



# The PULSE

Welcome to the special celebration issue!

You might have noticed that this issue of The Pulse looks a little different than most. This issue is all about celebrating you, our wonderful team members, for the amazing work you do here at Christian Health Care Center each and every day. We appreciate you!



Join us outside Aug. 25 for a delicious barbecue

Because it's summer, and because we appreciate each and every one of you, we'll be holding a barbecue at work on Wednesday, Aug. 25. See you there!

## KUDOS

# CHCC's Lewis honored for mentorship

Heather Lewis, director of nursing services at Christian Health Care Center, has been honored by LeadingAge Washington with the Dr. Herbert Shore Outstanding Mentor Award, presented during the organization's 2021 Awards of Excellence ceremony.

LeadingAge Washington, of which CHCC is a member, represents the interests of not-for-profit and mission-driven organizations dedicated to improving the aging experience of Washingtonians and their family members.

Lewis, a long-term care nurse for more than 30 years, has been the director of nursing at CHCC in Lynden for roughly five and a half years. She has grown consistently throughout her career, including periods as a cart nurse, charge nurse,



Minimum Data Set nurse, staff development leader, infection control supervisor and nursing assistant instructor.

Lewis serves on the curriculum committees for the nursing

*Please see Lewis 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)

## I am thankful for you all!

I am deeply grateful to work at CHCC and with this team. I am filled with gratitude for the many acts of kindness and dedication I see each day. Staff members here place the needs of residents first and strive to maintain a positive environment while providing excellent care. Given the added stress of this pandemic, it is inspiring to see so many people working together for the good of our residents. Thank you; it is an honor to work with you all!



by **Tonja Myers**  
*Administrator*

## Suggestion box results in change to staff lounges

Thanks to Sangita's suggestion, new wall pockets that better store and organize newspapers have been installed in the staff lounges. When you're done reading the paper, simply return it to the wall pocket. This excellent idea came in through one of the feedback boxes here at CHCC. Keep sharing great ideas like this through the comment boxes!



## Thank you, CHCC team members!

The above word cloud represents the words I think of when I consider the team here at CHCC. You have a sense of humor, and you are compassionate. You are strong and tenacious. You do your work with honor and a deeply ingrained sense of purpose. You are loving and dedicated. You are strong.

This team is the best team. Thank you for continuing to serve so well all the people who receive care here.



by **Patrick O'Neill**  
*CEO*



**Let's see your fun T-shirts!**  
Aug. 24 is Crazy T-shirt Day here at CHCC. Just keep them appropriate, please!



## AFFIRMATIONS



*“By treating others the way they want to be treated, my own personal fulfillment grows. I give respect and provide service. I show love, care, compassion, and consideration. I help others feel appreciated. I let others know they are important, that they matter, and that they are valuable. By valuing others, my confidence increases.”*

This smart tip comes from <https://www.inc.com/jeff-haden/9-affirmations-genuinely-successful-people-repeat-each-and-every-day.html>. Look for more in future issues!

## NEW HIRES

# Welcome to CHCC!



Faith - dietary aide



Gosia - receptionist

## THERAPEUTIC RECREATION



**We just love this photo! Look at her smile. Bringing joy and meaning to each day is what we aim to do here at CHCC. Thanks to each of you for your important role in fulfilling that mission.**

## KUDOS

# Congrats to Efren and Barbara!

We sure are thankful for our July Shining Stars!

Our nursing shining star is Efren C. Efren is an RN who works primarily on Baker Landing during day shift. Efren has been at CHCC for about eight months. During his short stay so far, he has already endeared himself to many residents and staff alike.

He is kind, smart, dependable and compassionate to all. He has a great sense of humor and always tries to have fun at work. We are so fortunate Efren



Efren C.

decided to join our team.

Our non-nursing Shining Star is Barbara H. She just passed her 10th anniversary here at CHCC. She works in the kitchen on day shift and is such a hard-working woman. She brings a positive attitude to work every day. She is dependable and helpful. Her dedication is exemplary. I'm so grateful to Barbara for her years of service so far here at CHCC.



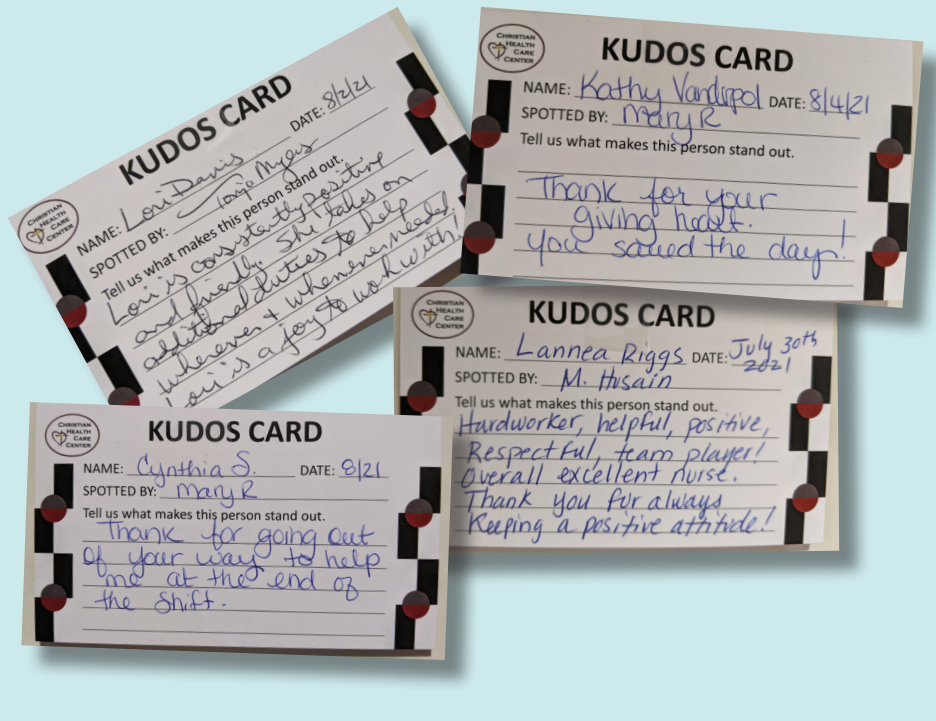
Barbara H.

Congrats to you both; we are glad you're here!

## KUDOS

### Share a smile, receive a smile

Need a pick-me-up? The kudos board is a great place to go to read about the wonderful deeds of your co-workers (or even yourself!). Also, if you've noticed a team member doing something praiseworthy, please fill out a card of your own! Below are some recent examples of kudos for the CHCC team.



## REWARDS

### Encourage people to enroll in our next NAC training class



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!

Two classes are available, starting Sept. 13 and Nov. 1.

## LEWIS

*Continued from Page 1*

programs at both Bellingham Technical College and Whatcom Community College, advocating for long-term care's critical place in the community and supporting the vital roles of all levels of caregivers.

Not only is Lewis a community leader, she also is a mentor, having served as a mentor and preceptor for nursing students and now encouraging other nurses to help shepherd the careers of NACs, nursing students and

nurses pursuing additional education. Lewis has mentored three nurses in the assistant director of nursing role, two of whom have accepted advanced positions in other organizations thanks to her mentorship. She has also mentored nurses in MDS education and wound care certification education.

"Heather is a top-notch nurse who is willing to share her knowledge and expertise, especially when it helps in caring for

others, including residents, staff and community members," said Tonja Myers, CHCC's administrator. "She is an advocate for our residents and for staff throughout the community."

*Please read the rest of this article about Heather's award and her incredible work at CHCC online at <https://chcclynden.org/chccs-lewis-honored-with-award/>.*