



# The PULSE

## COMMUNITY

### Emergency pendants have come a long way. Here's what's new.

Since 2008, LifeAlert pendants have been used more than 615,000 times in emergency situations when the user was home alone and unable to get to the telephone, according to the company's website.

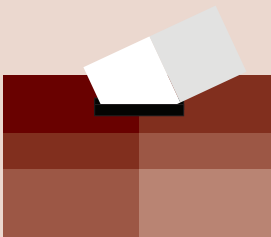
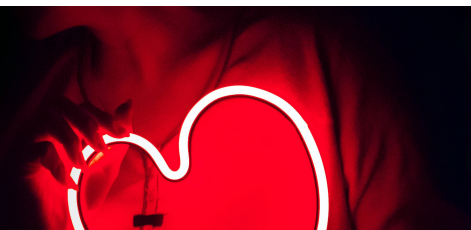
LifeAlert — the company behind the infamous “I’ve fallen, and I can’t get up” television commercials that helped to spread awareness of these issues decades ago — is one of dozens of companies offering emergency alert pendants for elder safety.

#### What are emergency alert pendants?

In their basic form, emergency pendants offer a wear-

*Please see **pendants** on Page 4*

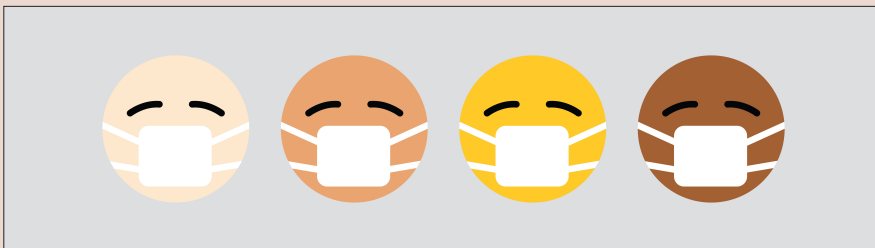
February is American Heart Month. Visit the [chcclynden.org/news/](http://chcclynden.org/news/) for a week of tips for keeping your heart healthy.



## COMMENT BOX CORNER

**Q: What should CHCC team members do with their masks while in the break room?**

**A:** As you know, team members are required to wear a mask the entire time they are in the facility. When employees are using the break room, you must store your mask and goggles in a paper bag when they are not in use. After your break, before returning to work, dispose of the paper bag and perform hand hygiene. At the end of your shift, deposit your mask in the repository as you leave the building.



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](https://facebook.com/christianhealthcare)



### What is the difference between isolation and quarantine?

According to the Washington State Department of Health, isolation is what you do if you have COVID-19 symptoms, are awaiting test results, or have tested positive for COVID-19. Isolation means you stay home and away from others (including household members) for the recommended period of time to avoid spreading illness.

Quarantine is what you do if you have been exposed to COVID-19. Quarantine means you stay home and away from others for the recommended period of time in case you are infected and are contagious. Quarantine becomes isolation if you later test positive for COVID-19 or develop COVID-19 symptoms.

# What are mandated reporter responsibilities?

CHCC's compliance program is designed to prevent and detect violations of criminal, civil and administrative laws and of facility policies and procedures. The program promotes resident quality of care.

The compliance program bulletin board is in the hallway next to the activity room. On that board, you can find copies of CHCC's Code of Conduct, compliance reporting guidelines, a locked box to submit compliance reports, and compliance hotline information.

**As a mandated reporter**, if you see or suspect the abuse of a resident, you must:

- Protect and assure the resident is safe from any further harm.
- Report immediately to a supervisor, the director of nursing services and the administrator (24/7).
- Call the DSHS hotline (1-800-562-6078) within two hours.
- Call the police (9-1-1) if the incident involves sexual or physical harm or if you suspect a crime has been committed.
- Contact CHCC's administrator or director of nursing services if you have questions about your role as a mandated reporter; they are experts on abuse reporting. Phone: 360-354-4434.

## HOPE

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now and that you are on the path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.

-Niki Banas



## NAC TRAINING

### Encourage people to enroll in our NAC training class

Did you know that you can earn a referral bonus for encouraging people to enroll in our nursing assistant training program? Up to \$500 will be paid to you after the student becomes a certified nursing assistant and starts full-time employment at CHCC. Several classes are available at [chcclynnden.org/nac-training/](http://chcclynnden.org/nac-training/).



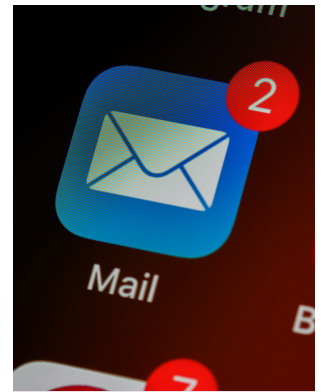
## HOLIDAYS



### What is the origin of Valentine's Day?

Do you know where Valentine's Day came from? According to Britannica.com, it has been suggested (though nobody knows for sure) that the holiday has origins in the Roman festival of Lupercalia, which was held in mid-February until its banning by Pope Gelasius I in the fifth century. The festival celebrated the coming of spring and included fertility rites and the pairing off of women with men by lottery.

## NEWS



### Stay in touch

Anyone, including you, can sign up to receive CHCC's monthly news emails. Reading each edition of the e-news will give you more to talk about with residents and their representatives. Sign up at the bottom of the CHCC homepage at [chcclynnden.org/](http://chcclynnden.org/). In addition, you can find past issues of The Pulse online, in case you missed anything. Find those at [chcclynnden.org/about/the-pulse/](http://chcclynnden.org/about/the-pulse/).





## PENDANTS

*Continued from Page 1*

able button that seniors can press in an emergency, such as a fall. Some companies make mounted options that can be placed in the shower or similar locations where they might be needed.

Like home alarm companies monitor for intrusion and dispatch the police, medical alert companies contact emergency help when an emergency alert pendant's button is pressed. In some cases, seniors can talk to support personnel or family through the pendant itself.

### **Smartwatches, phone apps becoming more popular**

LifeAlert is the company you might have heard of, but there are many more names to consider when shopping for a medical alert pendant to help keep older adults safe. One important consideration is whether the company is expected to be around long-term, because emergency monitoring is a critical part of the service. You'll also want to look at the technology options to ensure that the device is simple to use (easy to charge/change batteries, buttons that are intuitive).

Features differ among the various major brands. Some pendants can detect falls on their own, obviating the need for the wearer to press the button to summon help. Other pendants offer GPS location technology that assist in finding a loved one who may be prone to wandering. Some companies have added smartwatches to their equipment offerings, giving seniors the choice of wearing the device around their neck or on their wrist. Another popular feature are smartphone apps that share real-time updates with family members.

*Read the rest of this article at <https://chcclynden.org/news/>.*



**"Spread love everywhere you go. Let no one ever come to you without leaving happier."**

**—Mother Teresa.**

## COMMUNITY



This February, we are thankful to the Netherlands Reformed Congregation for thinking of CHCC and donating a set of soft, warm lap blankets for our residents. They have been a wonderful treat.