

DECEMBER 2021



In the News

Upcoming Classes

PCA Class	1/3/22 - 1/14/22
CNA class	1/31/22 - 3/21/22
CPR	1/5/22 10a-12n
CPR	1/11/22 5p-7p
PCA Class	1/17/22 - 1/28/22
CPR	1/19/22 10a-12n
Preceptor Class	1/20/22 5:30p-7:30p
CPR	1/22/22 9:30a-11:30a

**2021 SPIRIT
AWARD WINNER**

JESSICA LEWIS, CNA

**Congrats Jess on
winning the
Employee of the Year!**

*Happy
Holidays*



EMPLOYEE REFERRALS

Effective December 1 - December 31, 2021

you will receive \$2500

for each new hire you refer to CENN.

Remember they must be in good standing with the company for 90 days.

CENN Town Hall

January 18, 2022 5p-6p

ZOOM link will be emailed a week prior to the event

December Birthdays

Keith Boyer	December 1st
Dorothy Johnson	December 5th
Edna Palmer	December 6th
Ginger Haberstroh	December 6th
Jennifer Kulp	December 14th
Barbara Lewis	December 19th
Linda Harris	December 25th
Sharon Johnson	December 27th



Bukky Ogunade	2 years
Pearline Stevens	7 years
Margo Ronayne	9 years
Jessica Lewis	11 years



Scheduling Segment

"Owing gratitude for a service."

We cannot begin to say thank you enough for all the hard work that each of you does on a daily basis. With your help, CENN has seen another fruitful year and that do not go unnoticed. "We are on a wall performing a great work and cannot come down." THANK YOU for helping us perform this great work day after day.

National Handwashing Awareness Month

As important as handwashing has always been, it's especially crucial now. Washing your hands regularly can help prevent the spread of respiratory viruses, including the novel coronavirus. But it's important to make sure you're washing correctly. A quick rinse isn't enough to kill germs.

Many diseases are spread by not washing the hands with soap and water. Consider that respiratory viruses alone are reduced by 16-21% with proper handwashing. This is why all senior home care workers are educated on proper handwashing techniques.

- People frequently touch their eyes, nose and mouth without realizing it, but this is an entry point for germs.
- Germs from unwashed hands can get into foods and drinks and multiply, making people sick.
- Unwashed hands allow germs to spread onto surfaces like toys, handrails and tabletops.
- Diarrheal and respiratory infections are commonly spread through unclean hands. These illnesses also require antibiotics at times, contributing to the overuse of these drugs.

A quick rinse under warm water isn't enough to get your hands clean. Here are five steps to follow EVERY time you wash your hands.

1. Wet your hands with clean running water.
2. Lather the hands with soap and rub them together.
3. Scrub your hands for 20 seconds.
4. Rinse your hands with clean running water.
5. Dry your hands with a clean towel.

The best times to wash your hands are before, during and after preparing food, after using the toilet, before and after caring for someone who is sick and after blowing your nose, sneezing or coughing. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.