



The PULSE

HEALTH & SAFETY

Great work on the ShakeOut!

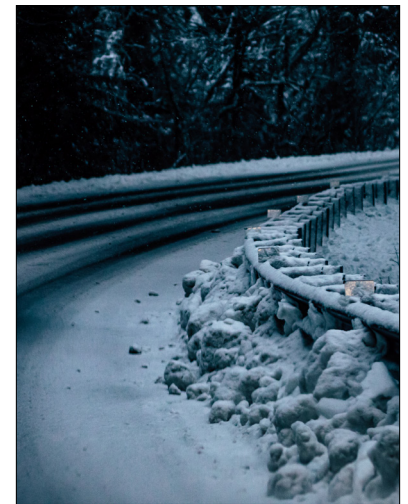
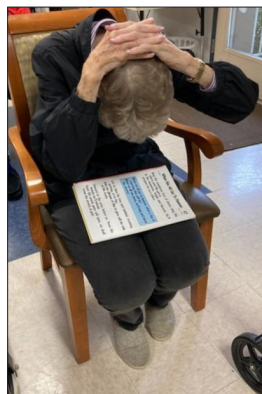
Once again, thank you all for participating in the Great Washington ShakeOut earthquake drill on Tuesday morning, Oct. 26, here at CHCC.

On the whole, everyone did a great job responding to the earthquake drill and working through the “drop, cover, hold” steps during the 60-second exercise.

CHCC’s annual participation in the ShakeOut drill reminds us all why it is important to be mindful of heavy items that may be above head level. If you are aware of something that could prove a danger during an earthquake, we ask that you please submit a maintenance request.

Through this drill, we were all reminded to lock wheelchair brakes and to help residents get to an area away from windows, where they can be safe from falling objects.

Thank you to everyone, and well done!



Remember to plan for snowy weather.

If you don’t drive in the snow or don’t have reliable snow transportation, please act now to make arrangements for how you’ll get to and from work. Talk to co-workers; perhaps someone on your shift lives nearby and can give you a ride. Or, sometimes people can ride together with minor schedule changes.



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

COVID-19 booster update

Booster shots are now available for those who have received the COVID-19 vaccines created by Moderna and Johnson & Johnson, including those who live and work at our Lynden health care center.

In October, the Western States Scientific Safety Review Workgroup, which advises the governors of Washington, California, Oregon and Nevada, announced that it supports recommendations from the Centers for Disease Control and Prevention for Moderna and J&J booster shots.

This is in addition to the September recommendation for booster shots for those who have received the Pfizer vaccine.

That means that everyone who has been fully vaccinated with any of the three COVID-19 vaccines approved or authorized for use in the United States are now eligible for a booster dose.

According to Washington Gov. Jay Inslee's office, those who received the Moderna COVID-19 vaccine are eligible to receive a booster dose six months or more after their initial series, while those who received the Janssen (Johnson & Johnson) COVID-19 vaccine are eligible to receive a booster dose two months or more after their initial dose.

"The COVID vaccines continue to offer very strong protection against severe illness and death and are saving lives every day," Inslee said in a press release. "Now people who qualify to get a booster don't have to be re-



stricted to one brand of vaccine. They are able to get whichever is available to them and is best for them. This is a critical factor in finding our way out of this pandemic."

Booster shots are recommended, the CDC said, because public health experts are starting to see reduced protection from the original vaccines against mild and moderate disease.

Everyone 18 or older who received the J&J vaccine should get a booster, according to the recommendations. Among those who initially received the Moderna vaccine, a booster is recommended for a narrower list of people, including those who live in long-term care and those who are at greater risk of COVID-19 exposure because of where they work. CHCC staff members would fall into that category.

The CDC's guidance is that anyone eligible for a booster may receive either the same or a different COVID-19 vaccine as a booster dose.

More information on booster shots is available from the CDC.



"Time is precious, and everyone has something that they are passionate about. I do what makes me and those around me happy. The cost of not following my heart is too great, I am going to live life with no regrets. As I follow my heart, 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!



Veterans Day is Nov. 11.

Wear red, white and blue clothing to work to show your support for our U.S. veterans.

REFRESH!

Remember that red outlets are connected to power and CHCC generator power. CHCC generators turn on automatically if there is a power outage, meaning that the red outlets would still work.



Don't forget to fall back an hour at 2 a.m. Nov. 7!



Yum! Grab a caramel apple Wednesday, Nov. 17.

HEALTH & SAFETY

Care team bio: Hyacinth S.

Hyacinth S. has helped keep Christian Health Care Center clean and orderly since 2006.

She is proud of the important role she plays in making life better for those who live here at our Lynden health care center.

"Everyone here plays a part in the management of the facility," she said. "It helps the residents feel better having a clean environment, and we help make sure their needs are met. Everyone works together for the residents' well-being."

Because housekeepers are in and out of resident rooms every day, they can build special relationships with those who live here, Hyacinth said.

"Housekeeping is a great way to interact with residents," she said. "To the extent that we can, we do a lot of talking with them. I enjoy that."

Hyacinth said she works hard to learn residents' routines so she can care for them better. For example, she said, some are later risers, and some prefer to have their rooms cleaned at certain times.

"Getting to know their routines better means you can do your job better," she said. "You can learn the particulars of how they like things placed, or you can get their room clean while they are in the dining room, if they prefer that."

The housekeeping team also works closely with the maintenance crew to ensure that anything that needs addressing is taken care of promptly.

"Because we are in their rooms ev-



Hyacinth S.

ery day, we can see and report things that need fixing, like if lights are out," she said.

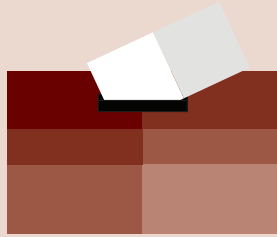
Typical tasks for the housekeeping and laundry teams include emptying the trash from common areas and resident rooms, collecting laundry to be washed and cleaning and disinfecting the facility daily (a task that has existed at CHCC since long

before the pandemic started).

"I like my job," Hyacinth said. "Our team is a great bunch, and management supports us well. I would recommend it. It could be hard work for some people, but it's rewarding. We are all here to help make every day for residents the best they can be."

"We are all here to help make every day for residents the best they can be."

-Hyacinth S.



COMMENT BOX CORNER

Q: If we are fully vaccinated, do we still need to wear the goggles? They get so foggy, making it hard to see. Plus, they are uncomfortable.

A: I agree that they are not comfortable and that they are hard to wear all day.

However, the Washington State Department of Health has determined that as long as the COVID-19 rate in the county is moderate or higher, we all must wear goggles whenever we are in an area where we are around others.

Here is what the Department of Health says:

“[Health care workers] must wear eye protection when there is moderate to substantial community transmission of COVID-19. Eye protection means goggles or a face shield that covers the front and sides of the face. Personal eyeglasses are not PPE and do not provide adequate eye protection. When there is minimal to no community transmission of COVID-19, eye protection is considered optional unless otherwise indicated as part of standard precautions.”

Right now, our county is well into the “high” range of infection, so we are looking at being required to wear goggles for the foreseeable future.

In Whatcom County, as of Nov. 2, the seven-day COVID-19 case rate is 201.97 per 100,000 people. In total, 463 people in Whatcom County have been confirmed positive for COVID-19 during the past week. Though deaths have been low (<10), the rate of community transmission is classified as “high,” meaning that tough restrictions remain in place. The Centers for Disease Control and Prevention uses a scale for community transmission that is based on the seven-day case rate: low (<10); moderate (10–49.99); substantial (50–99.99); high (≥ 100).

For Whatcom County to get down to a level of transmission that would allow staff members to stop wearing goggles, according to the rules mandated by the Department of Health, the community transition rate would need to drop from over 200 all the way down to less than 10 per 100,000. That is a significant drop that can only be managed by careful attention to slowing the spread of COVID-19.

That is one more reason to encourage everyone you know to get vaccinated!



by Tonja Myers
Administrator

CHCC POLICY

What is the CHCC cell phone policy?

CHCC team members may not use personal cell phones for any reason while on the nursing units or in working areas of the facility. Employees can use phones for personal use before work, during scheduled break times, after work, and in the event of an emergency at the facility if necessary for the safety and well-being of residents and staff. Personal calls, texts, instant messages, social media, online games, and the like are prohibited outside of break times.

Please don't ever take pictures, videos, or any other personal representations of any resident, family member, visitor or staff member for the purpose of personal use, social media or any other reason. Only upon request, cell phone cameras may be used to take photos and videos for facility marketing purposes.

Any employee that drives a company vehicle is prohibited from using a phone while driving.

For the full CHCC cell phone policy, please contact HR.