



The PULSE

TEAM UPDATES

Care team bio: Berta Batres, scheduler

“Working at CHCC is amazing! I feel like employees and residents are well cared for.”

I joined CHCC as a licensed nursing assistant in 2019 after moving to north Whatcom County. I chose Christian Health Care Center as my employer because I had heard great things about the organization.

It has been my choice to stay with the same employer for long periods of time, so I was looking for a permanent workplace that was close to home, and CHCC felt like a good fit.

Having been in other long-term care buildings (working in patient care, medical records and staff scheduling), I had some other places to compare CHCC to. When I came to interview, I liked what I saw here.

The facility was tidy and in good repair. It looked and smelled fresh and clean. That is, to me, an indicator of the overall health of the organization. I could tell that the facility

was run well and that the people who worked there had high standards. I could picture myself comfortably working in that environment, and I wanted to be part of maintaining CHCC’s positive reputation in the community.

I really enjoyed working as a nursing assistant at CHCC. From the start, I felt so supported by the nursing department leaders. I felt that the administrator and CEO cared about me as a person, and they made sure that we had the proper supplies and equipment to do our work.



by Berta Batres Scheduler

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BOARD OF TRUSTEES

Blake Bostrom joins board

Raised in the Yakima area, Blake Bostrom, D.V.M., founded Mt. Baker Veterinary in 1982. He has been a dairy veterinarian and embryologist for more than 40 years. He and his wife, Cheryl, enjoy spending time with their children and grandchildren.



Blake Bostrom

“My family has been blessed by the schools, vocational opportunities, church, friends and activities here,” he said. “So when Cheryl’s grandmother needed care, we moved her to CHCC, where the stellar caregivers and facility convinced us she could be nowhere better. Years later, I remain thankful for those who treated her with such love and excellence. I am delighted to support CHCC and give back to this wonderful community by serving on the board.”



On Facebook, community members are offering prayers and words of encouragement for those receiving care here and for you, dear care team. Hop over and take a look!

facebook.com/christianhealthcare

SPIRITUAL SUPPORT

Prayer box now taking requests



Have you seen the new prayer request board at CHCC?

Anyone and everyone may fill out a prayer card and then place it in the box. Requests will be viewed daily (Monday through Friday) and prayed over by the CHCC chaplains. Requests will be kept confidential.

To fill out a card, residents, staff or visitors (when they are again allowed at CHCC) can write down their requests and select whether

they would like follow-up by one of the chaplains.

The new prayer board truly was a team effort. DeAnne P. painted the framed “Hope Anchors the Soul” painting, and Kayla C. and Betty L. crafted the cherry blossom borders. Holly B. designed the prayer box instructions, and Melissa A. laminated the instructions. Katie T. ordered the prayer request cards, and Steve L. put up the board and box.

TEAM UPDATES

Heather Lewis interviewed on NPR

Recently, CHCC was contacted by NPR Morning Edition, which wanted to speak with a long-term care nurse in Washington state to get a feel for what it is like working through the COVID-19 pandemic.

CHCC’s director of nursing services, Heather Lewis, stepped for-

ward and answered their questions, primarily because this opportunity allowed her to share some positive news in the industry.

Find the interview linked from CHCC’s Facebook page at <https://www.facebook.com/pg/christian-healthcare/>.

TEAM UPDATES

Tonja Myers shares COVID-19 interview

CHCC administrator Tonja Myers was interviewed by the folks at Chuckanut Health Foundation recently about the COVID-19 impacts at CHCC. She had wonderful things to say about the resilience of the CHCC team during the pandemic and the ongoing support of the community for those who live and work at CHCC. She also talks about what has surprised her during the COVID-19 pandemic and what gives her hope. Read the interview online at <https://chcclynden.org/news/>.

Introducing PR Consulting

Since 2010, CHCC has worked with PR Consulting Inc., a public relations and marketing firm in Bellingham, to manage some of our communication needs. PRC’s founder and marketing director, Patti Rowlson, and Matthew Anderson, content strategist and editor, help CHCC leaders produce The Pulse. They also help promote job opportunities here, manage CHCC’s Facebook page, maintain our website, and help CHCC with crisis communications, among other things.

We’re happy that PRC has been part of CHCC’s team for the past 10 years!



MENTAL HEALTH

Grief during the pandemic



The Washington State Department of Health wrote an article, which is a gentle reminder to give extra care and attention to people who are grieving a loss during this time.

"During this time of physical distancing, some of the usual supports and rituals that we rely on during times of loss are not available. Sometimes we cannot be with our loved one at the time of death. We may feel guilty wondering what caused our loved one to get sick. Perhaps decisions about a person's care were made without our input. The rituals that help with healing, such as funerals or gatherings with friends and family to mourn together, may not be able to happen right now."

Please visit <https://bit.ly/2ZiKR3f> to read the entire article, and connect with someone you know who may be living through grief right now.



Find the latest Q&A in print or at <https://chcclynden.org/covid-19-faq/>.

THANK YOU

Community continues strong support for CHCC



Don't we just have the best community? Van Wingerden Home & Garden and Vander Giessen Nursery sent us a huge collection of gorgeous blooming flowers recently, and they have been brightening up the courtyard ever since. We also are thankful to Becky S. for providing trays of colorful coleus and to those secretly dropped off flowers at our entry door.

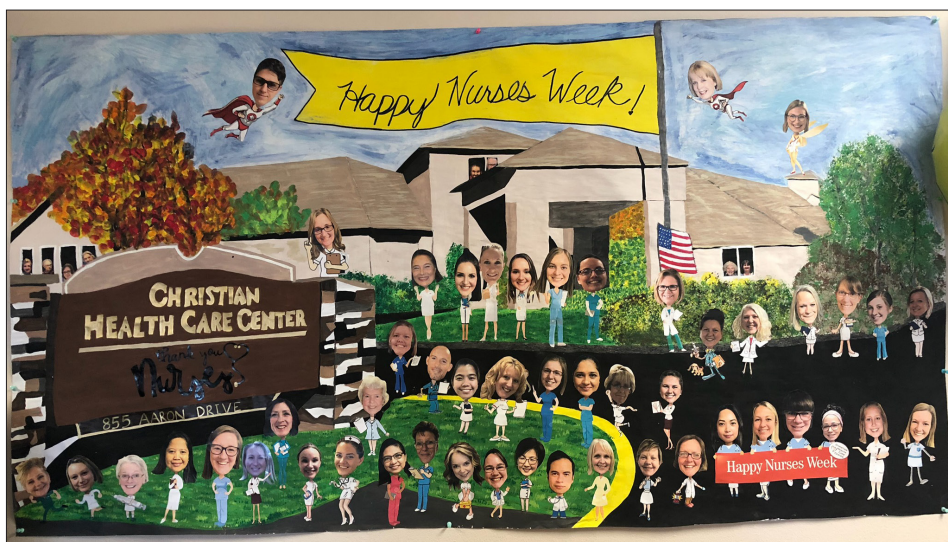
And that's not all! Other gifts include fabric face masks from the Whatcom Mask Collective and boxes of delicious cookies from Troop 46482 (the Everson/Nooksack branch of Girl Scouts of Western Washington). For National Skilled Nursing Care Week, the sweet souls at CDA World of Art (in Idaho!) painted and shipped rocks for members of our care team. Thanks also go to the Hoekema Family, Mr. and Mrs. Smith, Ms. Updike, Ms. Neil, and the Thilo Family for gifting our care team members with energy drinks, granola bars and hand lotion.



KUDOS

To the team: THANK YOU for everything you do!

A huge THANK YOU to all of you who helped make Mother's Day so special for those who live here! Dietary team, rehab unit secretaries, hospitality aides, receptionists, t-rec team and more — you made that day great for some wonderful people. Thank you!



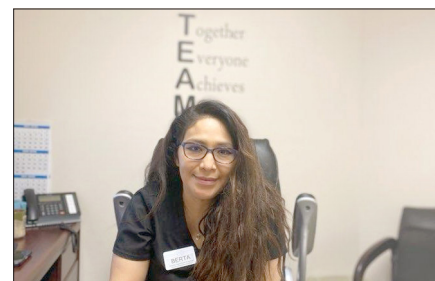
Also, did you see this great poster for National Nurses Week? It was created by De Anne P. We are so grateful for each nurse who has chosen long-term care as their profession. We are equally grateful for each nurse who has chosen to practice their profession at CHCC — delivering care in our special community. THANK YOU to each one of these smiling faces who have been brave and fierce in the face a crazy pandemic. Our team is the best team. Really. #CHCCteamwork



To see more photos from these events — and to experience the kind comments from the large community out there supporting the work you do — visit the CHCC Facebook page at <https://facebook.com/christianhealthcare>.

BERTA

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When the role of nursing scheduler came up, I was not looking to make a change, but I was encouraged to consider the opportunity to use scheduling skills that I had. In the end, I decided to take on new responsibilities — ones that were challenging but rewarding, too.

As nursing scheduler, I aim to treat people how I would want to be treated. I want to make sure that each person can feel comfortable coming to me to talk about their scheduling needs. Communication has improved in the department, and I feel good about that.

I will always consider myself a nursing assistant regardless of my position here. I've been a licensed nursing assistant since 1996. It's in my blood, and I love the work. Even as the nursing scheduler, I sometimes wear my scrubs to work and walk the halls to offer help wherever needed. It feels good to be part of the care team and to pitch in and help the people whom I help schedule.

I have a sign in my office that says this: T.E.A.M.: Together, everybody achieves more. I know this to be true.

There's more online! Read the rest of this bio on the CHCC website at <https://chcclynden.org/news/>.