



The PULSE

QUALITY OF CARE

Nursing staff to receive geriatric care training

Christian Health Care Center is among 30 long-term care centers among more than 200 in the state of Washington chosen to participate in a special three-year program providing advanced training to nurses and other team members while working to continuously improve the quality of care for older adults.

The Nurses Improving Care for Healthsystem Elders, or NICHE, project is funded by the Washington State Department of Social and Health Services and the Centers for Medicare & Medicaid Services. It is led by nursing experts at New York University's Rory Meyers College of Nursing.

CHCC leaders were honored to be accepted into the program.

"The NICHE training program

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The COVID-19 results are in:
100% negative
for all residents
and staff tested!

KUDOS

Keep up the wonderful work day in and day out, CHCC staff! People in the community are noticing how hard you work and how much you care for all those who live and work here in Lynden. You are part of a treasured tradition of care for this community that began all the way back in 1956, and you are making a difference not only within these walls but in the lives of families throughout Lynden and Whatcom County. Thank you!



Ruth Posthuma I'll never get tired of expressing how awesome you are. Having a place like CHCC with all its knowledgeable, caring departments contributes to keeping this community at the top of the list for places people most want to live.

Love Reply · Message



Carol Weidkamp Thank you to all those in the therapeutic rehab dept. and now the Recreation Therapy dept. for working with our family and others so we can visit our mom through the visiting windows. Mom doesn't hear very well and you're always there to help interpret.

Care Reply · Message



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



Did you know?

Alcohol-based hand sanitizer is a great way to clean your hands.

It is more effective than soap and water, except during a C. difficile outbreak.

It is less damaging to your hands than soap and water, and it kills the bad germs that you might pick up on your hands while caring for residents. The good germs quickly grow back on your skin.

Source (for text and image):
Centers for Disease Control and Prevention

ACTIVITIES

Program brings online arts education to CHCC

More arts are coming to Christian Health Care Center!

LeadingAge Washington has partnered with Seattle-based Silver Kite Community Arts to provide free arts engagement opportunities to all those who live at CHCC here in Lynden.

Each CHCC resident who would like one will receive an individualized arts activity toolkit called a “SPARK Box.” Each box is filled with art supplies that residents can use on their own in their rooms or to participate with staff during weekly online art sessions.

“We’re excited to add these art classes to our list of engagement opportunities for those who live here,” said Kaitlin Gobeille, head of therapeutic recreation at CHCC. “Getting involved in art projects boosts quality of life and does wonders for cognitive function. Plus, art is fun, and our residents really enjoy it.”

Each SPARK Box includes an instruction booklet, washable watercolors, a paint brush, washable markers, an egg shaker musical instrument, a paper leaf stencil, a 40-page mixed media paper pad and a pencil. The outsides of the boxes double as coloring pages, so residents can personalize their boxes.

HOW YOU CELEBRATE

What is the Obon Festival?

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.

Obon, or Bon, is a custom celebrated by Japanese Buddhists in honor of their ancestors. Over the years, the Buddhist–Confucian custom has become something of a holiday that celebrates family reunions.

During the holiday, celebrants return home — to the origins of their forebears — and visit their ancestors’ graves. At that time, the spirits of their ancestors are said to revisit household altars.



To help guide their ancestors’ spirits back to their homes, family members hang lanterns in front of their homes and make offerings at their household altars. When the

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Wanted: your pet photos

As beautiful as Kaitlin G.'s dog Samantha is (look at those cute floppy ears!), she has already been featured in a CHCC poster.

That means it's time for your pet to take the spotlight! Please send photos of your pets to Mary Faber Wynstra at mbwynstra@chcclynden.org. Photos should be in the largest resolution possible. Please be sure to include your name and the name of your pet.

Photos may be used in future versions of CHCC compliance posters or in similar uses in print or online.

We look forward to seeing images of all of your gorgeous pets!



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The online workshops begin in mid-August. At these virtual art classes, those who live at CHCC can use their art supplies to join in on the fun. The workshops are led by arts instructors at Silver Kite Community Arts and facilitated by therapeutic recreation staff members at CHCC.

Silver Kite is an organization in Seattle that aims to strengthen communities by helping people of all generations connect through the arts. They facilitate arts programs for older adults, create intergenerational arts experiences and design professional development opportunities.

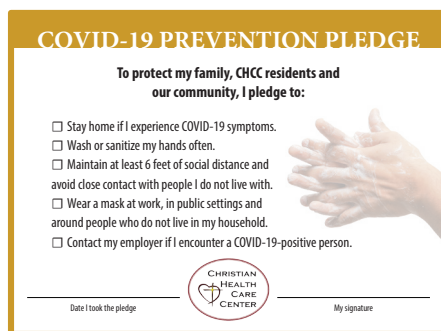
“Through our work, we strive to help people feel less lonely and isolated and make the world stronger — one connection at a time,” said Jen Kulik, Silver Kite’s founder and CEO, in an email announcing the program.

LeadingAge Washington represents not-for-profit and mission-driven organizations in Washington state dedicated to improving the lives of older adults in our communities. CHCC is a member.

The art program is funded by a grant from the Civil Money Penalty Fund, which is reinvested by the state of Washington into projects that work to improve the quality of life of residents in long-term care. It is available to long-term care centers such as CHCC that are members of Leading Age.

COVID-19

Take the prevention pledge



Working in long-term care for the past six months has been challenging and stressful and an emotional roller coaster. As care providers, we have followed every new policy, proclamation and order presented by governing agencies. Within the walls of CHCC, we have effectively worked together to protect the human beings who live here. YOU have been amazing!

That said, long-term care residents at CHCC and across the state are still living in isolation because COVID-19 continues to spread in our surrounding communities.

At this time, CHCC would like your help in raising awareness and letting community members know that we can't do this alone. We'd like your help in letting more people know that their adherence to hand-washing, social distancing and masking when near people they don't live with can positively impact the lives of people living in long-term care.

Look for more info about CHCC's COVID-19 prevention pledge through all of our broadcasting channels social media, email, etc. — in the weeks ahead.

TRAINING

Continued from Page 1

NICHE

NURSES IMPROVING CARE FOR HEALTHSYSTEM ELDERERS

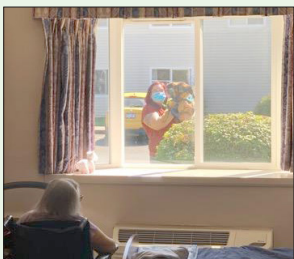
provides high-level education for nursing leaders at CHCC in support of improving the lives of all who live here,” said Tonja Myers, CHCC administrator. “We’re always looking for opportunities to provide additional knowledge and skills training for team members. This program will be a great fit.”

As a first step, nursing leaders at CHCC are taking part in a specialized, eight-week leadership training program, working alongside NICHE faculty and mentors to develop methods for improving two clinical care areas here at CHCC. Those areas will then be addressed with the support of NICHE mentors.

In addition to the leadership training, other CHCC nursing staff are completing continuing education courses that deal specifically with the care of older adults, including such critical areas as preventing falls, assessing and managing pain, and identifying depression and dementia. Nursing assistants, for example, will be able to gain recognition as geriatric certified nursing assistants, while nurses can earn recognition as geriatric resource nurses.

The three-year NICHE training program will be added to the already robust educational opportunities available to team members at CHCC.

Other organizations have seen positive results from this program, including improved patient outcomes, decreased costs, reduced hospital readmissions and increased satisfaction among older adults and staff.



Reminder: Windows must stay closed during visual window visits. Thank you for your help ensuring that CHCC abides by all applicable guidelines.

OBON

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festival is over, the lanterns are released into nearby water to help the ancestors return to the spirit world.

Accompanying the three-day festival is Bon Odori, a traditional folk dance that helps welcome the spirits of the dead. The various regions of Japan have their own styles of dance and music. For example, according to Culture Trip, the Tanko Bushi (literally, “coal min-

ing song”) sung by people from the Kyushu region of Japan consists of movements that resemble the work of coal miners, such as pushing carts or digging.

Obon has a long history in Japan; it has been celebrated there for more than half a millenium.

The festival takes place every summer in Japan, typically during the month of August.

PAWS FOR MEWS

(PAUSE FOR NEWS)



CHCC COMPLIANCE TIP
Photo: Kaitlin G's cat, Baker

Important and time-sensitive news is shared with all staff by email, so please log onto your CHCC email account every day that you are at work. Let your supervisor know if you have a hard time accessing a computer while at work, and they will help problem solve!