

**CPR is scheduled for Sept. 10th and Sept. 17th**

Call the office to be scheduled



## Skills Corner

TRUE OR FALSE? Good body mechanics help save energy and prevent injury.

Answer: TRUE

## THE FACTS of AFIB

### ATRIAL FIBRILLATION (AFIB)

is a common type of irregular heartbeat (arrhythmia). With an arrhythmia, the heart can beat too fast, too slow or irregularly. There are two types of AFib: one that is caused by a heart valve problem and one that is not.



### SOME AFIB SYMPTOMS

may include fluttering or "thumping" in the chest, dizziness, and shortness of breath.

### More Men Than Women

are diagnosed with AFib.



### IN 2014

estimated **6.4 million**

people in the U.S. had atrial fibrillation not caused by a heart valve problem.



That's more than the population of Chicago, which had 2.7 million residents in 2013.

PEOPLE WITH AFIB NOT CAUSED BY A HEART VALVE PROBLEM ARE

**5X MORE LIKELY TO HAVE A STROKE**

THAN THOSE WITHOUT THIS CONDITION.

### AFIB IS MORE COMMON

in people with other cardiovascular conditions, such as high blood pressure, coronary heart disease, and heart failure.



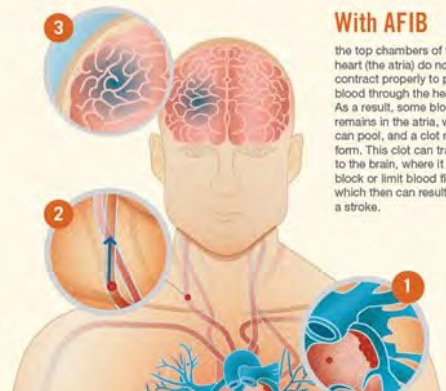
**AN ESTIMATED 15%**

of strokes are due to AFib not caused by a heart valve problem.



### ONE OPTION

for AFib patients to reduce the risk of stroke is anticoagulant therapy. AFib patients should talk to their doctors about treatment options.



### With AFIB

the top chambers of the heart (the atria) do not contract properly to push blood through the heart. As a result, some blood remains in the atria, which can pool, and a clot may form. This clot can travel to the brain, where it may block or limit blood flow, which then can result in a stroke.

## Celebrating the Year of the Nurse

## Ann Pryor, RN, MS, ANP

I am a Registered Nurse who has been a part of CENN for 3 years. Currently I am CENN's Staff Development Coordinator. I also continue to work with selected clients. Nursing has been a wonderful career for me. Over my 48-year career (and counting), I have had many opportunities to care for amazing people, be a part of exciting healthcare teams and see cutting edge healthcare strategies become a reality for our community and world. Teaching has always been an integral part of my nursing practice. When I returned to VCU School of Nursing as a faculty member in the mid 90's, teaching became my primary focus. This was followed by me serving as a faculty member at Bon Secours Memorial College of Nursing for the last 19 years. I love to see students at all levels become excited as they master new concepts and ideas! Companion Extraordinaire has married for me both working with the more vulnerable senior population as well as creating and managing educational opportunities for CENN staff and community care providers. It is my hope that everyone would be able to find such satisfaction, growth opportunities and love of working with people that I have and continue to find from my nursing practice.





# Happy Birthday

Donovan Bastidas September 7th  
 Barbara Fletcher September 11th  
 Marcia Harris September 15th  
 Danyell Thomas September 23rd  
 Rebecca Green September 25th  
 Alexia Harper September 28th



Join Companion Extraordinaire's Team.

## Fighting ForWARD

You can help! with our team through  
 October 31, 2020  
 More information to follow.



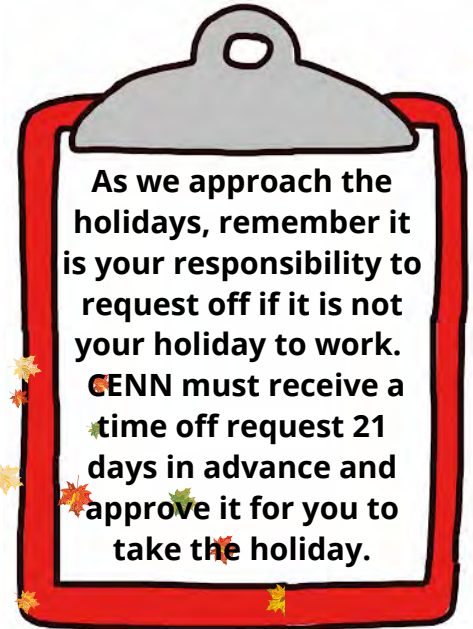
As the seasons start to change, remember to wear appropriate clothing for the weather. Our senior population may need assistance in choosing appropriate clothing for the temperature. Dress yourself and our client's in layers.

# reminder

**All staff is required to be in uniform (red CENN embroidered scrub top and black, white, red or gray pants and name badge) while working with a CENN client. Failure to be in uniform will result in performance counseling!**



## Scheduling Segment



# Happy WORKAVERSARY

Diana Chavez 1 year  
 Benita Grate 1 year  
 Chemeka Graves 1 year  
 Rachany Kay 1 year  
 Vicki Leach 6 years  
 Resia Smithers 15 years



## Fun Facts About Dried Fruit

On average, Americans consume

**2 lbs**  
of raisins every year

It takes 6-7lbs of fresh fruit to produce just 1lb of dried fruit.



Fruits become dry when their moisture content drops below

**20%**



Most dried fruits like dates, figs, plums and raisins are a source of dietary fiber. Fiber helps maintain steady blood sugar levels.



Dates grow in thick clusters on the giant date palm tree and have a history dating back to 5000 years.



The coconut palm tree yields thousands of coconuts during its 70 year lifespan



One pound of dried apples equals 4<sup>1/3</sup> cups, 8 cups cooked.



Ginger is often credited with having calming properties and has been used as a digestive aid for ages.