

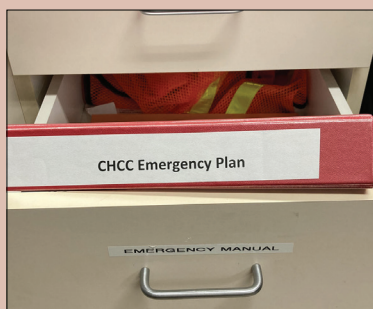


The PULSE

Emergency manual updates:

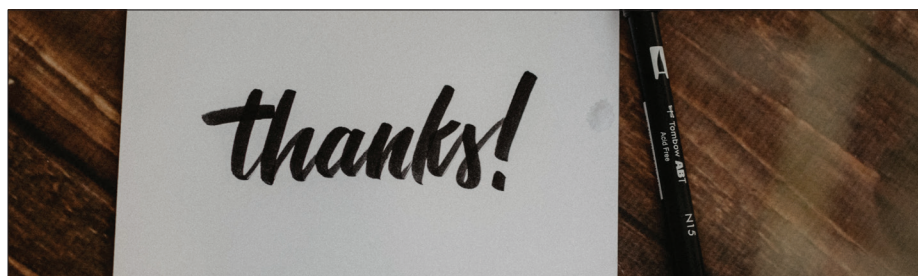
Many thanks to Mary Faber Wynstra and Ashleigh Eastham for reorganizing our emergency manual. They cleaned up the format, replaced tabs and put the information in a fresh, new binder. The manual looks much better, and it's easier to find what you're looking for.

You'll find a red emergency plan binder located at each nurses' station and in every department. As a team member at CHCC, you are responsible for knowing where the emergency manuals are kept, and you should also know what they contain. Today, please take a moment to find the nearest emergency manual and review the information that is presented inside.



LEADERSHIP

Tip: Acknowledge the work of others



One way to grow in your career and to elevate your leadership skills is to recognize and acknowledge team members who consistently perform in ways that align with CHCC's mission and values.

Actions and behaviors that warrant recognition are happening all around us; we just need to train our brains to look for them and take a minute to acknowledge what we have observed. By doing so, we can help lift others up and help them feel welcome and appreciated at work. Don't we all yearn to feel that way!

"So in everything, do to others what you would have them do to you." Matthew 7:12, NIV

Acknowledging the work of others can be achieved in person by saying things like, "I heard that you did a really nice job de-escalating that resident's anxiety. Thank



by **Tonja Myers**
Administrator

Please see **Others** 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

KUDOS

Congrats to Charissa & Sedona!

January was a special month here at Christian Health Care Center, in that it featured two Shining Stars instead of the usual one.

Charissa B. has worked here at CHCC for more than 20 years. She is a dining room assistant who also is certified as an NAC. She is 100% committed to excellent care of our residents and is dedicated to ensuring they all get top-notch care and service.



Charissa B.
dining room assistant

Sedona H. is a hospitality aide who also is now enrolled in the NAC class. She has demonstrated flexibility and compassion, and she can really think on her feet to accommodate the changing needs of our residents and their families.



Sedona H.
hospitality aide

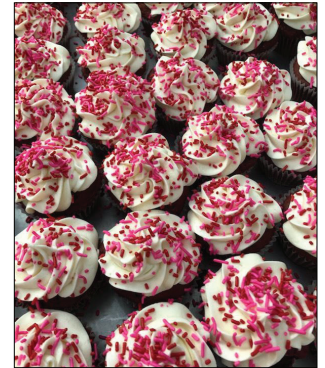
Charissa and Sedona, congratulations to both of you. We are so very fortunate to have you on the CHCC team.

Please give them hearty congratulations when you see them in the halls!

LIFE AT CHCC

Treats to fill the heart

Feb. 14 was a pretty sweet day at CHCC. There were petit fours at lunch and red velvet cupcakes along with a hearty and delicious dinner. Our dietary team sure knows how to make holidays festive and fun.



Survey (and every day) reminders:

All doors that lock should be closed and locked. For example, this would include the beauty shop, the laundry room and the soiled utility rooms. Also, please remember that no keys may be left in any doors or cupboards. Thank you!



"I LOVED IT HERE! IT WAS LIKE BEING ON VACATION."

Therapeutic rehabilitation patient

Make heart health part of self care

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart.

And that's a good thing, because heart disease is largely preventable and focusing on improving your heart health has never been more important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk of getting it, according to the National Heart, Lung, and Blood Institute (NHLBI). People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

"Studies show self-care routines, such as taking a daily walk and keeping doctor's appointments, help us keep our blood pressure in the healthy range and reduce our risk of heart disease and stroke," said David Goff, M.D., NHLBI's director of cardiovascular sciences.

It may be easier than you think to "put your heart" into your daily routine. Each Sunday, look at your week's schedule and carve out 30 minutes daily for heart-healthy practices. Take an online yoga class, prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep, or make a medication checklist. Then seek out support from others, even if it's online or via a phone call, to help you stick to your goals.

[Editor's note: This article was republished with permission from the National Institutes of Health in honor of American Heart Health Month.]

MORE INFORMATION

For self-care tips to help you make your heart a priority every day of the week, visit <https://chcclynden.org/news/>.

For example: Wednesdays can be devoted to wellness. Move more, eat a fruit or vegetable you've never tried, make a plan to quit smoking or vaping, or learn the signs of a heart attack or stroke.



Heart Health Month Tip: Being mindful of your health status is a key to making positive change. Regularly monitor your blood pressure or blood sugar, if needed. Know your healthy weight range. Check if you're behind on any medical appts. <https://www.nhlbi.nih.gov/ourhearts>

Kudos from a rehab patient:

On the exit form we give to every rehab patient, one person who left CHCC in January gave a shout out to some staff members who, in this person's opinion, went above and beyond to improve the patient experience at CHCC: **Wendy, Kevin, Tiffany, Lisa, Delina and Jackie**. Thank you to each of you for your wonderful work ensuring each and every rehab patient has an excellent experience, in keeping with our mission.

Enter your email address below to begin receiving a monthly email packed with useful info for CHCC families and friends.

SUBSCRIBE!

To know exactly what messages are being sent to the public, including to the family members of those who live here, sign up for CHCC's eNews. Just go to <https://chcclynden.org> and look for this graphic at the bottom of the page.

OTHERS

Continued from Page 1

you for stepping in to help.” Or, “Have I told you lately how much I appreciate your ability to come to work each day with a positive attitude?” Or, “I just want to say thank you for leading our team the way you do. I know it must be hard, but I think you’re doing a good job.”

You see, those are simple statements that will put a smile on the face of the person to whom you’re speaking.

Posting a note on the Kudos board is another way to acknowledge someone at CHCC for the work they do in a more public way.

Here’s an idea for you: Set a “Kudos Day” calendar reminder on your phone. Pick one day per month on which you will put a stack of kudos cards in your pocket and fill a card out each time you see someone working hard, going out of their way for others, or impacting a situation in a positive way. Post the cards on the kudos board at the end of your shift. Your kind words and affirmations will really

make someone’s day.

Then we have the Shining Star program! Anytime someone stands out as being a person who exemplifies CHCC’s mission of “providing skilled health care services with compassion and love,” you can nominate them for a monthly Shining Star award. Recipients — one from nursing and one from other departments — get special perks, including a \$100 award, a Shining Star pin, a \$25 Woods Coffee card, acknowledgment in *The Pulse* and on recognition boards at CHCC, mention at CHCC’s annual Christmas party and more. Who wouldn’t want to be the person who nominated a Shining Star winner?

Are you ready to start elevating your leadership skills today? Tell coworkers they are amazing, set a “Kudos Day” reminder on your phone, or fill out a Shining Star nomination form (available in the human resource offices, in the front lobby and in each employee break room)!

HEALTH AND SAFETY

Reminder: Cell phone use

Please remember not to use your personal cell phone on the nursing units or in the working areas of CHCC. This includes use of your phone for calls, texts, instant messages, Facebook, chat or similar uses.

Of course, you may use your phones while on scheduled breaks (in the break areas only).

If you have a personal situation that requires ongoing phone availability, please seek special permission from CHCC’s administrator, Tonja Myers.

Also, please remember not to take pictures, videos, or any other personal representations of any resident, family member, visitor or staff member for the purpose of personal use, social media or any other reason.

Thank you!

Earn cash for referrals:

Remember that you can earn a bonus of up to \$1,000 for every licensed nurse who signs on to work 24 or more hours per week here because of you.

Call or text RN or LPN nurses you know (perhaps former coworkers) and let them know that we have open positions, which are listed at chcclynden.org/careers/.

Questions about CHCC’s referral program? Chat with Kari or Ronda in human resources!

Survey (and every day) reminders:

All employees must wear name tags as part of the CHCC dress code.

Read past issues of
THE PULSE
online.

chcclynden.org/about/the-pulse/