



# The PULSE

## LEADERSHIP TIPS

### Developing a listening ear



Whether you are a current leader or someone who would like to grow into a leadership role at CHCC in the future, developing a good listening ear is a skill worth paying attention to.

Leaders who know how to listen are able to build trust with their co-workers. They are able to show empathy and communicate in ways that show understanding of any situation presented to them.

*Please see Leadership on Page 4*

## KUDOS

### Congratulations, grads!

Let's face it; the pandemic hasn't exactly been an easy time to be a student. It hasn't been an easy time to be anything, actually, but that's life in the "new normal" of COVID-19.

Anyway, we wanted to take a moment in the midst of this pandemic to celebrate a few of our newest graduates and to share some information about what's going on in their lives. Success by any of us at CHCC is a great reason for all of us to celebrate.

Natalia just graduated from Western Washington University through a special program at Woodring College of Education for people working full-time. It's actually the second time Natalia has graduated from WWU; in 2015, she received a bachelor's degree in



Natalia

**Do you know someone who recently graduated from high school or college but isn't featured here? Drop their name in one of the comment boxes, and we'll be sure to recognize them!**

therapeutic recreation, shortly after landing a job at CHCC in the therapeutic recreation department.

Not only has Natalia been working at CHCC while going to school, she's also been teaching, integrating her two workplaces through a program she devised to connect CHCC residents with fifth-grade pen pals.

For the coming year, Natalia has been hired as a second-grade teacher at Alderwood Elementary in Bellingham. That doesn't mean her time at CHCC is up, however.

"I love it here," Natalia says. "There's just so much purpose here. Especially now, with the pandemic

*Please see Graduates on Page 4*



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

HOW YOU CELEBRATE

# What is Hajj?

*Christian Health Care Center thrives in its mission — to provide skilled nursing care with compassion and love in Christ’s name — in part because of the many great 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 periodically features various cultural traditions and celebrations.*

**H**ajj is a pilgrimage to the Islam holy city of Mecca, which is located in Saudi Arabia. The pilgrimage is considered one of the five pillars of Islam.

The religion requires that each adult Muslim who is financially and physically capable take the pilgrimage at least once in their lifetime. This year, the pilgrimage will take place beginning on July 28 and end-

ing Aug 2.

In recent decades, more than 2 million people have completed the pilgrimage each year. However, the number of people undertaking Hajj in 2020 will be much lower due to coronavirus restrictions.

According to CNN, the pilgrimage includes numerous detailed rituals, including the wearing of a spe-

*Please see **Hajj** on Page 4*

COMMUNITY


# Announcing the CHCC ‘Thank You’ board

During the past few months, as the COVID-19 pandemic has wreaked havoc across the nation and around the world, the community has rallied around Christian Health Care Center and the people who live and work here.

Honestly, it has been incredible to see just how much the community supports its own. Through prayers, well-wishes, meals, gifts and so much more, CHCC has been lifted up by this generous community throughout the COVID-19 ordeal.

To help recognize the many community members and other friends who have supported CHCC, a page has been set up at [chcclynden.org/covid-gratitude/](http://chcclynden.org/covid-gratitude/) that shares the names of people and businesses who have given. Please take a look at the list and reach out to Melissa at [msangell@chcclynden.org](mailto:msangell@chcclynden.org) if you notice that anybody’s gift is missing. We want to make sure that everyone is recognized!

Times have been difficult for everyone, certainly not just here at CHCC. Despite that, people have rallied around each other to add something truly beautiful to the pandemic, turning it into an opportunity to love, to serve and to support friends, loved ones, neighbors and strangers.



## ASK US ANYTHING!

Have a question about CHCC? Jot it down and drop this slip into the comment box in the break room. Answers may appear in The Pulse.

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COMMUNITY

# Gratitude from Bill and Nancy H.

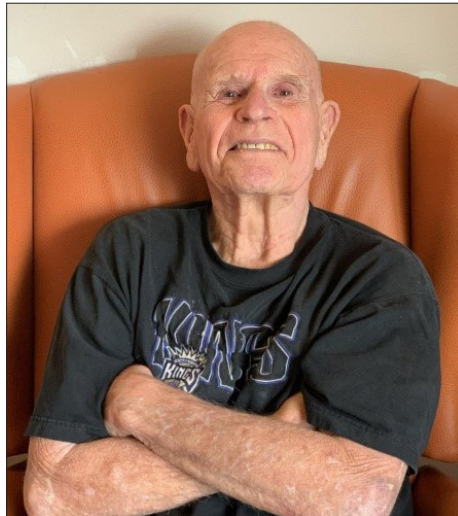
Remember the spotlight with CHCC resident Bill H. that was in the June 22, 2020, issue of The Pulse?

After publishing that issue — in which Bill divulged his fondness for a certain type of pizza — we had the pleasure of ordering some of that pizza and throwing Bill a party. What fun that was!

Well, Bill's wife, Nancy, sent us a gracious note of thanks, and we just had to share it with you all! Here's what she wrote:

*Thank you so very much for sending the Pulse article in Color!!! Bill had given me a black and white copy, but it's nice to have the color copy to print out. Also, I've sent it to several friends already.*

*He really enjoyed the honor of giving the interview and also receiving the copy of Pulse yesterday, as well as a fresh large size of his favorite Papa Murphy's Mediterranean pizza. He ate 2 pieces, tried to give two pieces to Elijah, gave two pieces to Gwendolyn, and gave me 4 pieces. He is so very*



Bill H.

*grateful for those who chose him for this interview.*

*We are also so very grateful for the superior care, compassion, and Agape love continuously extended to all the residents and between all of the staff.*

*To God be the Glory, great things He has done and will continue to do!!!*

We sure are thankful to be able to care for wonderful people like Bill and to consider Nancy part of the CHCC family.

COMMUNITY

# A nostalgic cruise



Did you see the cars cruise by on Father's Day? What a fun sight that was! Find more photos on the CHCC Facebook page at [facebook.com/christianhealthcare](https://facebook.com/christianhealthcare).

NEW HIRES

# Welcome to CHCC!

A couple of new faces have recently joined the team at CHCC. Please give a warm welcome to Michele, a nursing assistant, and Monica, who works in housekeeping.

To learn more about Monica, turn to Page 4 of this issue; she just graduated from WWU in March and is featured in our shout out to recent grads.



Michele, NAC



Monica, housekeeping



## LEADERSHIP

*Continued from Page 1*

Did you know that leaders who have well-developed listening ears are more approachable? People often feel comfortable sharing new ideas (and even critiques) with those who have developed a good listening ear. Well-developed listening ears are a benefit to the health of any organization.

If you find yourself frequently interrupting others who may be trying to share information with you, and if you want to work on improving your listening skills, here are three tips to try.

Fold your hands during meetings.

The physical act of folding or even sitting on your hands when someone else is speaking can be a physical reminder for you to be still and pay attention to others who are speaking.

Bring a note pad and pen to meetings. Write your questions down and then ask them at a time when you won't be interjecting into someone else's speaking time.

Any time that you find yourself interrupting, apologize to the person who was speaking, then ask them to please continue before you share your thoughts and opinions.

If you pause and think of co-workers who make you feel heard when you speak to them, does anyone immediately come to mind? Today may be a great day to let them know that you recognize and appreciate their listening skills and that they are inspiring you to improve yours!

***Any time that you find yourself interrupting, apologize to the person who was speaking, then ask them to please continue.***

## GRADUATES

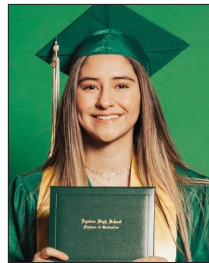
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going on. Every day I can talk and laugh with residents, and it's so impactful; it's so much more powerful right now. They might not be able to see their families, but they have us. We are here for them."

CHCC has always felt like home, Natalia says. Leaders have always been incredibly supportive of her aspirations at school and her busy schedule.

"I always feel like I am among my family here," she says.

**Ivie** recently graduated from Lynden High School right here in town. She has worked as a dining room assistant at CHCC for almost two years, all while attending high school. Ivie wants to become a nurse someday, so she took the job here to gain experience in the building while she works toward her goal. It doesn't hurt that her mom works here as well, of course.



**Ivie**

Ivie's next steps, she says, are to take the NAC classes here at CHCC and to attend at Whatcom Community College's nursing pro-

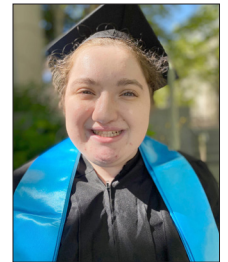
gram.

She enjoyed the challenge of working while going to school, and she says her boss at CHCC, Carol DuBois, was an enormous help.

"Carol always tried to make sure that school work was a priority," Ivie says. "She was always super flexible, and she wanted to make sure that I was not overwhelmed."

Congratulations, Ivie, and thank you for your hard work at CHCC!

**Monica** is actually a new face at CHCC; she recently began a position in the housekeeping/laundry department here. She graduated from Western Washington University in March with a bachelor's degree in recreation management and leadership, with an emphasis in therapeutic recreation. What's more, she is in the process of becoming certified as a recreational therapist. Congratulations, Monica, and welcome to CHCC!



**Monica**

*For more, visit the CHCC blog at [chcclynden.org/news/](http://chcclynden.org/news/).*

## HAIJ

*Continued from Page 2*

cial garment symbolizing human equality and unity before God, the symbolic stoning of evil, and a circular, counter-clockwise procession around the Kaaba, which is the most sacred shrine of Islam

and the main goal of the pilgrimage.

People who have completed the pilgrimage may add the phrase al-Hajj or hajji (pilgrim) to their names.