

# JULY 2020

## Nurse of the Month



Annette Gibbs, RN

I have been a registered nurse for over 40 years. My primary focus has always been in skilled home health care and hospice on both a local and national level. I was responsible for the clinical and operational oversight for home health agencies in twenty-eight states across the USA. I have spent a lot of time in and out of airports, which came naturally since I began my early adult life as a flight attendant for United Airlines.

Once my traveling days were over, I ventured into private duty home care, licensing two agencies for a large assisted living company and then became the Administrator for that Assisted Living prior to coming to CENN, Inc.

I grew up in Asheville, North Carolina. I have been married to my husband Chris for 45 years. We have two children, a Son here in Richmond and a Daughter in California with my three grandbabies.



### Skills Corner

TRUE OR FALSE? You should always take off PPE in the order that you put it on?

Answer: TRUE



## Tips to Beat the Summer Heat

[www.gigglesgalore.net](http://www.gigglesgalore.net)



### Stay Hydrated

Drink water frequently on hot summer days.



### BE COOL

Stay indoors & use a programmable thermostat to help keep you and your home cool.

### Eat Fresh

Try eating cold foods, grilling outdoors & avoid using the oven.



Enjoy a Dip in the **POOL**

### Treat Yourself to a Cool Treat

Stock your freezer with Popsicles, ice cream and frozen fruit to enjoy when you are feeling a little too hot.



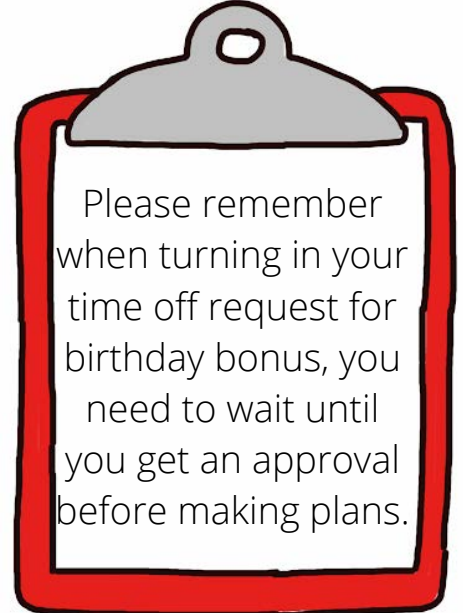
CPR is scheduled for July 7th and July 23rd

# Happy Birthday

- Logan Reid - July 1
- Lashanda Bradley - July 4
- Banks Agegite - July 8
- Pearline Stevens - July 9
- Shirley Bailey - July 13
- Nancy Murdock - July 15
- Niki Subuloye - July 26
- Christy Fulcher - July 26
- Juanita Compton - July 30



## Scheduling Segment



**Always** keep your client hydrated during the warmer months of the summer. Offer them water often even if it's just constant sips. Give water with flavoring. You can also give foods that are high in water content such as watermelon, cucumbers, celery, strawberries, zucchini, tomatoes and lettuce as well as other sources of refreshing hydrating foods and beverages!



- Claire Rada - 1 year
- Tiffany Smith - 2 years
- Barbara Fletcher - 4 years
- Sharon Johnson - 4 years
- Mia Russell - 4 years
- Rebecca Green - 8 years
- Bonnie McKinney - 14 years

## reminder

CENN now has a COVID-19 task force that meets regularly to ensure that CENN is up to date with all new policies that are issued by the State and Federal government as well as the Virginia Department of Health and the CDC.

## HEAT EXHAUSTION or HEAT STROKE

| HEAT EXHAUSTION                                      | HEAT STROKE  |
|--|--|
| USUALLY A FEVER OVER 100.4° F                        | HIGH FEVER, OVER 104° F  |
| HEADACHE   | HEADACHE   |
| FATIGUE, ANXIETY & FAINT FEELING                     | FATIGUE, CONFUSION, AGITATION & STUPOR                         |
| WEAKNESS & MUSCLE CRAMPS                             | RAPID HEART RATE   |
| NAUSEA & VOMITING                                    | SEIZURES, COMA & DEATH POSSIBLE                                |
| PALE, MOIST SKIN                                     | NAUSEA, VOMITING & LOSS OF APPETITE                            |
| DIARRHEA   | WARM, DRY SKIN   |
| FIRST AID  | FIRST AID  |
| MOVE TO A COOL PLACE & REST                          | CALL 911   |
| REMOVE EXCESS CLOTHING & FAN SKIN                    | MOVE TO A COOL PLACE & REST                                    |
| PLACE COOL CLOTHS ON SKIN                            | REMOVE EXCESS CLOTHING, DRENCH SKIN WITH COOL WATER & FAN SKIN |
| DRINK COOL WATER OR SPORTS DRINKS IF FULLY CONSCIOUS | PLACE ICE BAGS ON THE ARMPITS & GROIN AREAS                    |