



# The PULSE

## HUMAN RESOURCES

### More compensation coming

Greetings, CHCC team members,

We are writing to you to let you know a special payroll will run June 25. That payroll will provide an extra form of compensation to all CHCC employees for working in an environment that has been more difficult and unusually haz-

ardous during the pandemic.

Every staff member will receive a one-time check according to this plan:

- Hired on or before Dec. 31, 2020
- \$600 for full-time
- \$300 for part-time

*Please see Checks on Page 3*

## HOW YOU CELEBRATE

### Happy Independence Day!



## RESIDENT SPOTLIGHT

### Getting to know Teresa G.

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

Oh, yeah. I lived in California most of my life. I lived in Rosarito Beach, Baja, San Diego, Coronado and Rancho Cucamonga. I loved it there.

**What industry did you retire from?**

I was in the agricultural business. I was a payroll clerk for San Gabriel Valley Labor Association for 30-some years.

**What was your favorite thing about the work you did?**

I loved the work; it was all good. We had to have 2,000 checks out by Friday morning for all the workers. They were grape growers and harvesters. My boss was very lenient as long as we got those checks out. It was challenging because it all had to be correct, but I liked that.

*Please see Teresa G. 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)

## LEADERSHIP TIP

# How to flourish despite difficult times



A recent article posted on Today.com suggests that “Happy is a loaded word for some, instead, try to focus on flourishing in all areas of life.”

Why? Well, it can be hard to know if you’re actually happy and what that word even really means. That’s why Harvard psychology professors are suggesting that flourishing may be a better word to describe how you feel about life.

For anyone who may find themselves in some sort of an emotional funk, there are some actions that can help, such as practicing gratitude, recognizing positive events in life, journaling about your visions for the future and undertaking simple acts of kindness.

Check out the full article online to learn more tips for flourishing in your daily life. <https://www.today.com/health/what-flourishing-how-do-you-do-it-t221473>.

## HOW YOU CELEBRATE

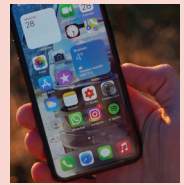
# Happy Canada Day!



Canada Day, celebrated July 1, celebrates the establishment of the three former British colonies of Canada, Nova Scotia and New Brunswick as a united nation called Canada as part of the Constitution Act of 1867.

### NOTICE: How you will be alerted in case of emergency

In the event of an emergency, CHCC staff will receive a mass text and/or voice message on their cell phones alerting them to the emergency and letting them know what to do.



# MAY YOUR COFFEE BE STRONG AND YOUR SCRUB GAME

## ON POINT



## REMINDER: 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 sign up for) private long-term care insurance, you can opt out by applying 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.

The new payroll tax will be 0.58% of wages, meaning that someone earning \$50,000 per year would pay \$290 annually, or \$24.17 each month. As with social security, the idea is that you pay into the trust while 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 would not be available if you were to relocate for work or retire outside the state of Washington.

For more, visit <https://chcclynden.org/washington-enacts-long-term-care-insurance-tax/>.

## CHECKS

*Continued from Page 1*

Hired on or after Jan. 1, 2021

- \$300 for full-time
- \$150 for part-time

All on-call employees will receive a one-time check in the amount of \$125.

CHCC will cover the cost of taxes, so you will receive the full amount shown in your paycheck, which will be directly deposited in your bank account.

We are forever grateful for the sacrifices you have made (and continue to make!) and for everything you have done to protect our residents and one another during the pandemic, and we hope this additional compensation will be useful to you at this time.

Please contact the human resources



team if you have any questions about the delivery of this one-time check.

-Sincerely, CHCC Board of Trustees (Chair Gary Hall, Vice Chair Don Kok, and board members Blake Bostrom, Kevin DeYoung, Nancy Hendricks, Joel Hoekema, M.D., Joel Kok, Jacki Matter and Jim Weinert)

## JUST FOR FUN

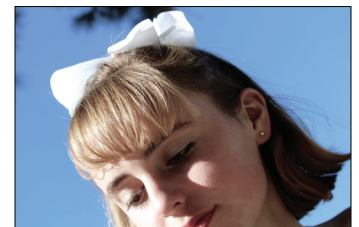
# Upcoming dress-up days:



**June 23: Wear pink.**



**June 25: Wear yellow.**



**June 30: Wear something in your hair.**

**Help recruit NACs, earn up to \$500:** Our next NAC training class begins July 6, and we would love your help recruiting students. Encourage nursing assistants to apply at <https://chcclynden.org/careers/>, and if they get hired, you'll earn a referral bonus of up to \$500!

## TERESA G.

*Continued from Page 1*

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

They have such great food here. The only thing I crave sometimes is avocado and mango. And the tacos my mom used to make. We call them “Grandma G’s tacos.”

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

That would be my kids. I had two girls. Unfortunately, we lost the younger one when she was 34 years old. My daughters learned from their dad and me and had great work ethic. They went out and did what they wanted to do. My younger daughter was a computer programmer and ran her own jewelry business in the short time she was here. My older daughter pursued education and did teaching. She is now a mediation case manager for civil justice. It is very interesting.

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

They taught me to have a good work ethic and to always be kind to people. If you’re kind to others, they will be kind to you!

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

Flying across the Grand Canyon in a helicopter was scary. It was my husband’s idea; everyone said we just had to do it while we were there. It was beautiful, but scary.

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

Your family is the most import-



**Teresa G.**

ant thing in your life. Care for them always; they’ll always be there for you.

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

I just love my family and talk about them all the time. I have four grandchildren and three great-grandchildren — two living in Sweden and one in heaven whom I miss a lot. Losing my daughter was the first loss I experienced, and then my grandson.

It was terrible, absolutely tragic, but those are things that happen in life. The only thing that keeps me going through my life is my faith in God. Without Him, I would not be here.

### **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?**

For me, it’s the worst thing that has happened in my lifetime. The pandemic has been so long, and it has kept me from my family. At this stage in my life I didn’t need this. No one did.

### **What do you like about living at CHCC?**

Everybody is very kind and nice. The place is very clean. It’s not home, but it is second to home; they make it very homey. I have been able to adjust very well here, and I have nothing to complain about!

**Recent hires: Want to get up to speed more quickly?** Past issues of The Pulse are available on the CHCC website at <https://chcclynden.org/about/the-pulse/>. Browsing through those issues can help you become familiar with team culture and how we do things here at CHCC. We are glad you are here, and we hope you already are feeling like part of the team!