



The PULSE

#CHCCTEAMWORK

Introducing Dr. Robert Johnson



Dr. Robert Johnson

Christian Health Care Center has welcomed a new psychologist to our team: Dr. Robert E. H. Johnson, who started providing psychology services to our CHCC residents in late September.

Johnson serves CHCC through his work at Senior Connections, a Washington-based organization that provides psychological and psychiatric services to people

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RESIDENT SPOTLIGHT

Getting to know Christie N.

Have you lived in other places besides Lynden?

Yes. I graduated in Ferndale, and later we built a house in Everson and lived there for 26 years. While we were building the home, we lived in a 16-foot RV trailer for seven months. We were working so hard to build that home; I was nailing down floorboards while nine months pregnant.

What industry did you retire from?

I used to work at a laundry service business for a little while, then moved on to being a waitress at Big Scoop in Bellingham. It was right across the street from Yeager's and did pretty well.

What was your favorite thing about the work you did?

I liked the people and the ice cream. I worked at Big Scoop for about five years, until I had my first baby. They treated the



Christie N.

workers very well.

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

That would be Chinese food from Panda Express. The chow mein with either sweet and sour chicken or the fiery chicken. It's

Please see Christie N. on Page 4



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Policy highlights: Dress code

Dress code overview

The image and conduct of CHCC employees play key roles in establishing a professional atmosphere that instills resident and family confidence in our ability to provide quality care. Employees are, therefore, expected to be dressed neat and professional at all times. Employees also are required to wear nametags while working.

What about casual wear and special theme days?

Staff are permitted to wear jeans on any day of the week along with a professional-style shirt. On theme days, casual wear is permitted (as designated by the Employee Relations Committee). Casual wear can include jeans, pants, T-shirts, dress shirts and CHCC-branded zip-up hoodies. Clothing that is not allowed includes (but is not limited to) shorts, skorts, sweatpants, sweatshirts and tank tops.

Casual wear clothing must be conservative, professional, correct size and fit, clean, in good repair and free of wrinkles. Shirts must not have rock band/singer or beer logos. Shirts must not have offensive language or sayings printed on them. Jeans and pants must be clean and free of holes and stains. Footwear must be well suited in style and safety.

A huge thank you to all of you who continue to dress in professional ways at CHCC, honoring your important profession and the people you serve.



Members of dietary demonstrate acceptable dress on hat day.



“I do not let mediocrity enter my life. I am honest. I do not apologize for striving for excellence. My quality of life is a reflection of my high standards. I rise and lift others with me. By living up to my personal high standards, 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!



Hungry? We’ve got you covered.

On Wednesday, Oct. 27, enjoy a delicious baked potato bar at CHCC.

DR. JOHNSON

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living in nursing homes and assisted living.

“I have greatly enjoyed working at CHCC,” Johnson said. “It is a joy to be here. The staff are mission focused and offer world class care for residents. There is tremendous interdisciplinary collaboration, and it is truly a privilege to be part of the team.”

That’s high praise coming from someone with Johnson’s experience. He earned his doctorate in counseling psychology from Oklahoma State University and has two master’s degrees — one in community counseling, and a second in family relations and child development. Before that, he earned a bachelor’s degree in theology, with a minor in psychology, from Oral Roberts University.

Johnson, who had a long career with the U.S. military as a clinical psychologist, most recently at Fort Sheridan, Illinois, has deep ties to the Lynden area. His great grandfather, Burt Pangborn, established the family homestead in north Whatcom County back in the 1800s, near what is now the intersection of Pangborn and Van Buren roads. When not providing counseling services to elders, Johnson has been toiling at the property clearing blackberries and getting the site ready to build a home — and maybe even raise sheep and goats there someday.

In his youth, Johnson spent a great deal of time working at the family farm, during his time off from his education at Nooksack Valley High School.

“I like to joke with the people here at Christian Health Care Center, many of whom are former farmers, that I may have helped them put their hay in back in the day,” Johnson said.

As a 6-foot-3-inch center, Johnson played on the state champion basketball team at NVHS back in 1974, his junior year. He remembers many fond



Dr. Robert Johnson

rivalries among his friends at Lynden High School and Lynden Christian.

Not only does he have strong ties to the area, Johnson has familial ties to CHCC, too. After being injured in a car crash, his sister received care at CHCC many years ago, he said, and his mom also worked here at our Lynden care center as an LPN back in the 1970s.

“Faith and family are very important to me,” he said.

In addition to his work through Senior Connections, Johnson also works with the U.S. Army Reserve at the 801st Combat Support Hospital at Fort Sheridan, serving as adviser to the battalion commander regarding behavioral health clinical operations.

CHCC is grateful that Dr. Johnson has chosen to return to his roots to serve the Lynden community. Our care team will facilitate referrals for residents who may benefit from counseling services.

For the rest of this article, please visit <https://chccllynden.com/news/>.

REFRESH! Keep hallways cleared so residents can be independent with mobility. The hand-rails must be accessible, and all equipment must be along one side of the hallway.

Adopt a resident program returns: Starting in November, members of the community can once again buy gifts for CHCC residents. Watch for updates and share with your friends!

CHRISTIE N.

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a little sweet but mostly spicy. We used to go to Haggen when we were kids and get the Chinese food. We called it Haggenese food! [Said with a laugh.]

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

Definitely my children. They are such hard workers; one is a plumber, one is a painter, and one does construction.

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

I'd have to say being 19, getting married and moving out of my mom and dad's house. It was scary because I really hoped it was the right decision to make. Being on your own is scary at first, but I made it.

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

The 80s! I graduated from high school in 1982, and I got married in 1983. It was fun getting out on my own and just starting life. I had kids in 1985, '87 and '89. Oh man, what I would give to be 16 again! We didn't have to worry about anything.

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

My parents taught me a lot of life lessons, like how to drive a car — but more importantly, they taught me how to be a compassionate person. My parents also taught me how to develop independence and to follow a straight and narrow line. I am so grateful for them.

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

Respect your parents. You only have one mom and dad. You have to realize how important they are in your life. Your parents know more than you think; they were 16 years old at one point, too.

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

That might be that I was married for 23 years. Also, I did crochet when I was younger and was in 4-H. I LOVE playing pinochle and all kinds of card games.

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?

Honestly, I wish we could just get through it and get rid of these masks.

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

I like living here because the workers who take care of us are very friendly and thorough about doing their jobs.

KUDOS

Veronica, Jerry are Shining Stars

The September Shining Star for nursing is Veronica B., who has worked here for several years. She is a very skilled restorative aide who leads with compassion. She also is incredibly flexible and will work anywhere she is needed in the building as an NAC. She is kind, friendly and dedicated to excellent patient care. We are so fortunate to have Veronica as part of our CHCC team!



Veronica B.

Our non-nursing Shining Star for September is Jerry M., our floor care expert. He has worked in the maintenance department for several years and intends to retire at the end of this year. Jerry is super friendly. Residents love him, as do staff. He is always quick to follow through on requests, and he does so with a great attitude. We will sure miss Jerry, but we are so glad he has been part of the CHCC team for these past years!



Jerry M.

REFRESH!

- Dumpster lids must be closed at all times. Check all other garbage containers before overfilling one.
- All items in the hallways must be moved every 30 minutes.
- All chemicals must be labeled and locked up at all times, including air fresheners, disinfectant wipes, etc.