



The PULSE

BOARD OF TRUSTEES

Thank you for being you

Christian Health Care Center is dedicated to improving lives by providing skilled health care services with love and a Christ-like compassion.

CHCC is governed by a volunteer board of directors, with members serving three-year terms that can be extended to six years if unanimously approved by the rest of the board.

It has been my privilege to serve as the board chair for several years, in concert with a group of compassionate and highly qualified men and women. I want to thank them for their willingness to serve the community in this

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HOLIDAYS

Merry Christmas!



Are you ready for snow? Snow is a possibility this week and next. If you don't drive in the snow or don't have reliable snow transportation, please 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. 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

#CHCCTEAMWORK

CHCC gets new nursing scheduler

Congratulations to Betty G. Lopez, who has been promoted into the role of nursing department scheduler.

Betty started working at CHCC in 2016 as an NAC on Baker. In 2017, she became the Baker unit secretary, then she transitioned to the rehab wing, where she also served as the unit secretary until taking over as the nursing scheduler just recently.

Betty's flexibility and willingness to adapt as needed earned her recognition as our April 2021 Shining Star.

"I am so grateful for the opportunity to be the nursing department scheduler," she said. "I have loved being a part of the CHCC family, and I am so excited to be working alongside our amazing nurses and nursing assistants."

A quick reminder: If you have specific questions about your schedule, call or text the nurs-



Betty G. Lopez

ing department staffing phone line at 360-306-7839. Voicemail is checked between 8 a.m. and 3 p.m. Monday through Friday.

If you are unable to make it to your scheduled shift, you must call and talk to the scheduler or licensed staff; voicemail and/or text messages are not permitted in these circumstances.

HOLIDAYS



Happy new year!

2022 is almost here. On New Year's Eve, Dec. 31, enjoy fortune cookies in the staff lounge. We wish you all a wonderful new year!

AFFIRMATIONS



"I have overcome many challenges and will overcome many more. The times that are the toughest are the times I learn the most. I never back down. I work hard and I push through. As I act in a resilient manner, 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!

HOLIDAYS



Decorate your workspace for winter

On Monday, Dec. 27, make cutout snowflakes and decorate your department at CHCC.

KUDOS

Anna, Amanda are Shining Stars

CHCC's nursing Shining Star for November was Amanda B, a unit coordinator for Cascade Har-

bor. Amanda has worked at CHCC for many years and takes patient care very seriously. She advocates for the residents to ensure excellent care and quality of life. She works shifts at all hours of the day and night when needed, leading staff with a focus on maintaining high standards and excellence. We are so fortunate to have Amanda working and leading at CHCC.



Amanda B.

November's non-nursing Shining Star was Anna C., who works in Cedar Cove with the therapeutic recreation department. Anna leads with a lot of heart and clearly loves and cares for each resident and teammate.

Anna worked at CHCC previously, then went to work at our adult day health (and was also selected as a Shining Star while there) and then came back to us at CHCC. We are so blessed to have her here, spreading love and warmth wherever she goes.



Anna C.

Please give these ladies a warm "thank you" and congratulate them for their Shining Star honors.

CHCC ACTIVITIES



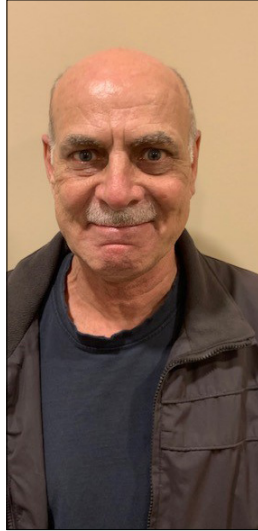
Check out the results of our recent snowman painting activity! Everyone followed along with the video tutorial, and each painting ended up being unique and special, just like our wonderful residents. For more photos of the wonderful paintings, check out the CHCC Facebook page at <https://www.facebook.com/christianhealthcare/>.

NEW HIRES

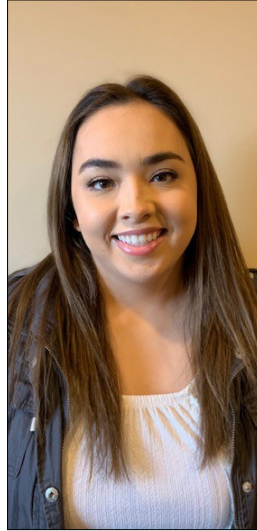
Three people join the CHCC team



Bethany L.
DRA



Mark S.
Maintenance



Stephanie R.
NAC

Bethany, Mark and Stephanie recently have stepped into important roles at Christian Health Care Center in the areas of dining, maintenance and nursing. When you see them, please welcome them with a smile. And remember, anytime you see team members with green on their nametags, you'll know they are new — so give a warm welcome!

"Wonderful, well-trained therapists. I felt that I attained a degree of 'come back' that I might not have otherwise achieved."

Mary W., therapeutic rehabilitation patient



BOARD

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way.

I am reminded of a passage from 2 Chronicles 20:12, which reads, in part, "We do not know what to do, but our eyes are upon You, Lord." That is the essence of how we choose to serve as a board. It is not about us as individuals, but rather it is all about collectively seeking the wisdom of God to establish direction.

As a board, our primary role is to support the efforts of every one of you in the critical work you perform in our community. The main way we do that is through providing guidance to CHCC leadership as needed or desired, never forgetting that the incredibly talented and dedicated work of CHCC's many team members is what allows our care center to continue serving the community with such high standards. We are a place that people trust for the care of their most beloved family, and that is thanks to you.

On behalf of the full board, I want to take this opportunity to wish you and yours a very Merry Christmas. Most importantly, thank you for all that you do in serving our residents at CHCC. You bring joy into the life of each resident you compassionately serve.

*Gary Hall, chair
CHCC Board of Trustees*

REFRESH!

May a resident have a snack during the day, evening and night?

Yes. Snacks are available 24/7. Resident snacks are located in each clean utility room. There is a list of snacks posted on the refrigerator.