

DECEMBER 2020



Celebrating the Year  
of the Nurse



Lisa Davey, RN, MS

**CPR is  
scheduled for  
December 17th  
8:30a-10:30a**

Call the office to be scheduled

I was a candystriper in high school and decided to go to nursing school but I really wanted to be an archeologist. As a new nurse I worked in the MICU in WV and then came to Richmond to get my masters degree at MCV. I started working at IVNA in 1988 as a visiting nurse and was there for many years. In 1991 influenza vaccinations were starting to be encouraged and I coordinated the very first flu vaccination clinics in the Richmond community at UKROPS. We gave 200 vaccinations the first year and when I left the position we had given 36,000. I have twin girls who both are chemists and my oldest son is an aerospace engineer. We adopted our 4th child from Guatemala and he is almost 18 now! We love to travel- well at least before COVID and my favorite place is Paris. We have a farm on the Eastern Shore where I grow sunflowers and hope to have goats soon. We live in a very old haunted Victorian house in Bon Air where I love to garden.

REVIEW



**Skills Corner**

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

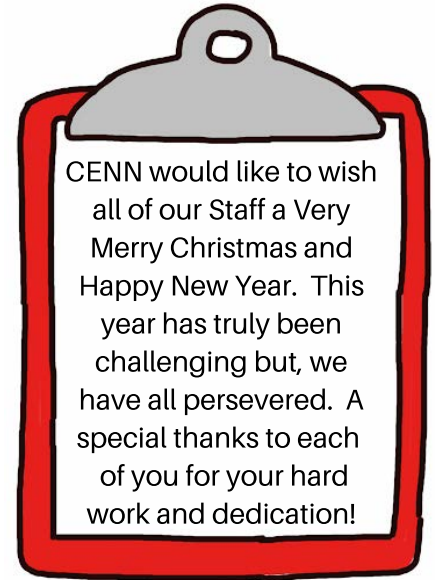
Answer: TRUE



Dorothy Johnson December 5th  
 Edna Palmer December 6th  
 Ginger Haberstroh December 6th  
 Diane Scarboro December 11th  
 Barbara Lewis December 19th  
 Linda Clark-Sheppard December 25th  
 Sharon Johnson December 27th



## Scheduling Segment

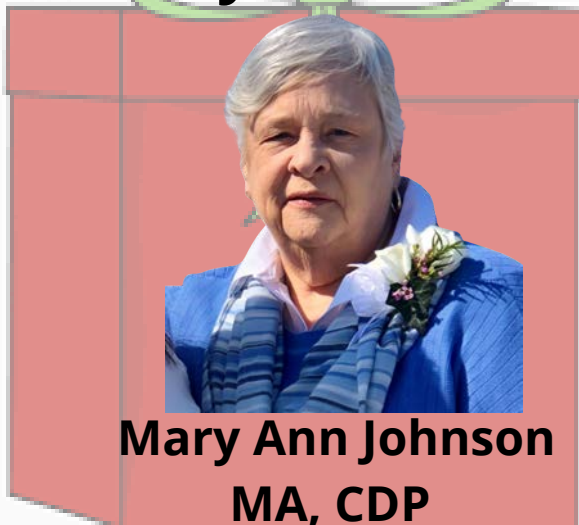


CENN would like to wish all of our Staff a Very Merry Christmas and Happy New Year. This year has truly been challenging but, we have all persevered. A special thanks to each of you for your hard work and dedication!



Bukky Ogunade 1 year  
 Pearline Stevens 6 years  
 Margo Ronayne 8 years  
 Jessica Lewis 10 years

## Meet Our New Memory Ambassador



**Mary Ann Johnson**  
 MA, CDP



## *Fun Holiday Activities*

- Make a holiday wreath
- Decorate and fill stockings
- Make pomanders with oranges and cloves
- Decorate the house
- Prompt kids to ask about "the olden days" so they can learn about their grandparent's youth
- Play simple card games or board games  
 Enjoy listening to your older adult's favorite tunes
- Sing holiday songs together - try these holiday classics
- Have a family movie night with popcorn, extra pillows, and warm blankets to cuddle under
- Have a relaxed chat over tea or coffee

## reminder

**Direct deposit starts January 8, 2021. If you have not already filled out the form, please see Management for that information.**