



The PULSE

KUDOS



Our thanks go out to Whatcom Hospice House for sending CHCC this certification of appreciation. We appreciate hospice, too!

Together, we help individuals and their loved ones transition through an important life stage. It is an honor to do this work. Thank you, CHCC team, for all you do to play a role in this.

HR NEWS

State enacts long-term care insurance tax

Washington has become the first state in the nation to establish an insurance benefit for long-term care. In 2019, the Washington Legislature passed the Long-Term Services and Supports Trust Act (House Bill 1087) to establish a special fund to help seniors pay for long-term care.

The WA Cares Fund, as it is called, is supported by a payroll tax — similar to the tax collected for social security — that will be deducted from your paycheck starting in 2022. For those who qualify, benefits begin in 2025.

If you have (or if you sign up for) private long-term care insurance, there is a way to opt out. More on that later.

According to the state Department of Social & Health Services,

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RESIDENT SPOTLIGHT

Getting to know Grace Mc.

Have you lived in other places besides Lynden?

Yes, I was born in Armstrong, British Columbia. We lived on Shuswap Lake. I also lived in Vancouver, British Columbia, and Yuma, Arizona, before settling in Lynden.

What industry did you retire from?

I owned my own travel agency in Lynden for 18 years. It was called World Travel and Tours, and it was in the Fair Square shopping center across from the tractor supply here



Grace Mc.

in Lynden.

What was your favorite thing about the work you did?

In my mind, I got to travel on

Please see Grace Mc. 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

The grounds are blooming!



Many generous people and organizations have donated plants, soil and pots for our spring courtyard spruce-up project. Because of them, our residents have had a fun activity to do and can enjoy the blooming flowers all summer! For more photos and a list of donors, visit the CHCC Facebook page at <https://tinyurl.com/CHCCflowers>.

CHCC staff

**MAY YOU BE PROUD
OF THE WORK YOU DO
THE PERSON YOU ARE
AND THE DIFFERENCE
YOU MAKE**

Let's eat!



Remember that there is a barbecue planned for May 26 at the Annex. Let's get together for hot dogs, chips, soda, watermelon and cookies in the lovely spring sunshine!

Juneteenth becomes official state holiday

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.

Washington Gov. Jay Inslee recently signed House Bill 1016, which makes June 19 a state holiday. Also known as Jubilee Day, Freedom Day, Liberation Day and Emancipation Day, Juneteenth is in recognition of the day in 1865 on which freedom from slavery was declared in Texas. The Emancipation Proclamation had been signed by Abraham Lincoln more than two years earlier, but word was slow reaching some parts of the country, relying on the presence of Union soldiers to make the announcement, according to <https://www.juneteenth.com/>.

Plans also are in place to make June 19 a national holiday, but that has yet to come to fruition.

Also celebrated in June is Pride month, which originally commemorated the Stonewall Uprising in 1969, according to the Library of Congress, and has come to recognize the impacts that LGBTQ people have made throughout the world. This past year marked the 50th anniversary of the first march.

In addition, Native American Citizenship Day is celebrated June 15; it commemorates the day in 1924 on which Congress, through legislation, officially recognized the citizenship of Native Americans.

REFRESH: If a surveyor asks a question, you may answer. If you don't know or remember the answer, say so and then tell the surveyor that you will find the answer and get back to them. However, there are some things that should always be on the tip of your tongue — such as what to do about abuse, how to act in a fire and what is the meaning of QAPI.

NEW TAX

Continued from Page 1

ment of Social and Health Services, seven in 10 people in Washington will need long-term care at some point in life.

Under the new plan, the maximum lifetime benefit per person is \$36,500. Those who need more coverage also can supplement with private insurance. The benefit can be used for skilled nursing facilities such as Christian Health Care Center, professional in-home care or for paying family members to provide care. The money also can be used for rides to the doctor, home-delivered meals and similar needs.

What this means for you

The new payroll tax will be 0.58% of wages, meaning that if you earn \$50,000 per year, you will pay \$290 annually, or \$24.17 each month. As with social security, the idea is that you pay into the trust while you are working and receive the benefits when you get older and need long-term care. By law, every employee must contribute to the fund, but employers do not pay into it.

The coverage is valid only in Washington state, so it couldn't be used for long-term care or support elsewhere in the U.S. or

around the world. For example, coverage will not be available if you relocate for work or retire outside the state of Washington.

How to opt out

Though paying into the fund is automatic for all workers, there is a way to opt out.

To opt out of paying into WA Cares Fund, you must apply for an exemption by Dec. 31, 2022. People wanting to opt out also must be older than 18 and have private long-term care insurance in place before Nov. 1, 2021. Opting out is permanent, so consider carefully; there is no way to opt back in to the plan.

After opting out, you must notify CHCC (and all future employers) so that deductions aren't taken from your paycheck.

One benefit of opting for private long-term care insurance is that the benefits might be transferable should you move out of the state.

The state Office of the Insurance Commissioner has a webpage that explains more about private long-term care insurance, including a list of companies approved to sell in Washington state. You can find that page at <https://www.insurance.wa.gov/long-term-care-insurance>.

**WEAR RED,
WHITE AND BLUE
FOR MEMORIAL
DAY ON MONDAY,
MAY 31.**



**Are you subscribed to CHCC's
monthly newsletter?**

The email contains important information for the loved ones of residents. Sign up to stay informed about what is being shared with the community. Scroll to the bottom of <https://chcclynden.org/> to sign up.

GRACE MC.

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every trip that I booked — I would visualize everything as I planned it. That's what made me a good travel agent.

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

That would be Chinese ribs from Israel. They're way different than our Chinese food here. They don't use barbecue sauce there, they use herbs and spices.

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

That would be my music. I started playing piano for church when I was nine. I later filled in for the organ player as well. I'm also proud of my people skills. I listen and watch how things are done. I let people talk first and I just listen. It's not that I'm perfect, but people are drawn to me. I make mistakes, but I'm enthusiastic about everything that I do, and people like that.

What is one thing you did or experienced that was scary?

I remember going on a travel agency owners' trip to Syria and other places that were not open to the public. We were left on our own to figure everything out. We were given a map and brochure and had to find our way around and just figure every-

thing out. That was scary.

What was your favorite decade to live in, and why?

My favorite time of life was when I helped develop classes for students who wanted to be travel agents at Bellingham Technical College. I met with the teachers and observed the classes so I could evaluate them and give advice on how to improve them. I liked that because I was helping young people who wanted to be in an industry that has always been exciting but hard to do. I liked helping the students in their endeavors and helping them earn a living in the industry.

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

They taught me honesty and how to treat everyone with respect. They also taught me to be diligent and persevere, to stick with it.

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

Read your Bible and take notes. Sit down with an adult you trust who is interested in you and interview them (like we are doing now). Find out how they made it this far in life.

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

I am quite well traveled. I started traveling late in life but was able to go to Hawaii 54 times, Europe nine or 10 times, Australia twice, Israel, Eastern Canada and the United Kingdom. I basically went everywhere except Asia. I also had a few different careers. I was a music and art teacher, I worked in a bank, I did events on a cruise ship and I owned my own travel agency.

You've lived through other historical events — wars and recessions and such. What do you think of the pandemic that we're living through now?

Never in my entire life did I envision that we would live through something like this pandemic for so long. There have been similar issues before, but never one that is worldwide like this.

What do you like about living at CHCC?

Living in a small community like CHCC is nice because you can become involved and take part in things. The staff are friendly and helpful. Not only are they helpful to the residents, but they are helpful to anyone who stumbles through our doors. It's also clean and it smells good here.