



The PULSE

LEADERSHIP TIP

Winter months can be tough for long-term care staff

According to the Washington State Department of Health’s COVID-19 Behavioral Health Group Impact Reference Guide, now is an important time to be gentle and take care of each other — as a work family and as fellow health care workers. Here is one very important reason why:

“In Washington, the highest risk of suicide is most likely to occur between October and December 2020. This estimate is based on known cycles of disaster response patterns. Seasonal affective disorder (SAD) exacerbates mental health challenges at that time of year due to increased hours of darkness and inclement weather. Winter holidays can also worsen mental health challenges for many people, as they are often an emotionally and financially difficult time of year.”

Also in the impact guide is a timeline of psychological impacts health care workers may experience, referenced in the visual posted later in this article.

Please see Emotions on Page 3

SAFETY

Thanks for your help with the ShakeOut!



Despite ongoing COVID-19 lockdowns, the Great Washington ShakeOut was a success again in 2020! Roughly 1 million people were signed up to participate in Washington state this year. In our region (Northwest Washington), 22 senior facilities participated, including two here in Whatcom County. Thank you for your commitment to safety at CHCC!



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

KUDOS

'The care here has been exceptional.'



Because of you, CHCC team members, another therapeutic rehabilitation patient has felt loved and cared for during her time here. You are amazing; there is no care team like CHCC's care team.

Here's what Jeri J. wrote on Sept. 29:

"I have been in three other skilled nursing centers, and the care here has been exceptional!! The whole staff has put into place the 'treat others as you want to be treated' commandment. May God keep blessing CHCC!"

HALLOWEEN



Can't wait to see everyone's costumes this year! Dress-up days are Oct. 30 and 31.

HUMAN RESOURCES

How to swap shifts in Paycom

A question came into the suggestion box recently about trading shifts with specific people using the new Paycom system.

If you have a specific person in mind with whom you'd like to swap shifts, here's what you'll need to do:

Step 1: Under "Time Management," select "Schedule Calendar."



by Kari Heeringa
HR director

This will allow you to view your upcoming shifts.

Step 2: Select the shift you'd like to trade with someone else.

Step 3: Select "Individual" and then choose the CHCC team member you'd like to trade with. Select that person and then click "Private Swap."

That's it! That's all you need to do to give a shift to another person using the Paycom system. If you have any questions, please reach out to me or Ronda in HR, and we would be happy to help.

SAFETY

100% negative (again)!

You've probably heard by now that in the most recent round of COVID-19 testing at Christian Health Care Center, 100% of those tested received negative results for the disease.

That is news worth celebrating!

The 100% negative tests are evidence that each and every one of you is taking seriously our need to maintain additional cautions regarding the novel coronavirus in order to ensure that our community is as safe as possible (and that reopening comes as soon as possible).

Thank you all, again, for your on-

going dedication to protecting our residents and each other.

Clearly, you are doing a great job of distancing, masking and hand hygiene, both at work and at home. I am so glad we continue to be able to say we are COVID-19-free!



by Tonja Myers
Administrator



ACTIVITIES

Fun in the sun, one-on-one



Now that the Eldergrow gardening program at CHCC has restarted, and our garden cart has been refreshed with new plants, residents have been able to do one-on-one plant-related activities at the cart, such as this recent leaf rubbing activity. What fun!

If you speak with a resident who is interested in gardening or plants, please mention that resident to someone in therapeutic recreation!



EMOTIONS

Continued from Page 1

Table 3: Personal Consideration for Healthcare Workers

	Month of Outbreak	3 Months Post-Outbreak	6 Months Post-Outbreak	9 Months Post-Outbreak	12 Months Post-Outbreak
Emotional	Overwhelmed Sadness Despair Anxiety	Exhaustion Anxiety Grief	Heightened arousal (feeling on edge)	Depression Anxiety	Emotional disorder, if second pandemic wave occurs Resilience, if pandemic subsides

Please understand that some of your peers may be living with feelings of anxiety, grief, depression and other emotions that are close to the surface. They may need some grace and space.

Please check in (or keep checking in) on people who live alone or who have pulled away during the pandemic.

And, most importantly, please reach out to a trusted person if you are experiencing a dip in emotions during this season.

Free counseling is available through CHCC’s employee as-

sistance program, which can be reached at 1-800-272-2727.

You also can call Washington Listens — a program that provides nonclinical support to people experiencing elevated stress due to COVID-19 — at 1-833-681-0211.



COMMEMORATING VETERANS IN NOVEMBER

All military veterans who work at CHCC are invited to display a photo of themselves during their service years. In addition, anyone with loved ones who have served are invited to bring in photos of them as well.

Please drop off veteran photos at the reception desk before Nov. 1. You can pick up your photo(s) after Nov. 30.

Thank you to all who have served!



FLU SHOT REMINDER

Please remember that the flu vaccine is particularly important this year.

First, the flu vaccine provides protection from influenza; this, in turn, prevents you from spreading influenza to loved ones and to those who live here at CHCC.

Second, the symptoms of influenza are similar to COVID-19. Therefore, it can be challenging to determine which virus a person actually has or whether a person has both influenza and COVID-19

simultaneously (yes, this is a possibility). If someone exhibits symptoms consistent with influenza or COVID-19, we will have to treat the person as if it is COVID-19 until we know otherwise.

Third, if each of us is vaccinated for influenza, this will decrease the number of influenza cases that may require hospitalization, avoiding the potential of overwhelming the hospital and medical system so it is available for those that may require life-sustaining interventions due to COVID-19.

Please get your flu shot this year!

KUDOS

Sangita, you're a shining star!



Sangita N. was named the CHCC Shining Star for September.

Sangita is a nursing assistant, certified (NAC) who works the night shift, usually on the rehab unit. However, Sangita is so capable and flexible that she will work wherever she is needed.

Sangita is not only hard-working and conscientious, but she is a terrific team player. Residents love her kind, gentle approach.

She also is an amazing NAC mentor. As her immediate supervisor, Yvette, said, Sangita is a “real gem”.

We are so fortunate to have Sangita as part of our CHCC Team. Congratulations and thank you, Sangita!

COVID-19 (Coronavirus)

The Ingredients of Resilience

Resilience is the ability to bounce back from difficult experiences. You can practice self-care through the four ingredients of resilience.

Flexibility & adaptability

View changes as opportunities for growth.



Purpose

Stay true to your core values. Identify what motivates you and let go of trying to meet other's expectations of you. Do more things that bring you a sense of peace or calm.



Connection

Hold on to healthy relationships in your life. This could be friends, family, social groups, pets, or a higher power.



Hope

Positivity is a powerful tool. It is okay to think about negative possibilities, but give equal attention to positive possibilities.



WA

Listens

If you are feeling stressed because of COVID-19, call Washington Listens at **1-833-681-0211**.

Spread the Facts

coronavirus.wa.gov

REFRESH!

A “Code 10” announcement is initiated by a licensed nurse when a resident is missing. Stop what you are doing and begin searching in your immediate area. When done, report to a nurse’s station.