

FEBRUARY 2021



Skills Corner

TRUE OR FALSE? Nothing by mouth (NPO) includes food, drinks and medication.

Answer: TRUE

In the News

Activity of the Month:

Please remember that you need to come by the office and pick up your monthly activity bag. This month is HEART MONTH!

Home Care Pulse

Home Care Pulse is a 3rd Party company that conducts satisfaction surveys on behalf on CENN. The number that they will call from is: **434-362-0304**. Please make sure to give honest feedback as CENN wants to improve based on your suggestions

COVID-19 Vaccinations

HENRICO: Questions about the vaccine should be directed to the COVID-19 Hotline at (804) 201-3501 or email RHHDvax@vdh.virginia.gov.

HANOVER: Effective January 20, Hanover County has set up a call center to answer questions related to COVID-19. The number is 804-365-3240, and it will be open Monday through Friday, excluding holidays, 8 a.m. to 4:30 p.m. Voice messages left in the mailbox after hours will be returned the next business day.

CHESTERFIELD: If you are inquiring about COVID-19 information or signing up to receive the vaccination, please contact Chesterfield Health District's COVID-19 Call Center for assistance: Monday through Friday, 8 a.m. - 4:30 p.m. - 804-318-8207. After hours call - 877-275-8343

Companion
ExtraordinaireSM
Home Care Services

February 4th



American Heart
Association 
Learn and Live



Dejuah Roberts, Coneisha Bryant, Stephanie Wheeler, Yane`a Godley, Fantasia Carter, Crystal Surber, Nikita Carter



HAPPY BIRTHDAY

Ann Pryor February 4th
Kellie Ratcliff February 13th
Shi-Lee Turner February 19th
Anna-Blessing Merife February 19th



Scheduling Segment

As we begin the new year and renewed sense of hope during this pandemic, please know that your CENN team is cheering for YOU! We are looking forward to great opportunities and growth in 2021.

BE MINE FOR LONGER!

EAT WELL

- Look for the American Heart Association's mark of approval on restaurant menus and in grocery stores to certify that you're purchasing heart-healthy foods.
- Cut back on packaged, processed foods to limit sodium. Aim for less than 1500 mg of cholesterol per day.
- Read food labels. Aim for less than 300 mg of cholesterol per day.
- 5 or more servings of fruits and veggies each day.

GET MOVING

- Most Americans are overweight
- Exercise sends oxygen to your brain and makes your memory sharper
- Goal: 150 min/week of moderate exercise or 75 min/week of vigorous exercise
- 2 days per week: muscle-strengthening activity

STOP SMOKING

- Each cigarette reduces your life by 11 minutes
- Smokers have more than twice the risk of heart attack than non-smokers
- Visit multicare.org/quit for help

GET A CHECK UP

- Check blood pressure: GOAL: Less than 120/80 mmHg
- Check cholesterol: less than 160 mg/dL (low risk), less than 130 mg/dL (intermediate risk), less than 100 mg/dL (high risk), less than 70 mg/dL (very high risk)
- Check fasting glucose: GOAL: Less than 100 mg/dL

MAINTAIN A HEALTHY WEIGHT

- Men: aim for a 40 inch or less waist circumference
- Women: aim for 35 inches or less waist circumference
- Aim for a BMI of under 25

MultiCare
BetterConnected
www.multicare.org/bemine



Jean Haughton 1 year
Diane Scarboro 1 year
Salina Willis 2 years
Gwen Kilpatrick-Beaty 2 years
Marcia Harris 2 years
Brenda Royster 2 years
Chaponika Archer 2 years
Eva Evans 2 years
Pennie Chance 2 years
Beatrice Banks 2 years
Brenda Krohn 2 years
Shi-Lee Turner 3 years
Morgan Hill 3 years
Amanda Metz 9 years

Happy WORKANNIVERSARY

