

AUGUST 2020

Celebrating the Year of the Nurse



Christy Fulcher, RN

Christy Fulcher graduated from Richmond Memorial Hospital School of Nursing in 1995. She's been a RN for 25 years. She has worked for a Dermatologist and Pulmonologist prior to coming to CENN. She grew up in Mechanicsville and is the mom to 3 boys. She is an antique dealer at a local Antique shop.



HEAT WAVE SAFETY FOR SENIORS



EXTREME HEAT AND HEALTH FOR PEOPLE AGED 65 YEARS OR OLDER



Two out of three: the number of heat related deaths in Maryland last year of people aged 61 or older.



15 minutes: the length of time it takes for an older person's body temperature to reach 106 degrees in a heat stroke.



103 degrees: temperature at which the body faces serious heat-related illness if untreated.

WHY ARE SENIORS AT RISK?



Older bodies physically respond slower to rapid temperature changes



Seniors are more likely to have existing medical problems or take daily medications that contribute to weakness during the heat



People living alone may ignore or not recognize symptoms

PREVENTATIVE SAFETY TIPS

KNOW THE SYMPTOMS:

High body temperature (above 103 F); throbbing headache; dizziness, nausea, confusion

ADJUST YOUR LIFESTYLE:

Keep in mind your every-day lifestyle choices and how they might contribute to a greater risk of heat-related illness.

PLAN YOUR DAY:

Schedule a day that includes brief outdoor activity, plan a trip to air conditioned shopping malls or grocery stores.

CALL 911 IN EMERGENCY:

If you suspect that you might be suffering from heat stroke this summer, call 911 for emergency medical assistance.



Skills Corner

TRUE OR FALSE? You should wash around your wrists when washing your hands?

Answer: TRUE

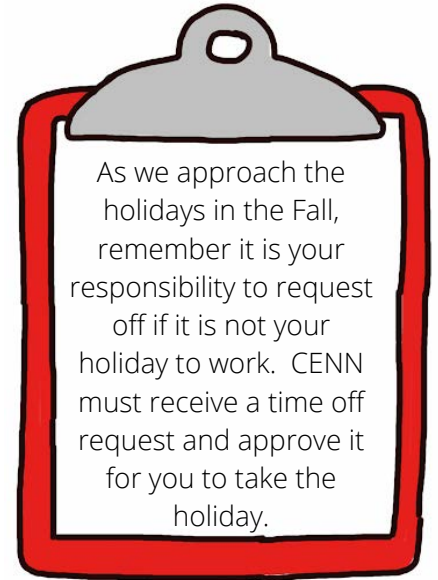


Happy Birthday



Racheal Adeleye August 1st
 Brenda Royster Auhust 7th
 Tiffany Smith August 7th
 Salina Willis August 9th
 Dawn Beninghove August 10th
 Benita Grate August 11th
 Claire Coefe Aiugust 12th
 Jean Haughton August 14th
 Chemeka Graves August 15th
 Eunicea Ellerbe August 20th
 Breanna Taylor August 21st
 Georgia Thompson-Bates August 23rd
 Rebecca Hedrick August 25th

Scheduling Segment



As we approach the holidays in the Fall, remember it is your responsibility to request off if it is not your holiday to work. CENN must receive a time off request and approve it for you to take the holiday.



Kiah Johnson 1 year
 Linda Clark-Sheppard 1 year
 Tonya Burton 4 years
 Roberta Brent 7 years
 Juanita Compton 10 years

Quick Tip...

Flu Season starts in October. Are you prepared?

Plan on getting your flu shot by the end of October. Most pharmacies will provide the Flu Shot free of charge if you have an active insurance policy.

See Robin Gupton, Employee Relations for additional questions.

reminder

August 21st is National Senior Citizen's Day.

Celebrate the seniors around you by telling them how proud you are of their accomplishments and a thank you for being role models for younger generations.

WILL YOUR BBQ MAKE YOU SICK?

Hot weather is perfect for picnics and barbecues, but warm temperatures also cause a spike in foodborne illness. Nothing kills a good time like potato salad that's gone bad. Find out how to protect yourself the next time you host an outdoor get-together.

82% OF AMERICANS SAY THEY ARE CONFIDENT THEY PREPARE FOOD SAFELY.

FOODBORNE ILLNESS IS MORE COMMON THAN YOU THINK.

Number of people stricken with foodborne illness each year: **47.8 Million**

Estimated number of deaths from foodborne illness each year: **3,037**

SAFE INTERNAL TEMPERATURES

145°F	160°F	165°F
STEAK	GROUND BEEF	CHICKEN

SAFE TEMPERATURE to keep your cooler: **40°F**

Wash your hands for at least **20 SECONDS** to eradicate germs.

Don't leave food out for more than one hour if the outside temperature is over **90°F**.

MOST FOODBORNE BACTERIA GROW FASTEST AT TEMPERATURES FROM **90°F-100°F**.

FOR MORE INFORMATION ON **HEALTHY AND SAFE EATING**, CHECK OUT TAKEPART.COM/FOOD.

Sources: CDC | FDA | Mayo Clinic | International Food Information Council Foundation

INFOGRAPHIC DESIGN BY COLUMN FIVE

Take Part