



# The PULSE

## Results of the April food drive:

And the winner is ...

1 Rehab, therapies and restorative, who brought in 189.2 lbs!

2 In second place was the business office, DNS, HR, reception and central supply, with 121.2 lbs.

3 In third place, we have the excellent crew from Baker.

4 Fourth place: Environmental services, classroom and laundry.

5 And in fifth place are the wonderful team from Cascade.

All together, we brought in 387 lbs of food. Thank you to everyone who brought in food and helped stock our pantry! As a token of thanks, there will be a pizza party in May for the whole facility. Once a date and time are set, we'll let you know.

Rehab, restorative and therapies have received an ice cream party for being the winners!

## RECOGNITION

### Happy National Skilled Nursing Care Week!



## RESIDENT SPOTLIGHT

### Getting to know Eric H.

#### Have you lived in other places besides Lynden?

Yes, I was born in Hensel, North Dakota. No one has ever heard of it. I moved to Bellingham when I was 3, and I've also lived in Chicago, Kauai and California.

I was in the United States Air Force for about six years. I did ground power, so I worked on the equipment needed to keep the planes and jets operating. During that time, we lived near bases in different towns so I could do that work.



Eric H.

#### What industry did you retire from?

I was an electrician and owned Viking Electric on the Laurel

*Please see Eric H. on Page 4*



Like or share CHCC's Facebook posts with your friends and family to help others learn about job openings, volunteer opportunities, donation requests and more.

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

## LIFE AT CHCC



The new cycling program is a huge hit! For community reactions to this effort, check out <https://tinyurl.com/trishaws>, which links to the CHCC Facebook page.



### REFRESH: Guidance on resident care at CHCC

*What is the procedure for entering a resident's room and providing care?*

First, knock on the door before entering. Wait a few seconds before entering, or until invited. When you enter the room, announce your name and introduce yourself to the resident.

Second, be sure to wash your hands before providing care. Pull the curtain around the resident's bedside before providing care. Explain to the resident what you intend to do before doing it.

*May a resident have a snack during the day, evening and night?*

Yes. Snacks are available 24/7. Snacks for residents are located in each clean utility room. Ask the licensed nurse on duty for suggestions if you have questions.

*May a resident store items on top of their wardrobe, over bed light or Ptac?  
May a resident have an extension cord in their room?*

No and no.

## CELEBRATIONS



**Don't forget! Mother's Day is Sunday, May 9.**

## KUDOS

**"I CANNOT THINK OF A BETTER PLACE TO RECOVER  
THAN THIS CHRISTIAN FACILITY. IT IS THE BEST."**

Glenn, therapeutic rehab patient



**Thank you to each staff member who helps us deliver on our promise to provide skilled nursing care with compassion and love in Christ's name. Because of you, Glenn had a positive experience here.**

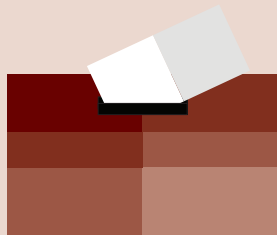
## HOW YOU CELEBRATE

# May is Asian Pacific American Heritage Month

Established by Congress as a celebratory week in 1977 and as a month in 1992, this is a tribute to Asians and Pacific Islanders in the United States — those “who have enriched America’s history and are instrumental in its future success,” according to the website [asianpacificheritage.gov](http://asianpacificheritage.gov). The term “Asian/Pacific” encompasses all of the Asian continent and the Pacific islands of Melanesia, Micronesia and Polynesia.

The month of May was chosen because of its relevance to the history of Asians in the U.S. It is the month in which the first Japanese immigrated to the United States (on May 7, 1843), and it is the month in which the transcontinental railroad was completed (May 10, 1869). The majority of the workers who laid the tracks for that railroad were Chinese immigrants, according to [asianpacificheritage.gov](http://asianpacificheritage.gov).

Visit that site to learn much more, including through content from the National Archives and National Gallery of Art.



## COMMENT BOX CORNER

**Q: Is it true we will have to get a booster vaccine in six months in order to stay protected from COVID?**

A: Good question. Unfortunately, the answer is not clear yet. Here’s what the Centers for Disease Control and Prevention says on its website:

“We don’t know how long protection lasts for those who are vaccinated. What we do know is that COVID-19 has caused very serious illness and death for a lot of people. If you get COVID-19, you also risk giving it to loved ones who may get very sick. Getting a COVID-19 vaccine is a safer choice. Experts are working to learn more about both natural immunity and vaccine-induced immunity. CDC will keep the public informed as new evidence becomes available.”

## CRISIS COMMUNICATIONS

### *Reminder: Refer media contacts to leadership*

CHCC has developed a crisis communications plan for use during emergencies. The plan was developed before the COVID-19 pandemic began, and it has been tested extensively throughout the past year.

Among the elements of the plan is that CHCC has designated a team of people who are authorized to speak to the media during a crisis. If a member of the media calls, please pass their contact information to the CHCC administrator or CEO. Do not answer questions from the media. Thank you!

If you have any suggestions for ways that we can improve communications with staff, families or the public, please drop them into one of the suggestion boxes in the building.



### **Encourage people to enroll in our next NAC training class, which begins July 6**

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!

## NEW HIRES

# Welcome to CHCC!



Angelica - hospitality aide

A hearty welcome goes out this week to Angelica, who recently joined the CHCC staff as a hospitality aide.

If you see Angelica in the hall, please say hello and welcome her to the team!

## LIFE AT CHCC



## ERIC H.

*Continued from Page 1*

Road. I liked being an electrician because I liked electricity and a lot of people need it.

I did my apprenticeship through the International Brotherhood of Electrical Workers. Through the union, I was able to work on a condo project that was located on Kauai. I got to bring my family with me, and we lived there for two years. That was really fun.

**If you could have any type of food today, what would it be?**

I'd say it would be something delicious. Maybe prime rib or ribs with sauce on them.

**What is one thing that you have been most proud of in your life?**

I am most proud of my family. My wife, Dorothy Joan, and I both

graduated from Mount Baker High School. She was 16 and I was 17 when we started dating. We're still high school sweethearts, and we still love each other.

We had three kids — Julie, Steven and Allen — but Allen passed away when he was 16 in a car accident. That was really hard, but all my tears are dry now.

**What was your favorite age to be, and why?**

Well, I'd say that the age I am now is my favorite because it may as well be. [Said with a laugh.]

**What is one life lesson that you learned from your parents?**

They taught me to be friendly and to be a nice guy and to always go to church, as well. We were

Lutherans.

**What is one piece of advice that you would give a 16-year-old person?**

Don't drive fast. Be friendly and happy. Make sure you don't get your hands stuck in the spokes of the bicycle. [Said with a laugh.]

**What is one thing most people don't know about you, but you wish they did?**

Well, there are a couple of things. People don't know that my middle name is Laverne and that I played basketball and football in high school. I also ran in track — high and low hurdles and the 800 meters.

*For more of this interview, please visit <https://chcclynden.org/news/>.*



**The Sugar Shack truck will be here from 1 to 3 p.m. May 14. Get some ice cream!**