

MARCH 2021



Skills Corner

TRUE OR FALSE? As an aide you can cut a client's finger nails or toenails when asked to do so?

Answer: FALSE - You can only FILE the nails when asked to do so.



In the News

Activity of the Month:

What do Honey Bee's do in the Winter?

Dementia Friends

Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in Virginia.

You each have been assigned to watch the Dementia Friends presentation through In the Know. Please view this Educational Unit by March 31, 2021. Please reach out to Amanda Metz with any questions or concerns.



March Birthdays

Anne Marie Coley March 4th
Chloe Flanagan March 15th
Lisa Lettley March 21st
Eva Evans March 25th
Joann Glenn March 29th
Morgan Hill March 30th
Rachel Johnson March 31st

Special Bratton 2 years
Rachel Johnson 2 years
Torri Taylor 2 years
Danyell Thomas 2 years
Breanna Taylor 2 years
Claire Coefe 4 years
Anisha Fowler 8 years
Jeanette Wakefield 17 years



Anne Marie!

Our Postman!



Fantasia!

Yaya!



April!



BLUE & PURPLE

blackberries
blueberries
black currants
dates
eggplants
grapes
plums
prunes
purple figs
raisins

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
radicchio
red radishes
red apples
red grapes
red peppers
red potatoes
rhubarbs
strawberries
tomatoes
watermelons

EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers
kale
kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

WHITE

bananas
cauliflower
garlic
Jerusalem
artichokes
mushrooms
onions
potatoes
parsnips
shallots

ORANGE & YELLOW

acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
grapefruit
lemons
mangoes
nectarines
oranges
orange peppers
papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

Scheduling Segment

You are AMAZING!!!! With your help, Companion Extraordinaire achieved Employer of Choice 2021 through Home Care Pulse. Thank you for all each of you do to make CENN EXTRAordinary!

