



## HEALTH AND SAFETY

# Thanks for your help with vaccination plan

by **Tonja Myers**  
CHCC Administrator

I want to give a shout out to a few people who worked hard to make vaccinations happen at CHCC. We were super organized, and this event went even better than expected. I know many of you worked on this, and I hope I don't leave anyone out.

Special thanks to Happy McMeekin, our logistics coordinator. Ashleigh Eastham, Kathy Knutzen, Ronda Timmer, Mary Wynstra, Karen Jemison, Heather Lewis, Joy Kim and Sue Philpott. Thank you for making it a smooth day.

And over here at CHCC: Leah Maassen, Amanda Bollinger, Lannea Riggs, Laurel Taylor, Kerisa McAllister and Jennifer Joslyn, plus a bunch of NACs and hospitality aides who did the follow-up monitoring. Thank you!



**Chenny and John pose after their shots.**

Behind the scenes: Katie Taylor, Steven Lewis, Kari Heeringa, Kim Gallegos, Betty Lopez and our wonderful kitchen crew, under the leadership of Carol DuBois and Dave Hand.

And, as always, thank you to our CEO, Patrick O'Neill, for his steady support and enthusiasm. It takes a village, and CHCC is the very best village there is! Thank you all!

## LIFE AT CHCC

# Gardening table fun



Our two Eldergrow garden carts have been such a blessing during the pandemic. Not only are the indoor garden carts frequently replenished with interesting plants that residents can view, touch and sometimes taste, but the carts also

*Please see **Seashells** on Page 2*

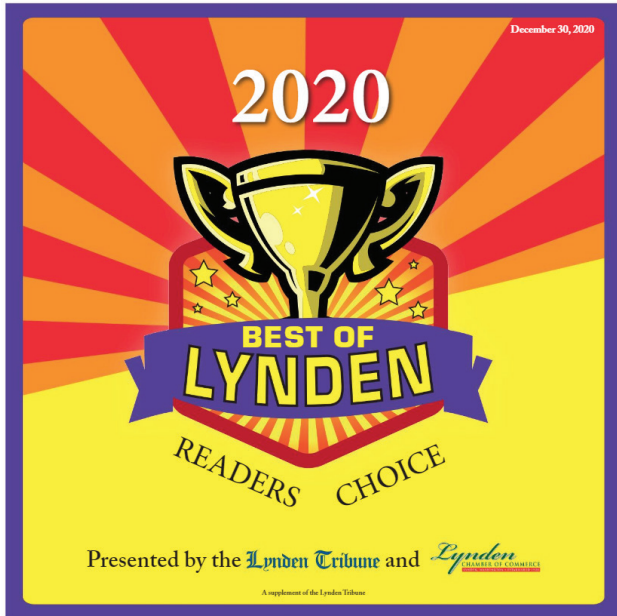


On Facebook, community members are offering prayers and words of encouragement for those receiving care here and for you, dear care team. Hop over and take a look!

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

## KUDOS

# CHCC: Best of Lynden in 2020



Readers of the Lynden Tribune voted CHCC as the best place for adult care/assisted living. It means a lot to receive a nod from the community for the service our staff provides. To you, our wonderful team members: Thank you for what you do to ensure that CHCC provides top-quality care in our community.

### Get a vaccine, give a hug

Jan. 27 is National Hugging Day. While we can't give hugs to anyone and everyone like we normally might, we can take steps to help those days return soon. If you haven't done so already, please get the vaccine on Jan. 27.

Read past issues of  
**THE PULSE**  
online.

[chcclynden.org/about/the-pulse/](http://chcclynden.org/about/the-pulse/)

## KUDOS

# CHCC recognized for quality care

CHCC has earned congratulations from Leading Care Network NW for our compliance and achievement with the Network Quality Program!

Leading Care Network NW is a network of providers grouping together to negotiate with insurance companies. Patrick O'Neill, CHCC's CEO, is the chairman of the board.

In order to become preferred providers with insurance companies, CHCC and other care centers are using the Ability program (which is based on a number of quality measures, benchmarks and trends) to

track and trend our quality success in a variety of areas, most of them clinical.

This award means we are tracking along an excellent trend in terms of quality of care. The end result is that CHCC will be in a better position to negotiate with insurance companies and receive the highest possible reimbursement rates for services we deliver.

Another upshot of this award is the recognition that CHCC team members are delivering a high level of care. Thank you, CHCC team members, for your excellent work on behalf of all those who live here.

## SEASHELLS

*Continued from Page 1*

come with engaging curriculum that changes each month.

This month's curriculum kit included information and conversation starters designed around a theme of "Seashells and Water Gardens." We've been talking one-on-one with residents about water gardens, hydroponics, the benefits of seashells in gardening and more. There have been themed games and art projects, too, not to mention



lots of time reminiscing about times spent gardening or going to the beach.

If you know of a resident who might benefit from this program, please consider talking with t-rec.

## POLICY

# Reminders on use of the break room

The following guidelines govern use of the break room during the COVID-19 pandemic. Thank you in advance for your attention!

- Only one employee can sit at each table at any one time. Remember that there are additional tables in the hallway that can be used as needed.
- Maintain 6 feet of distance from others.
- Wash your hands and use gloves when serving yourself any food from the back table.
- When they are not in use, place your mask and goggles in one of the provided brown paper bags. Before you leave the break room, dispose of the brown paper bag.
- Wipe down your table and chair with a disinfectant wipe before you leave the room. Wipes are in the cupboard by the sink.



**Brown paper bags have been placed in the break room. Please use them to store your masks and goggles while you are on break instead of setting them on the table.**

## COMMENT BOX CORNER

**Q: Why do the people working at the screening stations quiz us about COVID-19 symptoms sometimes?**

A: Good question! It is all about practicing answers because state surveyors have been asking staff to name the symptoms of the virus. Of course, by this stage in the pandemic, those answers should be top of mind; however, it can be easy to slip up and say the wrong thing unless we practice.

**Q: Can people hang suet cakes or bird seed feeders outside resident rooms?**

A: No. Traditional bird feeders — those that distribute seeds and nuts — can attract vermin. The seeds from those types of feeders can also germinate, which causes extra work for the landscape maintenance crew. With those things in mind, traditional bird feeders are not allowed at CHCC. If a resident mentions a desire for a bird feeder, you might mention that hummingbird feeders are a great alternative. Some families place and maintain a hummingbird feeder outside their loved one's window, hanging it on a freestanding metal shepherd's hook.

**Q: Can someone help me set up Paycom on my work email?**

A: Of course! CHCC's human resources team has helped many team members do that. All you need to do is make an appointment during their normal working hours. You can also ask your supervisor. They have been able to help with some basic Paycom and email questions. People are here and ready to help, all you have to do is ask.

**Q: Can we have more chairs in the lounges?**

A: The precautions we've been taking have been working, so we plan to stay the course and continue practicing the safety measures we have in place, including the reduction of chairs in the staff lounges to help with social distancing.

**HOW YOU CELEBRATE**

# February is Black History Month

*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 that represent how you celebrate.*

February was first named Black History Month back in 1976, when it was so designated by President Gerald Ford, but its roots are much older. The Association for the Study of Negro Life and History created a National Negro Week in 1926, coinciding with the birthdays of Abraham Lincoln and Frederick Douglass. The week would eventually grow into a month, as many college campuses established month-long celebrations during the

Civil Rights Movement.

The 2020 theme of Black History Month, also known as African American History Month, was “African Americans and the Vote.” This year, the theme is “Black Family: Representation, Identity and Diversity,” exploring the spread of Black families across the United States.

Black History Month is celebrated in various countries around the world, including in the United King-

dom, Northern Ireland, the Netherlands and Canada.

The main idea of the month is to devote time to the recognition of the history and achievements of people who are part of the African diaspora.

Among the African Americans having made significant contributions to the medical field are Charles Richard Drew, who pioneered blood preservation techniques and is known as the father of blood banking; Marilyn Hughes Gaston, a leading researcher on sickle cell disease who has been given every possible award from the Public Health Service; and Regina Marcia Benjamin, the 18th U.S. Surgeon General and first chair of the National Prevention Council.

**Activity calendar online**

Resident Wellness: Therapeutic recreation's monthly activity calendar is posted online at <https://chclynden.org/long-term-care/activities/>. The calendar includes numerous life-enriching activities that residents can participate in. When speaking with families and designated representatives, please ask them to check that calendar and then encourage their loved ones to participate. Sometimes a little extra encouragement is all a person needs. #CHCCTeamwork

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