



The PULSE

LIFE AT CHCC

Craft fair coming soon



The 2021 craft fair at CHCC has been set to begin Nov. 8.

The setup will be similar to the way it was run in 2020, with everyone who wants to participate sending photos of the crafts they have for sale to Kayla Craig at CHCC.

After Kayla receives the photos, she will print them and create a poster board for each artist so that everyone can see what is for sale.

Poster boards will be displayed in the hallway by the dining room.

Craft items for sale in the past have included magnets,

*Please see **Craft Fair** on Page 4*



Thank you, CHCC team members. We appreciate everything you do, day in and day out, to care for those who live here. None of what we do would be possible without you.

In difficult times like these, self care can be crucial. There are many ways in which the pandemic has been trying for our mental, emotional and physical health. Here are some ways to practice self care:

Take a walk after work. Eat healthy; grab fruit and veggies for snacks. Drink plenty of water. Establish consistent bedtimes and try to build regular sleep routines. Surround yourself with people who help raise your attitude. Spend time with family and friends. Start a hobby (especially if it's not related to work). Journal your thoughts.



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



Enjoy an autumn treat

On Friday, Oct. 15, stop by the break room for muffins and coffee.

REFRESH!

Please remember that all materials have to be farther than 18 inches from any sprinkler head. This includes items on top of shelves, closets and cupboards. Nothing should ever be placed on top of wardrobe closets or over bed lights or Ptacs (heaters).

AFFIRMATIONS



“When I fail, I learn. My failures are temporary because my perseverance is permanent. I push forward at all times because I know I can succeed. As I continually believe in myself, my confidence increases.”

Help recruit NACs, earn up to \$500

During this time of heightened need, we would love your help recruiting certified nursing assistants to work

here. Please encourage any kind and friendly nursing assistants that you know to apply online at <https://chccynden.org/careers/>. If they get hired at CHCC, you'll earn a referral bonus of up to \$500!

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!



"All staff were courteous, knowledgeable and helpful. Thank you for a pleasant and therapeutic stay. God bless all staff."

Therapeutic rehabilitation patient



October is breast cancer awareness month

Throughout the month of October, wear pink on Tuesdays to support breast cancer awareness.

What are resident trust accounts?

Everyone who lives at Christian Health Care Center has the right to manage his or her financial affairs.

CHCC helps people do that by offering to hold money for them in a separate account.

These accounts, called resident trust accounts, can be requested by anyone living at our Lynden health-care center.

What is a resident trust account?

Essentially, resident trust accounts are like bank accounts. They accrue interest and can be used for paying bills. Plus, account holders can make withdrawals or deposits when needed.

CHCC keeps all funds in these accounts separate from any other care center accounts. As long as the minimum balance is maintained, all accounts bear interest.

Quarterly statements are delivered to account holders, and the financial record can be requested

at any time by residents or their legal representatives. All activity in resident trust accounts is protected by the principle of confidentiality of records.

How can residents open and access an account?

To open a trust account, residents can contact the CHCC business office. The resident will need to sign a Resident Trust Fund Deposit Authorization form, which is then filed in the office.

To withdraw money from the account, residents can visit the receptionist between 8 a.m. and 9 p.m. any day of the week. They also can make deposits with the receptionist on duty.

How can residents use their trust account?

Among the main reasons for holding a resident trust account at CHCC is to make it easier to make

ongoing payments. Residents or their representatives may authorize the payment of ongoing expenses (for example, newspaper subscriptions and insurance premiums) from the trust account.

Residents may use a trust account to pay any necessary charges at CHCC. Residents also have the right to know, in advance, what charges CHCC may impose against personal funds in the account.

Residents who receive Medicaid benefits can ask CHCC to let them know when the amount in the trust account approaches the Supplemental Security Income resource limit for one person (\$2,000). If the amount in the account, in addition to the value of other non-exempt resources, reaches the SSI limit for one person, the resident may lose eligibility for Medicaid or SSI.

CHCC's business office helps residents maintain eligibility by monitoring the account.

Do you use the Employee Assistance Program?

The Employee Assistance Program at CHCC is a benefit provided to staff members to help them address various work and life concerns. The program can help CHCC team members achieve well-being, manage relationships and family, deal with workplace challenges, tackle addictions, get legal advice, improve nutrition, manage finances, improve physical health, locate care services for children or elders, and more.

Access to the program is provided at no cost to employees as part of the CHCC benefits package.

Use of the program is completely anonymous. CHCC leaders do not receive any information

about how many people might use the program, neither do they know when or why the program is used, so it makes it hard for us to evaluate the program to see if it is a real benefit.

To that end, we'd like to ask you to let Kari Heeringa know whether you found the program easy to access and whether you found the EAP representatives to be helpful. If you spoke to an EAP representative, was that person kind and knowledgeable?

Your input will remain confidential and will only be used to evaluate the program. If you have any questions or concerns, please speak with Kari Heeringa or with CHCC's administrator, Tonja Myers.

CRAFT FAIR

Continued from Page 1

blankets of all sorts, Christmas wreaths (artificial), ornaments, hats, baby items, decorative pillows, art, heat wraps and more. Basically, if you can make it, CHCC will post it for sale.

Once the posters are made, Kayla will send an e-mail to CHCC team members to let them know who has items for sale and what they are selling.

To buy an item, reach out to the artist individually. Each employee with items for sale is responsible for keeping their poster boards updated by crossing out what has been sold.



Halloween is coming!

Wear a shirt with a Halloween theme to work on Oct. 21, and look for a special "Halloween through the Decades" party on Oct. 29!



Read past issues of
THE PULSE
online.

chcclynden.org/about/the-pulse/