



The PULSE

Take care of your heart!

February is American Heart Month (not a surprise for the month containing Valentines Day, right?), so here are some reminders of things you can do TODAY to care for your heart:

- Visit your doctor regularly, even if you feel fine. Get checked for high blood pressure and cholesterol.
- Try to keep your BMI in the normal range. Eat a healthy diet and keep your body moving. If you sit a lot, get up every 30 minutes to stretch.
- Quit smoking (or don't start to begin with).

RESIDENT SPOTLIGHT

Getting to know Jackie E.

Q: Have you lived in other places besides Lynden?

A: Oh, yes! I was born in Vancouver, B.C. I also lived in Louisiana for 17 years. I liked it there, and the people were great, but it was real muggy in the summers. My husband and I eventually moved back to this area and lived



Jackie E.

in Blaine.

Q: What industry did you retire from?

A: I was one year into training to become a psychiatric nurse when I decided to move to the south to marry my husband, Johnny.

We met when he was stationed in Blaine for the United States Air Force. When it was time

Please see Jackie E. on Page 4

LIFE AT CHCC

A friendly reminder on appearances

CHCC has long been known for having staff who presented neat, clean and professional appearances for our residents and guests. We have achieved that reputation by showing up for work appropriately dressed and by being well-groomed.

On occasion, we would have causal days or special theme days — a time when more relaxed or festive attire was allowed. Even then, there were guidelines to follow; those were outlined in the dress code policy.



by Tonja Myers
Administrator

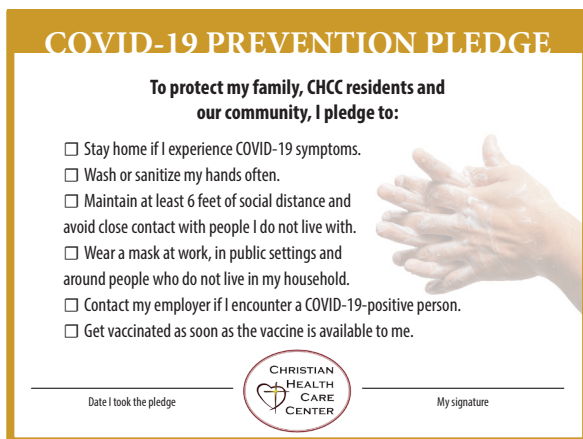
Please see Dress code on Page 4



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

Renewing pledges to COVID-19 prevention



Here at CHCC, we are renewing our commitment to ending the spread of COVID-19 by asking each of you to again commit to the COVID-19 Prevention Pledge.

Copies of the pledge sheet are available in the staff lounges; please take one for yourself and a few extra for family members. In addition, a version meant for community members is available on the CHCC website for downloading.

We are asking both CHCC team members and community members to renew their pledges. Please watch the CHCC Facebook page for posts about the pledge and consider sharing those posts with your networks.

The healthier our local community is, the sooner people living in long-term care can resume indoor communal gatherings, such as eating meals in the dining room, attending worship services and participating in group activities designed for socializing.

You can help CHCC progress through the phases of Washington state's Safe Start for Long-Term Care reopening plan.

Please renew your commitment to reducing the number of COVID-19 cases in our community by participating in this prevention pledge. Thank you!

COMMENT BOX CORNER

Q: Can we have a newspaper in the break room on weekends or Sunday?

A: We do receive newspapers daily at CHCC and therapeutic recreation staff delivers them to the rehab lounge and the tables in the hallway outside the front lounge. If the paper isn't there that means someone has moved it temporarily or they have taken it to another location. We can sure remind everyone to leave the newspapers in their intended locations for all to enjoy.

Q: Someone asked me to keep an eye on a resident until a nursing assistant could attend to them; however, I am not trained to take care of people. What should I do?

A: This is a great question! We are all here working toward a common goal: to take care of our residents and patients.

When someone asks a non-clinical staff member, say a housekeeper, dietary assistant or a department manager, to keep an eye on a resident for a couple of minutes, that is something we can and should do as long as we're not being asked to help lift, walk, feed or provide personal care that is not in our usual scope.

At all times, not only when asked, each member of CHCC's team should be looking for opportunities to engage residents in conversation when in their proximity. We should all help monitor resident safety (Falling Leaf program) and serve as an extra set of eyes — the same types of things that you'd do if you were asked to keep an eye on a resident for a few minutes.

Update regarding PayCom questions:

Notes and questions about the PayCom system that are placed in the comment boxes will no longer be responded to. Recent notes have all been unsigned so we cannot follow-up, and they have become repetitive. As we have previously instructed, please talk to your supervisor or the human resources team if you experience problems with PayCom.

Welcome to these new hires!



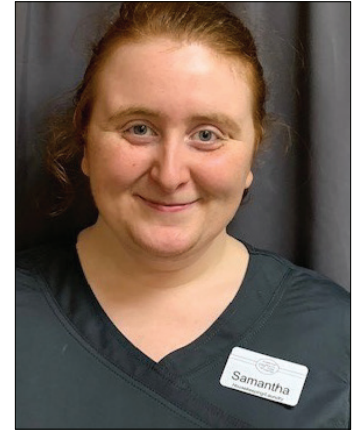
Abby - T-Rec



Efren - RN



Emily - DRA



Samantha - Housekeeping

Due to COVID-19, it's been a while since we've taken photos of our newest employees and posted them in The Pulse. But that certainly doesn't mean that we're not thankful they are here!

A hearty welcome to Abby, Efren, Emily and Sa-

mantha, who have been doing a wonderful job in their time here ensuring that our residents receive the highest levels of care.

If you see these faces in the hall, please say hello and welcome them to CHCC!

KUDOS

DuBois becomes ServSafe proctor, can oversee exams

CHCC's dietary manager, Carol DuBois, has become certified as a proctor for ServSafe, enabling her to administer and oversee ServSafe food safety exams.

ServSafe is a program from the National Restaurant Association that trains food service workers in various aspects of food safety, including general food handling, allergens and alcohol. With her new status, DuBois is now able to proctor tests for those in the area who want to gain ServSafe certification. In fact, the first test that DuBois proctored was for Dave Hand, a chef from CHCC's own dietary department.

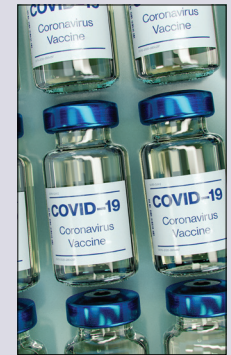
Carol DuBois has been CHCC's dietary manager for six years. Her extensive training and experience in health care food service make her a great asset to CHCC residents and the entire community.



Carol DuBois
Dietary manager

Vaccination clinic update:

As a result of vaccination clinics held at CHCC Jan. 6 and Jan. 27, our facility-wide vaccination rate is 82%. This includes staff and residents who have received at least one dose of the COVID-19 vaccine. The final clinic date for anyone needing their second dose is scheduled Feb. 17.



Of interest: Work underway on Lynden fire station

The Lynden Fire Department's station on Fourth Street is undergoing renovations. When the work is complete, the station will have a new second floor — complete with a fire pole to help the firefighters descend quickly. The work is expected to be complete in late fall 2021, with the firefighters located at an alternate location for now. The construction shouldn't affect their response times when we call them. In an emergency, please call 911 just as you always have.

JACKIE E.

Continued from Page 1

for him to move home to Texas, he asked me to come with him. I said no at first, because I wanted to finish school, but I really missed him when he left and didn't want to be without him for three more years while I finished school. I wrote him a letter and told him that, and he drove right up here and got me.

I went to meet his family in the South, and we thought about getting married then, but he told me he wanted to give me a proper wedding at home so my family could be there. That was good of him; most men might not say that.

I quit the nursing program, and we soon got married. Instead of becoming a nurse, I raised four children and also took care of my friends' kids when they were at work, so I stayed busy. I kept the kids occupied with activities and chores and reading.

Q: What was your favorite

thing about the work you did?

A: When I was training to be a nurse, it was very interesting and challenging. I liked that. When I was raising kids, I was very busy, and being home with them was enough of a job for me. Reading is very important to me so I read to them until I could teach them to read themselves.

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

A: I know it's not very healthy, but it would have to be ice cream. Any kind really. Chocolate, vanilla ... Oh, I like them all!

Q: What is one thing you have been most proud of in your life?

A: That would have to be my kids, because they are good, and they have made good lives for themselves.

Read the rest of this Q&A at <https://chcclynden.org/news/>.

DRESS CODE

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When the doors to CHCC closed to visitors at the start of the pandemic, a more relaxed dress code was allowed at CHCC — one that included wearing jeans and casual tops, such as CHCC-branded sweatshirts, any day of the week instead of only on the casual dress or theme days.

However, over the course of many months, the level of relaxation has strayed from the original intent, and we are collectively starting to look unprofessional, which is not an image we want to project to our residents or anyone else we come into contact with at work. It is time to bring awareness to this and to refocus on arriving for work appropriately dressed.

For the time being, you may continue to wear jeans to work, but they must be clean and without holes. Sweats and yoga pants are not allowed. When wearing leggings as pants, a top must come to the mid-thigh, covering your waist and buttocks completely.

Tops must be professional-looking and conservative. Or, you may wear a CHCC-branded shirt or hoodie. No other hoodies, T-shirts or sweatshirts are allowed except on special casual days as designated by our employee relations committee or therapeutic recreation.

Shoes (closed-toe only) must be clean and appropriate for your job duties. Jewelry, fingernails and hairstyles also must be appropriate for your job duties, as well as for safety and infection control.

Thank you for your attention to this matter. As a bonus, collectively elevating the appearance of our staff may be one way we can start to feel more "normal" at work again.

