



# The PULSE

## Now online: CHCC activity calendars

October 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
9:45 Church Service 2:00 Vesper 2:45 Cinnamon Roll Social	10:00 Hymn Sing 10:45 Brain Jugglers 2:00 Bowling 2:45 Lemonade Social	10:00 Fun & Fitness 10:45 Bible Study 2:00 Hymn Singers 2:45 World Travelers Mission 6:30 Tea for the Judge	10:00 Hymn Sing 10:45 Coffee Social 2:00 Resident Council 5:30 Coffee Social 6:30 11 Visits & Puzzles	10:00 Hymn Sing 10:45 Coffee Social 2:00 Wheel of Fortune 2:45 Tea & October History 6:30 11 Visits & Puzzles	10:00 Seniors & Books 10:30 Movement & Memory 2:00 Seniors Drive 2:45 Memorial Service 5:45 Coffee Social 6:30 11 Visits & Puzzles	10:00 Hymn Sing 10:45 Donut Social 2:00 Bingo & Snacks
13 9:45 Church Service 2:00 Vesper 2:45 Cinnamon Roll Social	14 10:00 Hymn Sing w/ Jordinia 10:45 Fall Remembrance 2:00 Bowling 2:45 Tea Social 6:30 11 Visits & Puzzles	15 10:00 Pumpkin Painting 10:35 Bible Study 2:00 Tea Cream Social 2:35 Thanksgiving Tea 6:30 Travel Club	16 10:00 Hymn Sing 10:45 Coffee Social 2:00 Memory Trays 2:45 Mentions 6:30 11 Visits & Puzzles	17 10:00 Seniors & Books 10:30 Fun & Fitness 2:30 Pumpkin Carving 6:30 11 Visits & Puzzles	18 10:00 Hymn Sing 10:45 Donut Social 11:00 Book Mobile 2:00 Bingo & Snacks	19 10:00 Memory Lane 10:30 Movement & Memory 1:30 Autumn Cinema 2:00 Bingo & Snacks
20 9:45 Church Service 2:00 Vesper 2:45 Cinnamon Roll Social	21 10:00 Hymn Sing 10:45 Brain Jugglers 2:00 Fun Trivia 2:45 Fall Coloring 6:30 11 Visits & Puzzles	22 10:00 Fun & Fitness 10:35 Bible Study 2:00 Root Beer Floats 2:35 National Color Day 6:30 Short Stories	23 10:00 Hymn Sing 10:45 Coffee Social 2:00 Jeopardy 2:45 Lemonade & Current Events 6:30 11 Visits & Puzzles	24 10:00 Seniors & Books 10:30 Movement & Memory 12:00 Lunch Cling 2:00 Women's Devotions 2:45 Do you hear what I hear? 5:45 Coffee Social 6:30 11 Visits & Puzzles	25 10:00 Sing-a-long 10:45 Donut Social 2:00 Bingo & Snacks	26 10:00 Halloween Trivia & Jokes 10:30 Fun & Fitness 2:00 Travel Club
27 9:45 Church Service 11:00 Gospel Hall 2:00 Vesper 2:45 Cinnamon Roll Social	28 10:00 Hymn Sing 10:45 Halloween Remembrance 2:00 Bowling 2:45 Tea Social 6:30 11 Visits & Puzzles	29 10:00 Craft 10:35 Bible Study 2:00 What's on TV? 2:35 Halloween Prep 6:30 Short Stories	30 10:00 Hymn Sing 10:45 Coffee Social 2:00 Memory Trays 2:45 Mentions 6:30 11 Visits & Puzzles	31 <b>Halloween</b> 2:30- 3:45 Trick or Treat with Alf		Regular Christian TV Program on Saturdays Channel 20 4:00 Gather Homecoming 7:00 Bible Orphan Church

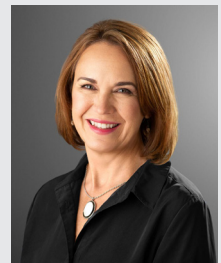
The CHCC monthly activity calendars are now posted online. They can be found on the Activities page at [chcclynden.org/long-term-care/activities/](http://chcclynden.org/long-term-care/activities/) and in the main website menu under "Activities."

Please let family members and loved ones know that the calendar is available online as a resource for planning family visits. Sometimes, people want to join in the fun with a loved one, and sometimes they want their loved one to enjoy that activity time on their own, so they plan their visits for after certain activities.

Either way, we're going to try this out to see if people find an online calendar helpful. Thanks for helping us spread the word!

## Comment Box Corner

**Q:** Are CHCC team members the only ones who can fill out Kudos cards when the notice something they appreciate?



by **Tonja Myers**  
Administrator

**A:** The Kudos cards are open to everyone, and we love hearing from people beyond CHCC team members who have appreciated something they've seen here. All family members, friends, volunteers and visitors are certainly welcome to complete Kudos cards for staff. People who live here are more than welcome too, of course! The Kudos cards are placed in the middle of the hall to broaden the range of people who might see them and fill them out.

**Q:** What items can people use to decorate their rooms at CHCC?

**A:** People who live at CHCC are always welcome to personalize their rooms with photos, artwork, small pieces of furniture and more. They have the freedom to decorate their rooms in ways that remind them of home, their families, of good times they've had, or anything else they find valuable. All personal items must be reported to the nursing staff to be labeled, reviewed for safety and recorded. Detailed information is shared in the Resident Handbook during the admission process.



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)

## HIRING

# Help welcome these new nurses to CHCC!

We are excited to announce the addition of two new registered nurses to the team at CHCC! RNs like Michelle and Rebecca offer invaluable support to the many people we are fortunate to provide care for here. Having these nurses also should lighten the workload for existing nurses. We are thrilled to have them on board. If you see them in the hallways, please take a moment to stop, say hello, and welcome them! #CHCCTeamwork



Michelle, RN



Rebecca, RN

## SAFETY

# Earthquake drill coming Oct. 17

In recent issues of The Pulse, we've been sharing information about earthquakes and the upcoming Great Washington Shake Out. Well, that day is almost here! On Oct. 17, CHCC will participate in state-wide earthquake testing at 10:17 a.m. Here's what you need to know about CHCC's earthquake policy:



- 1 The most important thing is to survive the earthquake!**
  - Do not run, particularly to the outside. Stay where you are.
  - Find a safe place under tables, desks, doorways, *AWAY* from windows and falling objects.
  - Protect yourself as best as possible.
- 2 The incident commander sends someone to check for downed power lines** or other dangers, establishing an evacuation route.
  - Environmental services will carry out their responsibilities as outlined in the procedure for loss of utilities.

- 3 When the quake is over, find aid wherever possible and follow these procedures:**
  - House supervisor to notify the administrator/DNS or designee to serve as incident commander.
  - Initiate the telephone tree.
  - Incident commander will announce the location of the command center.
  - TRIAGE and give aid as needed.
  - Note structural damage or other dangerous situations.
  - Report residents accounted for to the incident commander as soon as possible.

- 4 Staff will assist to:**
  - Open doors to resident rooms to assist evacuation. All staff must be ready to help evacuate.
  - Close drapes and curtains to prevent glass injuries and move beds at least 3 feet from windows.
  - Conserve water by filling jugs and basins; report status of water to incident commander. Water is precious!
  - Establish security for the facility.
  - Prepare to serve emergency food (dietary department).
  - Report status of clean linen (laundry department).

## HIRING

# Here, take this! (and then some)



**T**hree RN roles have been filled recently! That's a wonderful thing. (See Page 2 for more info.) However, you probably know that the nursing shortage is real, affecting every type of care center — including CHCC. Shortages are evident around the country and even overseas; a recent news story from the United Kingdom stated that their country is struggling with the challenge of staffing, too.

Problems like that are why we've instituted a plan for each of you to earn \$1,000 for referring people to work here at CHCC.

Current team members who recruit nurses to work at CHCC will receive a \$1,000 referral award — and not just once, but for every RN or LPN who comes to work here because of you.

Do you know anyone — maybe a former co-worker, a fellow student, a friend of a friend who's about to graduate from nursing school —

who might be open to joining our team? Call or text them and let them know that CHCC has open positions, which are listed at [chcclynden.org/careers/](http://chcclynden.org/careers/).

In order to earn \$1,000, here's what needs to happen with the people you refer:

- They need to sign on to work at least 20 hours per week.
- They need to include your name on the employment application as the referral source.
- You need to complete a referral form (available in HR) within the first two weeks of the new employee's date of hire.

After the new person has worked here for a month, your referral money will start rolling in. You'll get \$100 per month for five months, and an additional \$500 the month after that.

Sounds great, right? If you have any questions, please feel free to chat with Kari or Ronda in HR.

## RECOGNITION

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



The CHCC Shining Star for July is Gabrielle. Congratulations!

Gabrielle has worked on Baker Landing and on the evening shift, and now she is on the show-er team. She is kind and friendly to all. She is flexible, hard-working, and compassionate. Gabrielle truly exemplifies our mission!

We are fortunate to have such a fine person on our team. Thank you Gabrielle, and congratulations on earning Shining Star recognition!



*Looking for something to read? Past issues of The Pulse are available online. Visit [chcclynden.org/about/the-pulse/](http://chcclynden.org/about/the-pulse/).*

REFRESH: A copy of the CHCC Emergency Plan is located at each nurses' station. You can find the Emergency Plan by looking in the red, three-ring binder.

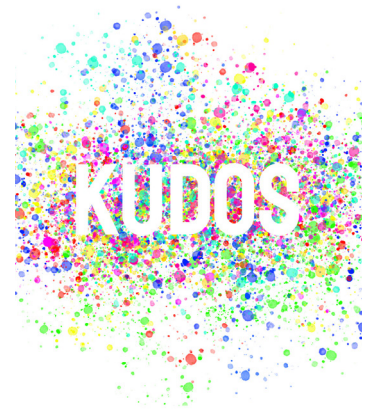
"Wonderful, well-trained therapists. I felt that I attained a degree of 'come back' that I might not have otherwise achieved."

Mary W., therapeutic rehabilitation patient



## RECOGNITION

# Another job well done!



- "So many people were so kind and caring, really caring. A wonderful experience."
- "Sangita (nursing assistant) was comforting and very helpful. She was encouraging and helped me through."
- "Barbara (social services) was wonderful; keeping me informed, she was cheery and very knowledgeable."

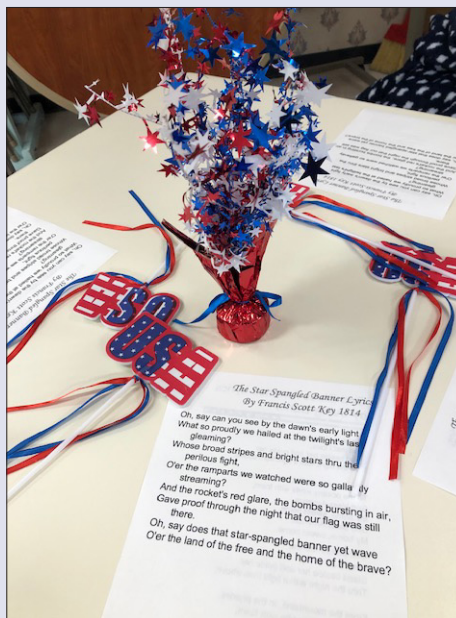
All three of these comments came from a therapeutic rehab patient in September 2019 (who also, it should be noted, gave CHCC perfect marks across the board, from dining to therapy to housekeeping and everyone in between).

It can't be overstated how important each and every one of you is to the lives of those who seek care here. Thank you!  
#CHCCTeamwork

# 9/11

Our annual 9/11 remembrance day is a time to honor and thank local community heroes, a number of whom stopped by to spend time with those who receive care here.

We are thankful for the officers who spent time chatting with team members and residents, and for all they do for our community.



*The Star Spangled Banner Lyrics*  
By Francis Scott Key, 1814  
Oh, say can you see by the dawn's early light  
What so proudly we hail'd at the twilight's last gleaming?  
Whose broad stripes and bright stars thru the perilous fight,  
O'er the ramparts we watch'd, so gallantly streaming?  
And the rocket's red glare, the bombs bursting in air,  
Gave proof through the night that our flag was still there,  
Oh, say does that star-spangled banner yet wave  
O'er the land of the free and the home of the brave?