

OCTOBER 2020

Celebrating the Year of the Nurse



Brenda Krohn, RN, MS has been a Registered Nurse for the last 45 years. Brenda served in the US Navy as a Corp W.A.V.E. She has worked in a variety of positions in the hospital over the years. She also served as the Executive Director at the Board of Nursing until 2018. Brenda has been on staff at CENN since the beginning of 2019. She has been an intricate part of CENN's policy team during the COVID pandemic.



Brenda Krohn, RN, MS

Thank you Brenda!



- Jessica Lewis October 5th
- Marnie Triscari October 9th
- Chikita Smith October 16th
- Nancy Boyer October 18th
- Torri Taylor October 22nd

WELCOME

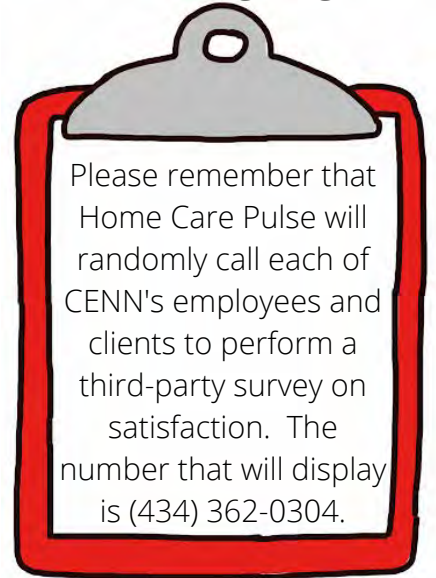
Denise Bell has joined the CENN family as our newest Care Coordinator in the Scheduling Department. Please stop by and meet her.





Nikki Dailey 1 year
 Annette Gibbs 1 year
 Yaya Norwood 3 years
 Virginia Lowe 12 years
 Georgia Thompson-Bates 12 years

Scheduling Segment



Please remember that Home Care Pulse will randomly call each of CENN's employees and clients to perform a third-party survey on satisfaction. The number that will display is (434) 362-0304.

reminder

WALK TO END ALZHEIMER'S
 alzheimer's association

Companion Extraordinaire's Team.
 "Fighting ForWARD"
 October 31, 2020 we "walk" to wipe out Alzheimer's disease
 Please see Amanda Metz or Robin Gupton for more details.



Breast Cancer Awareness



BREAST CANCER IS THE **most common cancer** AMONG WOMEN IN THE WORLD

1 in 8 women WILL BE DIAGNOSED WITH BREAST CANCER IN HER LIFETIME



THERE ARE MORE THAN **2.8 million** SURVIVORS IN THE U.S.

Prevention Tips

- EXERCISE
- TAKE VITAMIN D
- EAT ORGANIC
- DRINK LESS
- REDUCE STRESS
- KNOW THE SIGNS
- GET A THERMOGRAM

Signs & Symptoms

- Nipple tenderness
- A lump or thickening in or near the breast or underarm
- A change in the skin texture or enlargement of pores in the skin of the breast like that of an orange peel
- A change in the size or shape of the breast
- Dimpling of the breast
- Swelling of the breast
- Shrinkage of the breast
- Spontaneous asymmetry of the breast
- Nipple is turned slightly inward or inverted
- Skin of the breast, areola, or nipple is scaly, red, or swollen

AN ESTIMATED **246,660 women** AND **2,600 men** WILL BE DIAGNOSED BY THE END OF 2016

40,000 women & 430 men DIE OF BREAST CANCER EACH YEAR IN THE U.S.

Be Aware. Get Involved. Show Support.



CPR is scheduled for Oct. 7th and Oct. 22nd
 Call the office to be scheduled

REVIEW

Skills Corner

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

Answer: TRUE