



# The PULSE

## HOLIDAYS

### Happy Thanksgiving!



Among the things we are most thankful for at CHCC are each and every one of you who help support our mission to provide skilled nursing care with compassion and love in Christ's name.

We know that this has been a difficult year for all of us — resi-

dents and team members alike. In the midst of all this chaos, we thank you for what you are doing to put smiles on the faces of residents and each other. During these months, we've been impressed by the hardworking spirits and positive attitudes of our team here at CHCC.

## HEALTH AND SAFETY

### How can we help quell COVID-19?

It is with a heavy heart that I let you know that we have to postpone any "opening up" of activities and visits for our residents. Per the governor's new mandate, we cannot allow any group activities for our residents. This is especially hard because we were going to be able to start having small group activities. Please be sensitive that this may add sadness to the days ahead for some of our residents. Bring them all the joy you can as you interact. One-to-one



by **Tonja Myers**  
Administrator

Please see **COVID-19** 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)



Thank you for your continued caution driving slowly and carefully in the parking lots here at CHCC. One way we can show care for those around us is to drive slowly, park carefully and be observant of other cars and people in the parking lot. #CHCCTeamwork

## KUDOS

# Kind words for the rehab team

Names: All were excellent & really no favorites.  
But still, Tiffany, Maggie, Delina, Martha, Kevin, Gabe, All, Kelly,  
 Comments: + Lisa, Elijah oh, they all were just swell!  
And all the others who's names I never learned but deserved mention.

After a recent rehab stay at CHCC, Anthony K. had some kind words to say about his care here. Kudos to the staff members mentioned here and to all of you who put forth tremendous effort, day in and day out, to ensure that rehab patients and residents at CHCC have the best possible care. You all are an incredibly important part of

the team.

Here's what Anthony wrote: "All were excellent. Really no favorites. But still, Tiffany, Maggie, Delina, Martha, Kevin, Gabe, all, really. And Lisa, Elijah ... oh, they all were just swell! And all the others whose names I never learned but deserved mention.

Kudos to you all!

## FROM THE CALENDAR



Craft fair: Nov. 23, 24 and 25 in the CHCC chapel.



Last day to sign up for Secret Santa: Nov. 27



## Extra Christmas bonuses incoming

CHCC's annual Christmas party has been canceled this year due to the status of COVID-19 in our community and as a result of Gov. Jay Inslee's Nov. 15 proclamation limiting all indoor gatherings.

In lieu of the party, each staff member will be gifted an additional \$25 that will be included with your regular Christmas bonus. Regular bonuses are \$100 for those who have worked here for six months or longer and \$50 to those who have worked here for fewer than six months.

Milestone work anniversary pins will be delivered personally to recipients before the end of the year.

Thank you for all you do for CHCC! We are glad that each and every one of you is a part of the CHCC team.

# SUBSCRIBE TODAY!

CHCC often shares information with the public via email. When you subscribe, this public-facing info will help you answer questions from residents, family members and others. Sign up at <https://chcclynden.org>.

## CELEBRATIONS DURING COVID



Please consider reviewing the Washington State Department of Health's guide to celebrating safely. "While the traditional feast, end-of-year parties, and crowded tables are on hold, there are

still fulfilling ways to enjoy the holidays with family and friends." <https://coronavirus.wa.gov/information-for/you-and-your-family/safer-gatherings/celebrations-during-covid>

## HOLIDAYS

# Give the gift of nutritious meals



**A**s we continue in the midst of the COVID-19 pandemic, the holiday season is guaranteed to look different this year. Family gatherings are limited, and the needs of those you're buying gifts for may be different, too. But through the gift of food, we can show love to elderly parents, grandparents and neighbors.

Here are a few ideas for those

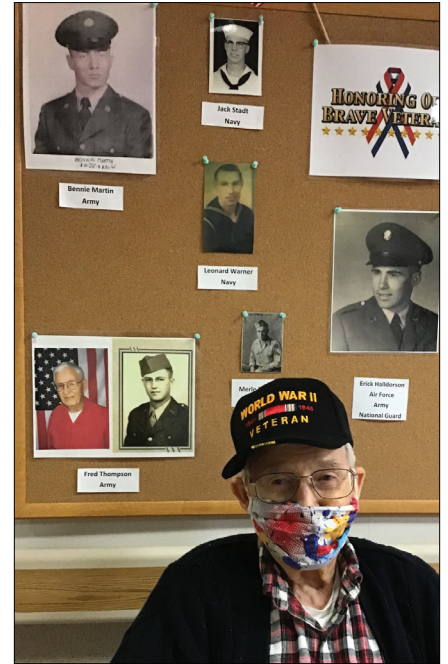
who can safely cook, heat and serve meals at home. Please feel free to share these with others — or use them yourself!

**Cook a batch of meals and deliver them.** Gather your family into the kitchen, flip on the mixer, fire up the oven and cook a batch of healthy and nutritious meals — say, a week's worth — that can be divided, pack-

Please see *Food* on Page 4

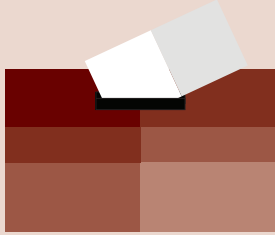
## CELEBRATION

# Honoring our veterans



Nov. 11 was a pretty special day for veterans at CHCC. They each received a poster, flag and stickers for their room. Each vet also received a thoughtful card from students at Lynden Middle School, which they loved! Thank you to Robert Kratzig, dean of students, for inspiring another generation of humans to honor the service of veterans. Visit the CHCC Facebook page for more.





## COMMENT BOX CORNER

### **Q: Will staff members be reminded when it is time for TB shots? How and when will those be administered?**

A: An email reminder is sent out to employees every Monday of the month their TB test is due. TB tests must be completed by the 25th of the month in which they are due. Tests can be given and read at the rehab nurses' station between 10 and 11:30 a.m., 2 and 4 p.m. and 6:30 and 7 p.m.

*Note: Due to the volume of questions specific to COVID-19 being reduced, we are scaling back the COVID-19 Q&A documents. We still will produce the Q&A sheets approximately monthly, as important questions arise, but we have removed the old Q&As from the website. Printed copies of past Q&As are available in the break rooms. Questions about general care and operations at CHCC will be answered here in The Pulse.*

## COVID-19

*Continued from Page 1*

activities will continue.

Indoor visits with families are also postponed indefinitely. Video chats will continue to be available, as will window visits and outdoor visits, as long as weather permits. If you are helping a resident get ready for an outdoor visit, please be sure to dress them warmly, with hat and gloves.

As you know, if our county positivity rate goes above 5%, we have to test 100% of staff weekly. As of today, it is 2.5%, an upward trend from last week. At this point, our testing is monthly; the next one is scheduled for Dec. 9.

Please do your part to help move the trend back down.

As we approach Thanksgiving, please do not plan any large gatherings. It's hard for all of us, but we need to get on top of this so we are not still operating this way next year!

Pray for strength and health for all. Pray for peace. Wash your hands often and thoroughly. Wear your mask. Stay distant from anyone who does not live in your house.

You are a GREAT team, taking excellent care of our residents. Stay the course. Thank you.

## FOOD

*Continued from Page 3*

aged into individual servings and delivered. Consider making a pot of soup, a pan of lasagna or enchiladas, or a tuna casserole, coupled with a bagged salad for meals your loved ones can freeze, heat and serve.

**Order grocery items online (and don't forget dessert).** No time to cook? Sending grocery items — monthly or weekly — can be a heart-warming gift, too. Most grocery stores now offer delivery services, so you can shop online and have fresh fruit, healthy veggies and easy-to-prepare packaged items delivered virtually anywhere. Select items that can be combined into a delicious meal without the need for much cooking. Bags of tortellini, spaghetti with a mild red sauce, pre-cooked chicken and frozen veggies for stir frying can make nutritious main courses. Couple them with fresh vegetables, quick-cook rice and maybe even a package of refrigerated cookie dough for a fun home baking project.

**Send a meal kit that can be cooked at home.** Services such as Blue Apron, HelloFresh and Green Chef offer meal ingredients that your loved one can prepare at home, allowing them to retain some independence and to participate in the joy of cooking. Aim for options that are low in sodium and light on spices.

**Help your loved one sign up for the Meals on Wheels and More program.** The program delivers supplemental meals that are not only delicious but healthy, too. The meals provide at least a third of a senior's daily nutritional needs. If your loved ones don't live in Whatcom County, track down the Meals on Wheels program in their community.

**Have takeout delivered.** In Whatcom County, services like VikingFood and UberEats can bring orders directly from loved ones' favorite restaurants right to their house. Especially during COVID-19, many restaurants also have established their own food delivery services. Just call in to the restaurant or check its website to see what options are being offered for having food delivered.