



The PULSE

HEALTH AND SAFETY

CHCC gets permission for small groups, beauty care

On Oct. 28, we received permission from the Whatcom County Health Department to resume beautician services and small-group activities at CHCC. We will cautiously begin doing so during the month of November.

Also, some families have asked if they can take a resident home for the holidays, an action we are discouraging at this time. Families are being directed to talk with a CHCC social worker if they have any questions.

A summary of this news is available here. Please refer the all-staff email sent by Heather Lewis Nov. 3 for full details.

Beautician services set to resume Nov. 11: CHCC's contracted beautician will return to CHCC Nov. 11. She will be tested for COVID-19 as part of our routine virus testing that day. If her test is negative, she will start giving cuts and perms between 10 a.m. and

2 p.m. Nov. 11. Additional salon days are scheduled for Nov. 12, 18 and 25.

Small-group, communal activities set to resume Nov. 16: Activities will take place in the main activity room and the common room in Cedar Cove. Up to 10 people, including staff and residents, can participate in each activity. It is important that we allow the therapeutic recreation team to invite residents to activities. Please contact Olivia with any questions you have about scheduling.

Resident trips home during the holidays: Because many of our residents have medical conditions that put them in the high-risk group for COVID-19, we highly encourage families to continue engaging with their loved ones remotely during the holiday season instead of opting to transport them home for a visit as they may have done in previous years.

RESIDENT SPOTLIGHT

Getting to know Tom G.

Everyone has unique experiences in life. Each person has a story to tell and words of wisdom that can be shared with others. With that in mind, we'd like to introduce you to some of the wonderful people who live here at CHCC. Here is a recent Q&A session we did with Tom G.

Q: Have you lived in other places besides Lynden?

A: I was in the Marine Corps, so I moved around a lot. And then I worked in horticulture, so I had to move around to find out where to plant my feet.

I lived in Pittsburgh and lots of places in California. I lived in Ohio for a short while and Arizona, too.

Q: What industry did you retire from?

A: I'm not retired yet; I still have

Please see Tom G. 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

Staff update: changes to unit coordinators

There have been a couple of changes recently to the CHCC nurse management team:

First, please welcome Kerisa, our newest unit coordinator, who has started training with Lannea on Baker. We are very happy to have her join our team! You can see a photo of Kerisa in the collection to the right.

Second, once Laurel has returned to work, Kerisa will be teaming up with her to manage the Baker unit. At that time, Lannea will be transitioning to the unit coordinator position in rehab to work alongside Jennifer.

Please give a hearty congratulations to all of these excellent team members!

REFRESH! Observe resident privacy by pulling curtains completely around beds and closing doors. Knock on doors and wait for a response before entering.

#CHCCTEAMWORK

Welcome to CHCC!

The following people have recently joined the CHCC team. Please give them a warm welcome!



Annabel
NAR



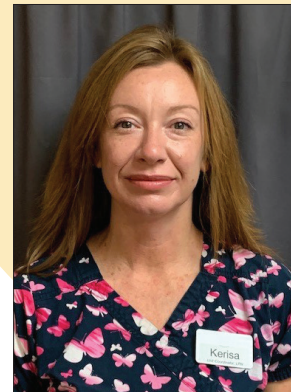
Esmerelda
housekeeping and laundry



Karina
reception

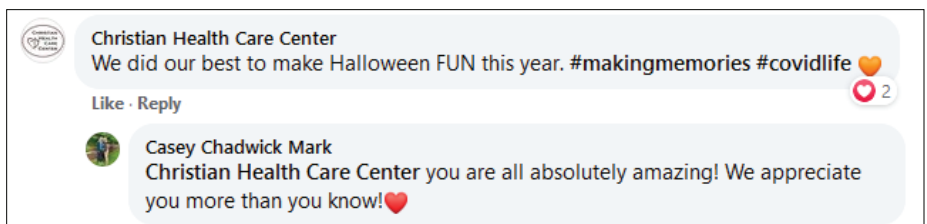


Kay
reception



Kerisa
unit coordinator

Judging by the smiles in the eyes of residents and the kind comments online, the 2020 CHCC Harvest Festival was a huge hit! Thank you to all of you for your wonderful help. Check out CHCC's Facebook page for more photos.



KUDOS

Kari, you are a Shining Star!

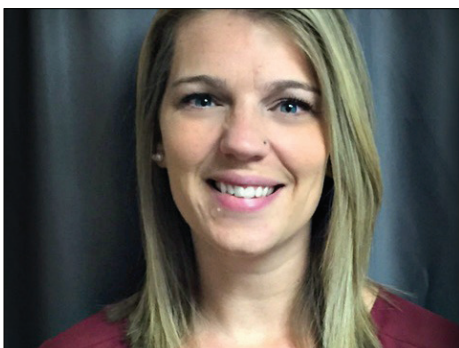


The CHCC Shining Star for October is Kari Heeringa! Kari has been our human resources director since 2008.

She works hard to help all of us with a wide variety of HR and personnel issues. Lately, she has been doing triple duty as we implemented a new payroll and timekeeping system (see recent issues of *The Pulse* and the COVID-19 Q&As for more info), plus she managed the annual open enrollment for our benefits, plus a transition in our accounting programs ... not to mention her “usual job”!

On top of that, she does it all with grace and a positive attitude. We are SO fortunate to have Kari on the CHCC team.

Thank you, Kari, and congratulations!



COMMENT BOX CORNER

Can team members work two jobs during the pandemic?

When the pandemic began, we asked staff who were employed by more than one health care provider to choose one place to work.

That request was made as a preventative measure — one that reduced the chance of COVID-19 spreading to our staff and residents when nursing homes were being hit hard with the virus.

Some staff gave up other jobs so they could work here, and some staff opted to take a leave of absence from CHCC so they could work elsewhere. It was wonderful to see how everyone flexed and adjusted during that time. Thank you!

As this pandemic begins its ninth month, it is time to cautiously invite those who gave up other jobs or who took a leave of absence here to resume their normal work patterns.

We are asking all staff to disclose the name of their second employer

(there will be a form at the screening stations) and that any possible exposure to COVID-19 be reported to your CHCC supervisor.

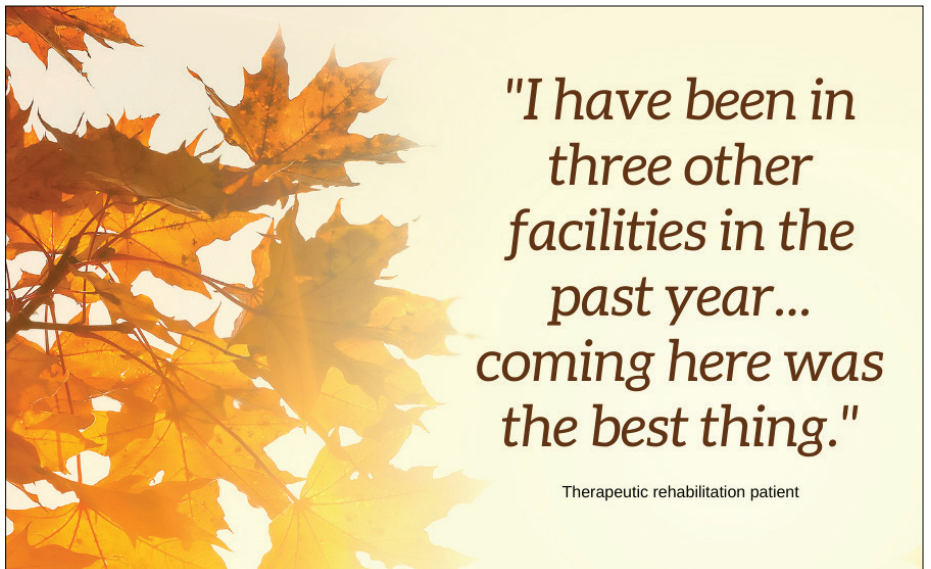
Lifting this restriction will allow staff who gave up shifts at other employers to work in those places again.

This adjustment also will allow staff who have been on a leave of absence while working elsewhere to once again pick up shifts at CHCC.

If you are planning to resume work at another employer, please check with your supervisor here before doing so. There may be opportunities to pick up additional shifts at CHCC; we may be able to increase your hours so you don't need a second job.

Inch by inch, we are moving toward normal operations.

Our strategy, as it has been from the start, will continue to be cautious and carefully thought out.



TOM G.

Continued from Page 1

two green thumbs. *[Said with a laugh.]*

I worked for over 30 years in the gardening business doing maintenance and landscaping.

Q: What was your favorite thing about the work you did?

A: I liked everything about horticulture work in southern California. I loved figuring out what plants grew well in that climate; I could grow just about anything there because it never got too cold. I drew landscape plans for new homes knowing the different strengths and weaknesses of the plants I was choosing. It was a good challenge.

Q: If you could have any type of food, what would it be?

A: A banana split, because they're so yummy. Growing up, we always lived for the weekends because that's when we splurged. We would work hard all week and then we could go out to Carl's — a little ice cream shop in Pennsylvania — every Friday night and have a banana split with three different types of ice cream and three different toppings.

Q: What was your favorite decade to live in, and why?

A: That would be during my high school years. I found out a lot of good things about myself, like what I could do with painting and that I enjoyed the outdoors.

We worked hard (grew up on an Angus beef farm), and then we would swim in the creek and ride horses. I liked the freedom I had then.

Q: What is one piece of advice



Tom G.

that you would give a 16-year-old person today?

A: Find out what you were gifted with when you were born, and then do it. If you have natural gifts that God has given you, use those gifts.

Q: You've lived through other historical events — wars and recessions and such. What do you think of the pandemic that we're living through now?

A: I don't see the pandemic has any control over me. I'm still doing what I like to be doing, like reading, studying, painting, doing video calls with my family, and going out to the garden.

Q: What is one thing that you like about living at CHCC?

A: I like that they don't demand that I do this or that. They don't bother me; I have freedom here. The food is good, too!

Scholarships awarded to CHCC staff

Congratulations are in order!

Two CHCC team members have received scholarships from LeadingAge Washington to help pay for their nursing education.

Kaitlyn D. received a \$1,000 scholarship, and Lisa R. received two: one for \$1,000 and one for \$500.

Congratulations, Lisa and Kaitlyn! We are so fortunate to have both of you on our team. Best wishes with your schooling this year.

COMPLIANCE TIP

When do you need to report a reasonable suspicion of a crime?

According to the Centers for Medicare & Medicaid Services, Section 1150B(b)(2) of the Elder Justice Act provides that if the events that cause the suspicion result in serious bodily injury to a resident, you must report this immediately (but not later than two hours after forming the suspicion). Otherwise, you must report the suspicion not later than 24 hours after forming the suspicion.

If you have a reasonable suspicion of a crime resulting in serious bodily harm, your obligation for reporting this would be satisfied if you left a message on the State Survey Agency answering machine **and** notified local law enforcement within two hours of forming the suspicion.