



The PULSE

RESIDENT SPOTLIGHT

Getting to know Bob G.



Bob G.

Have you lived in other places besides Lynden?

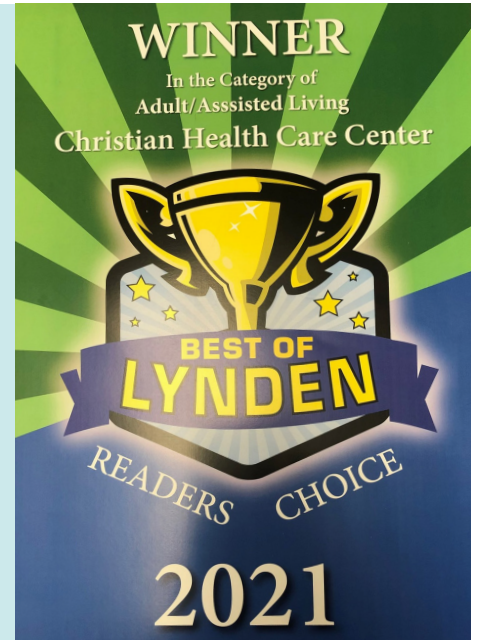
I was born in Butte, Montana, in 1940. My dad was in the military, and when the war broke out, they wanted him to take care of the battleships and equipment, so they moved us all to Port

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KUDOS

CHCC is the best of Lynden!

Once again, CHCC was named the winner of the Best of Lynden award in the category of adult/assisted living. Winners of these awards are selected by voters in a contest put on by the Lynden Tribune and the Lynden Chamber of Commerce. That CHCC has won once again is a testament to each of you for the care and commitment you put into your work every day. Thank you.



COMMUNITY

CHCC shown in 'Art of Aging' project

Our administrator, Tonja Myers, serves on the steering committee for the Aging Well Whatcom Coalition, a local group of nonprofit organizations, businesses, elected officials and community members collaborating on strategies to improve the well-being of older adults in our community.

The group was formed in 2017 by the Chuckanut Health Foundation. The foundation and the 20 partner organizations involved in the effort spent nearly two years developing the Aging Well Whatcom Blueprint, which lays out ways to use the skills and capabilities

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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

How 'boosting' helps staffing

While CHCC and other long-term care centers are dealing with unprecedented healthcare worker shortages, the Washington State Department of Health has updated its guidance regarding who can work and when depending on COVID-19 status.

If you are COVID-19 positive: No matter whether you are boosted, vaccinated or unvaccinated, isolation is required for a period of 10 days (or seven days after a negative test), provided that you are asymptomatic or have mild and improving symptoms.

If you are COVID-19 negative but have been exposed: Workers who are boosted can return to work immediately but must have negative tests on day two and five through seven. Workers who are not boosted must quarantine for



10 days (or seven days after a negative test). After exposure to COVID-19, boosted employees don't need to miss any work, but vaccinated or unvaccinated employees must take up to 10 days off.

Simply put, the more workers we have who are boosted, the fewer disruptions we will have to patient care. If you have not been boosted, we encourage you to do so at the clinic on Monday, Jan. 24.

HEALTH & SAFETY

REFRESH! A few health and safety tips:

Practice hand hygiene before and after every resident contact. All employees must wash their hands or use hand sanitizer every time they enter and exit a resident room.

Help prevent COVID-19 by:

- wearing a mask;
- practicing social distancing;
- washing your hands well;
- getting vaccinated and boosted;
- reporting any COVID-19 symptoms and exposures to your supervisor; and
- staying home if you are not feeling well.

A few compliments for your tool belt

Jan. 24 is Compliment Day here at CHCC and around the world, and you can bet we'll be celebrating, given how much we love little pick-me-ups and encouragements as we seek to magnify our co-workers' strengths instead of weaknesses. Share compliments with co-workers in person or leave them on the kudos board! The best compliments are sincere, heartfelt and specific to the person, but if you need a few ideas, you might try these, courtesy of [grammarly.com](https://www.grammarly.com):

- Your positivity is infectious.
- You should be so proud of yourself.
- You're amazing!
- You're a true gift to the people in your life.
- You're an incredible friend.
- I really appreciate everything that you do.
- You inspire me to be a better person.
- Your passion always motivates me.
- Your smile makes me smile.
- Thank you for being such a great person.
- The way you carry yourself is truly admirable.
- You are such a good listener.
- You have a remarkable sense of humor.
- Thanks for being you!
- You set a great example for everyone around you.

LIFE AT CHCC

Wear a hat and scarf Jan. 28

When you live in the Pacific Northwest, you might as well embrace the winter, right? We're doing just that by wearing hats and scarfs to work Friday, Jan. 28. You'll also find apple cider and caramel here to even better celebrate the winter weather.



KUDOS

A recent therapeutic recreation patient said that CHCC is "one of the best organized and caring services" the patient had ever known. Thanks to each of you for setting a great example of care in our community!

"This is one of the best organized and caring services I have ever known."

Therapeutic rehabilitation patient



ART

Continued from Page 1

ities of older adults in Whatcom County and better meet their needs.

The Blueprint addresses improvements that can be made in the community to better support the elderly, with one goal being that "our community will have a full, honest understanding of the entire range of the realities of aging."

To help achieve this goal, Aging Well Whatcom has crafted a project called The Art of Aging, which features beautifully painted portraits of older adults throughout the region along with audio interviews in which they discuss where they are in their experience with aging.

"When we look across our community, as a whole, we cannot possibly see the laugh lines and creases of sorrow of each individual's experiences or hear their voice or rhythms of their thoughts," the website states.

The Art of Aging project helps paint those details — and in so doing, features audio interviews with two people dear to us at CHCC: Teresa Garcia, one of our residents, and LeAna Osterman, who has worked with us



Teresa Garcia



LeAna Osterman

for many years as a faith community nurse.

Other ongoing projects include the "Dear Friend" Pen Pal Project, through which people can write cards and letters to residents of assisted living and skilled nursing facilities, Meals on Wheels recipients, and other elders who are more likely to be socially isolated. Anyone can get involved.

For more information about Aging Well Whatcom, visit <https://www.agingwellwhatcom.org/>.

BOB G.

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Orchard, Washington. I loved that little town. We lived in the most incredible 100-year-old house at the time. I've also lived in Puyallup and Oroville, Washington, as well as in Sacramento, California.

What industry did you retire from?

I had a few different careers. I served in the Navy. I also worked in the distribution center at Costco for, oh boy, a long time — over 20 years. I was also a salesman selling medical and surgical supplies for a short while.

What was your favorite thing about the work you did?

Things moved really fast, and there were always plenty of jobs to do. It was a good place to work. I really enjoyed working with the people, too.

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

I really like seafood, any kind – just not in the water! Maybe a nice salmon dish.

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

I think raising my kids. They went through college and didn't get into any trouble. They were really good kids.

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

My brother and I were out in Port Orchard in the middle of the Sound in this handmade wooden raft. It seemed pretty solid — well, until it wasn't! [Said with a laugh.] The water kept pushing us out further and further. My brother says, "Let's swim for it!" and I said, "Are you kidding?!" A private boat notified the Coast Guard, and they sent a cruiser to come get us. We ended up being just fine, but it sure was scary.

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

Probably my high school years. My parents always got along pretty well, and we had lots of fun growing up.

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

Always treat people the way you want to be treated.

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



Bob G., left, and his wife, Ann, who also lives at CHCC, on a recent trishaw ride through the streets near CHCC. They have been married for 65 years.

Don't take my advice! [Said with a laugh.]

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

Oh, well, I don't know. I guess that I'm an honest man.

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?

Well, needless to say, I think we've got a lot to learn from COVID-19.

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

My wife, Ann, lives here at CHCC, too, and I get to visit her often. We have been married for 65 years! Also, the nursing staff are all very nice, and they're so helpful with taking care of the residents here.