

**JANUARY 2021**



## Skills Corner

What is the vision of Companion Extraordinaire?

Answer: The promise to provide extraordinary care by extraordinary people.

## Upcoming Classes

**PCA Class - January 18-29, 2021**  
**Dementia Friends January 14, 2021**  
**Dementia Friends January 21, 2021**  
**CPR January 21, 2021**

\*You must call scheduling to be added to these classes\*

## News

### Professional Pathways

If you have not already received your pathway binder, please come by the office and pick it up.

### Activity Bags

**REMEMBER.....**

You are required to come in monthly to pick up your new monthly activity.

WHEN THE WINTER BLUES ARE REALLY

# Seasonal Affective Disorder

Symptoms of Major Depression also associated with SAD

- Feeling depressed most of the day, nearly every day
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed
- Having problems with sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

Symptoms specific to Fall and Winter SAD

- Irritability
- Tiredness or low energy
- Problems getting along with other people
- Hypersensitivity to rejection
- Heavy, "leaden" feeling in the arms or legs
- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain

Symptoms specific to Spring and Summer SAD

- Depression
- Trouble sleeping (insomnia)
- Weight loss
- Poor appetite
- Agitation or anxiety





Chikita Smith 2 years  
 Bette White 2 years  
 Ginger Haberstroh 14 years

Chaponika Archer January 2nd  
 Rachel Rodriguez January 3rd  
 Dave Bodman January 5th  
 Nikki Dailey January 9th  
 Robin Gupton January 12th  
 Beatrice Banks January 14th  
 Brenda Krohn January 18th  
 Margo Ronayne January 20th  
 Gwen Kilpatrick-Beaty January 21st  
 Denise Bell January 22nd  
 Roberta Brent January 25th  
 Amanda Metz January 26th

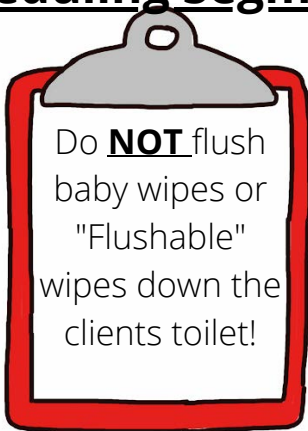
**Way to Go! to each of our Care Providers that received awards in December 2020.**



Bayo Subuloye  
 Beatrice Banks  
 Lisa Williamson

Rachany Kay  
 Anne Marie Coley  
 Rachel Rodriguez

**Scheduling Segment**



**SPirit AWARD WINNERS 2020**

Brenda Royster  
 Shawnda Madison  
 Chemeka Graves

**reminder**

**Remember that as of January 1, 2021 the law for cell phone usage while driving has changed. Virginia now requires that all cell phone use in a vehicle be hands-free.**



**THYROID DISEASE AWARENESS MONTH**