



# The PULSE

## LIFE AT CHCC

### An open letter to CHCC staff

Well, it's been a year since we were swept into this pandemic. At the beginning, I never would have believed it would last a year or more. I'm glad I didn't know that then, but we have made it this far, and have a strong chance of coming out of it without a major outbreak in our facility if we keep our heads about us.

I want to thank each of you for

your dedication and commitment to excellence here at CHCC. Your ongoing focus on infection control has kept COVID-19 out of our building.

We have all learned to embrace a very different



by **Tonja Myers**  
*Administrator*

lifestyle, and it has been hard! Every one of us has experienced loss due to the pandemic. There have been many emotions, most of them difficult (fear, anger, resentment, emotional fatigue, feeling overwhelmed, and so forth).

Hopefully, all of us have also experienced some positive emo-

*Please see **Thank You** on Page 3*

#### HIPPA reminder:

##### Do not place sensitive information in recycle bins

Recycle bins are not HIPAA Bins. Never dispose of documents that contain residents' protected health information in a recycle bin.

Information about residents is very private. You have both a legal and ethical responsibility to keep all information confidential. Confidentiality applies to treatment, payment and healthcare operations. It also includes how we dispose of residents' protected health care information.

All protected health information, such as resident names, social security numbers, Medicare or Medicaid numbers, medical procedures, diagnosis, etc., must be shredded and destroyed.

#### Leadership tip:

##### Remain calm under pressure

Successful leaders handle stressful situations with a level of quiet confidence that reassures anxious team members. They quickly assess anxiety-ridden situations and use their experience and knowledge of policies and procedures to calmly lead their team through troubling times. They say things like, "This is a difficult situation; here's how we're going to work through it."



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)

# Aging Well Whatcom aims to improve the act of growing old

How great is it that thoughtful people are doing work now that will help ensure we can age well in Whatcom County?

Heather Flaherty, the Chuckanut Health Foundation's executive director, described the efforts in a recent Whatcom Talk article:

"A few years ago, Chuckanut Foundation saw a gap in community planning for older adults, so we brought together a coalition of people who were in recreation and transportation, people who take direct care of seniors — all the things that go into creating a community — to create a community plan. To get us all rowing the boat in the same direction, so to speak."

Tonja Myers, the CHCC administrator, is among the mem-



bers of the steering committee at Aging Well Whatcom, which was started in late 2017 with the goal of helping ensure that Whatcom County is a community in which everyone is able to age well.

To learn more about what Aging Well Whatcom is doing in the community, visit <https://www.agingwellwhatcom.org/> or read the Whatcom Talk story at <https://www.whatcomtalk.com/2021/03/15/aging-well-whatcom-is-working-to-prepare-a-better-future/>.



## Reminder: No highly fragrant flowers at CHCC

Highly fragrant flowers — such as Oriental lilies, hyacinths, lilac stems and Easter lilies — can cause people who live and work here to have allergic reactions. For that reason, highly scented flowers cannot enter the building and should be excluded from any bouquets delivered to CHCC. Recommended flowers include tulips, chrysanthemums, sunflowers, dahlias, hydrangeas, calla lilies, daffodils, ranunculuses, snapdragons and poppies.



## THANK YOU

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tions or insights. I have heard many stories about “slowing down” and appreciating small blessings. I have also heard about folks connecting (via the Internet) with long lost friends and family. I have heard stories of faith, of hope, of resilience.

I hope when you look back on this time, your memories will be mostly positive. I know I continue to feel remarkably blessed to work with you.

Our team demonstrates compassionate care of our residents and each other every day. Everyone has added a mask, and then goggles, to our daily uniform. We are all performing more hand hygiene than we ever believed we would need to, and now we know that we must continue that level of diligence in order to keep ourselves, our residents, families, friends and community safe.

We have become the only “family” our residents get to really see (or touch), and we have done all we can to keep them connected with their own families outside of our walls.

This hasn't been a marathon, it's been a triathlon! Don't give up now; the finish line is not too far! Keep practicing excellent protection for yourselves, family, friends, residents and each other.

Keep the faith. Encourage each other. We will get through this together!

I am so grateful for you. Thank you for all you do, every day, for weeks, months, years on end. It is a privilege to know you and to work with you. I'm so proud of us! #CHCCTeamwork



## LIFE AT CHCC

# Easter Sunday is April 4

Because it is celebrated as the first Sunday after the Paschal Full Moon (the first full moon after the spring equinox), Easter Sunday can be as early as March 22 or as late as April 25. This year, the celebration falls on April 4.

On Easter Sunday, Christians celebrate the resurrection of Jesus Christ from the dead after his crucifixion and burial, through which he offered the perfect sacrifice for sin.

Easter is an especially large celebration in some Catholic countries. Across the border in Mexico, for example, as well as throughout Latin America, Easter is by far the biggest celebration of the year, with the week leading up to Easter (called *Semana Santa*, or Holy Week) filled with parades, feasts and celebrations.



### Encourage people to enroll in our next NAC training class, which begins April 5

Did you know that you can earn a referral bonus for encouraging people to enroll in our nursing assistant training program? Up to \$500 will be paid to you after the student becomes a certified nursing assistant and starts full-time employment at CHCC.

NAC training program details are available at <https://chcclynden.org/nac-training/>. Share this link with a friend today!



# A warm welcome to these new hires!



Alicia - DRA



Charity - Hospitality Aide



Emily - Hospitality Aide



Jina - Housekeeping



Michelle - Hospitality Aide



Rylee - DRA



Selena - DRA



Shannon - Hospitality Aide

A hearty welcome to Alicia, Charity, Emily, Jina, Michelle, Rylee, Selena and Shannon! We are happy to have each and every one of you working here at Chris-

tian Health Care Center.

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

## HEALTH AND SAFETY

# Helping people swallow: Dysphagia and aspiration 101

As anyone who's ever had a sip of water go "down the wrong pipe" knows, breathing and swallowing are closely related.

Especially in older adults, throat-related problems can make it difficult to swallow food properly. Among the more common issues are ones called "dysphagia" and "aspiration."

Dysphagia is a condition in which a person has trouble swallowing, often because throat muscles aren't working properly. Dysphagia is common in people who've had a stroke, according to the American Stroke Association, because strokes can reduce throat sensation. It also is common in those with Alzheimer's or dementia.

Aspiration is a related condition in which foods or liquids pass into a person's lungs instead of into the stomach. Aspiration is often caused by dysphagia.

To learn more about dysphagia and aspiration — and what CHCC is doing to help treat these issues, visit <https://chcclynden.org/dysphagia-aspiration-101/>.