



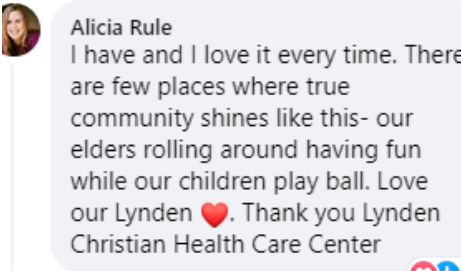
The PULSE

LIFE AT CHCC



We asked this question on Facebook recently and got some great responses, including the one below. Visit facebook.com/christianhealthcare for more.

Have you seen our e-bikes cruising around Bender Field in #Lynden? Make sure to wave or say hello!



HR

Benefits changes coming in 2022

It is that time of year when CHCC must review the benefit packages that are available on the market and select the best options for you. That process has been completed, and we are happy to report that eligible employees will continue to receive coverage through Premera Blue Cross.

As expected, wages, inflation and the cost of supplies have risen, so the cost of delivering health

care services has increased. Beginning Oct. 1, those factors will impact coverage and employer/employee contributions.

The chart below shows how monthly contributions have changed at CHCC in recent years. You will see that CHCC has a long history of covering most of the cost of medical and vision insur-

*Please see **Benefits** on Page 4*

CHCC and team member contributions, 2016 to 2021		
YEAR	CHCC CONTRIBUTION	EMPLOYEE CONTRIBUTION
2016	\$392.50	\$90
2017	\$442.32	\$90
2018	\$534.24	\$100
2019	\$538.24	\$127
2020	\$658.01	\$127
2021	\$683.41	\$148.75

KUDOS

Norma, Kathy are August Shining Stars

Our non-nursing Shining Star for August is Norma B. Norma is the housekeeping lead, capable of doing all of the duties under housekeeping and laundry.

She often fills in for vacations, absences and open positions. When she isn't doing that, she floats to all parts of the building doing special projects such as carpet care. She also assists Steve with management duties.

Norma brings a positive spirit to her work. She is dedicated to excellence, works hard and keeps high standards. She also has a great sense of humor!

For nursing, the Shining Star

for August is Kathy M. She has worked at CHCC for many years and has served in several roles,

including staff development and primary nurse.

Kathy is dedicated and dependable. Not only is she a good nurse, but she also is very compassionate. She has a great sense of humor, making staff and residents alike laugh throughout her

shifts.

Kathy also is flexible and professional, and we are so fortunate to work with her.

Congratulations to both Norma and Kathy on your Shining Star recognition! You've earned it.



Kathy M.

AFFIRMATIONS



"I am reliable. I am responsible. I never blame others. I never make excuses. I take ownership of my successes as well as my mistakes. I know that my own performance is a direct result of what I think and the actions I take. By taking full responsibility daily, 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!

"Mom loved the center's activities and the many friends she could visit. Her nurses and caregivers were incredibly kind to her."

Daughter of a long-term care resident



Pajama days are back!

Wear your favorite sleep outfit to work Sept. 30.

Getting to know Dwight C.

Have you lived in other places besides Lynden?

Of course! I was born in Missouri, and we lived in Van Buren and Redford. Then we moved again just after elementary school. I lived in Custer, here in Washington, for about a year. Later on I lived in Fort Benning, Georgia, for a couple of years when I was in the Army. I also spent some time living in Everson. I really like living in Lynden, though. It is one of the best places to raise a family. I like the emphasis our community puts on God; it's the best.

What industry did you retire from?

Well, I've had a few careers. First, I was an insurance agent with Country Mutual Insurance Company for 13 or 14 years. I also went into the Army for two years, where I jumped out of airplanes at 10,000 feet in the air! I ran the strawberry and raspberry farm with my dad here in Washington for 10 years until he retired, then ran it myself for another 10 years. Then, before I retired, I spent some time doing janitorial and yard work.

What was your favorite thing about the work you did?

Selling insurance was definitely my favorite. I got to meet all sorts of people and develop relationships with them. I had around 100 clients who were in the farming industry. I had plenty of experience farming myself, so they trusted me.

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

Oh, to go to Shari's and have the beef roast plate with a piece of the



Dwight C.

strawberry rhubarb pie. It is delicious.

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

I am most proud of my wife and four girls. I met my wife in school and asked her out at the county fair in Missouri. She had her friend with her, and I had a friend with me. We got together and have been together ever since. We've had a full life.

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

I guess my first jump out of the airplane. When you leave the plane, you're in plain air! There's nothing to grab on to!

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

When our life was the fullest – all my girls were at home in their teen years. You know, my favorite part of raising those girls is it is exciting. Every one of them was different. They are tender hearted.

My wife says she raised 'em, not me!

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

My mother taught me to love everybody.

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

But seek first His kingdom and His righteousness, and all these things will be given to you as well.

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

[Laughs] I have no secrets.

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?

We have to trust our leaders; it's best to listen to the experts.

What is one thing that you like about living at CHCC?

I've been to other care centers. This is as good as it can be.

Sept. 28: Disney Dress-Up Day

Need inspiration for your Disney costume Sept. 28? Check out these photos from Halloween 2018.



BENEFITS

Continued from Page 1

ance for eligible staff.

In addition to the contribution increases shown above, there are two others that will take effect in the new year.

Deductible: In-network increased from \$750 to \$1,000 per individual and from \$1,500 to \$2,000 per family. Out-of-network increased from \$1,500 to \$2,000 per individual and from \$3,000 to \$4,000 per family.

Office visit copays increased from \$25 to \$30 per qualifying visit.

Learning that insurance costs are increasing is never good news. We understand that. Please know that our human resources department seeks out the best possible insurance solutions and that our board of trustees continues to be committed to carrying a high percentage of insurance costs for you.

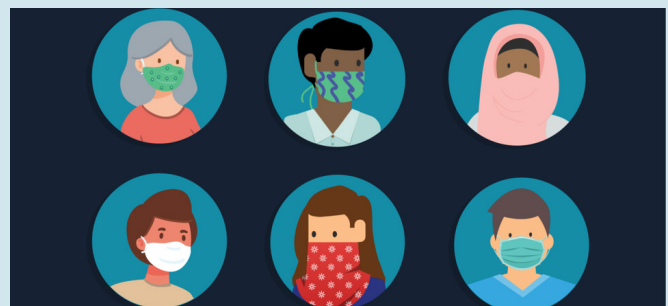
As always, if you have any questions about benefits, stop by HR any time.

Update: Mask requirements return at CHCC

Due to an updated order from the Washington State Department of Health and new guidance from the Centers for Disease Control and Prevention, anyone entering CHCC for any reason must wear a face covering at all times they are in the building, regardless of vaccination status.

In addition, residents must wear face coverings (except for those medically unable to do so) when they are outside of their rooms, except when eating or drinking, regardless of vaccination status.

Visitors must wear a mask at all times, even when in a resident's room, and they may no longer eat while within the building.



According to the new rule from the health department, which took effect Sept. 13: "Every person in Washington state must wear a face covering that covers their nose and mouth when they are in a place where any person from outside their household is present or in a place that is generally accessible to any person from outside their household," subject to certain exceptions.