times each week. In addition to the experienced nurses we have on staff, that's a lot of great medical attention for the people who live at CHCC and/or receive therapeutic rehabilitation services at our health-care campus in north Whatcom County.

Christian Health Care Center is grateful for the support of The Center for Senior Health; we look forward to working alongside Cindy Peers in the weeks and months ahead. We all will welcome and appreciate her skills and knowledge.

Please say "hello" to Cindy when you see her in the halls, and welcome her to CHCC!

## RECOGNITION

# *Maria, you're a Shining Star!*



The Christian Health Care Center Shining Star for August is Maria Ruiz. Congratulations, Maria!

Maria works in CHCC's laundry department, so you can find her hidden behind that closed door or delivering clothing to resident rooms. She is incredibly kind to everyone. She works very hard and is very efficient and dependable.

Maria is one of those people who just quietly do amazing things every day! We are so fortunate to have Maria as part of the CHCC team.

Congratulations, Maria, and thank you for all you do!



REFRESH: The Safety Data Sheet (SDS) book is kept by the bulletin board at the employee entrance.

## EVENTS

### From the calendar:

- **Wednesday, Oct. 23:**  
Mandatory LN meeting at 7 a.m., 5 p.m. and 6:30 p.m.
- **Friday, Oct. 25:**  
Pay day.
- **Friday, Oct. 25:**  
Popcorn day.
- **Tuesday, Oct. 29:**  
Indian cuisine potluck. Bring a dish to share!
- **Thursday, Oct. 31:**  
Halloween! Costume judging begins at 10:30 a.m. And don't forget that trick-or-treaters will be here from 2:30 p.m. to 3:45 p.m. Can't wait!



**Remember this Halloween? We had festive pumpkins, Mr. Potato Head and potato chips (among many others). The annual costume contest is always such a great time! Hope your costumes are ready!**

## DIWALI

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Diwali because their sixth guru, Guru Har Govind Sahib Ji, was released from captivity after having been prisoned by a Mogul emperor.

The date varies each year on the Western calendar. This year, Diwali occurs on Oct. 27, with the celebration extending on each side of that date. On the Hindu calendar, the celebration lasts for five days, centered on the first day of the new moon.

According to the Old Farmer's Almanac, the first of the five days of Diwali celebration is dedicated to the cleaning of homes and the creation of rangoli, which are designs made of colored powder, rice, sand, or flowers created on the floor of the home.

Day two is used for preparing or buying special food and for praying for the spirits of ances-

tors in the afterlife.

The third day is typically the main day of celebration. On this day, families celebrate by shooting off fireworks and lighting lanterns and candles. (According to the Encyclopaedia Britannica, the name Diwali is derived from *dipavali* in Sanskrit, which means "row of lights.")

Traditions for the fourth day of Diwali vary, according to the Almanac, but one oft-celebrated theme is the bond between husband and wife; husbands often will buy gifts for their wives.

The fifth and final day of the holiday focuses on the bonds between siblings.

Do you celebrate Diwali? Share your family traditions with your co-workers at CHCC so they can learn more about you and your culture.

## LEADERSHIP

### Continued from Page 1

your work station. Digitally scan and save what you really need; recycle or shred what you don't. Reduce the number of pens and paper clips (and other office supplies) you have in your drawer (turn in extras to the supply closet so we don't need to buy more!). Are you surrounded by binders full of old program info? Ask your supervisor if those binders are still needed. Sort, shred, recycle and repeat.

**Shine** means to keep your work station clean and tidy. Put trash and recycling where it belongs. Visually scan your area to see what things make a mess on your desk or take up valuable workspace. Do you need ALL of those tchotchkes? Is it time to toss that withering plant? Would reducing the number of items on your desk make it easier for housekeeping to clean the surfaces? Could someone else at CHCC use that piece of equipment that you don't use anymore?

**Standardize** refers to the way you organize your workspace and the tools of your job. Maybe labeling drawers would make things easier to find. Perhaps color-coding files would make sense. What if you had very specific places to keep your most-used tools so they were always within reach? What can be stored in a drawer or closet instead of on your desk?

What's cool about lean practices is that once you learn to think lean, you can incorporate the strategies in other areas of your life. There are lean tips for health, home, and even for traveling.

You've heard the phrase "less is more," right? Well, lean practices help leaders live and work in cleaner, more efficient spaces. Look around your workspace. What could you use less of?

#### **Intrigued? Want to learn more?**

Here is a five-minute article to read: [leansmarts.com/ls-003-basics-3s-sort-sweep-standardize/](https://leansmarts.com/ls-003-basics-3s-sort-sweep-standardize/).