



Happy February team!! We have lots going on, so be sure to read through the newsletter and mark your calendars! We are off to an exciting 20th year!



February is Black History Month

Every February we mark the contributions of African Americans during Black History Month. Below are just a few of the amazing contributions to the medical field!

- Dr James McCune Smith- was the first African-American Physician to earn a medical degree in 1837 and graduate from Glasgow University in Scotland. He returned to America and was the first to run a pharmacy in the nation. He was the medical doctor for a colored orphan asylum in lower Manhattan, New York.
- Dr Rebecca Lee Crumpler- was the first African-American woman to become a medical doctor in America. She graduated in 1864 from the New England Female Medical College and later practiced in Boston, MA and Richmond, VA.
- Mary Eliza Mahoney was the first African-American professional nurse in the United States. Mahoney was admitted to the nursing school of the New England Hospital for Women and Children, and became the first African-American woman to complete nurse's training in 1879. She was also one of the first African-American members of the American Nurses Association, and has been credited as one of the first women to register to vote in Boston following the ratification of the 19th Amendment in 1920. Mahoney was inducted into both the Nursing Hall of Fame and the National Women's Hall of Fame.

CENN Recognized as Top Home Care Provider in the Nation

Companion Extraordinaire Home Care



Services was recognized as one of the top home care providers in the nation. We earned the following awards:

- Best of Home Care® - Leader in Experience
- Best of Home Care® - Provider of Choice
- Best of Home Care® - Employer of Choice

By earning the Leader in Experience award, we are among a select group of providers. Additionally, we rank in the top **15%** of home care business participating in the Home Care Pulse Experience Management Program.

That is an outstanding achievement! We could not achieve these accomplishments without our extraordinary team!



Shandi Lane, PCA

February Employee of the Month

Shandi Lane is our employee of the month for February! Shandi has been with Companion since August and what an extraordinary impact she has had already! Shandi is fun loving and has a vibrant and contiguous personality. She takes pride in caring for her patients deeply. Shandi is honored to be a mom and have the relationship she has with her kids. In her free time, you will find Shandi getting into a fun adventure of some sort! She has skydived, and she has tried snake, alligator, and goat, come to find out that she loves goat! When asked, Shandi said that her mother inspired and continues to inspire her to be the caregiver that she is today. She has many memories of her mother caring for those around her, even complete strangers. Shandi does everything with excellence and we are so grateful for how she takes care of her clients and cares so deeply for them!

Support Group Relunched

We have reinvented and relaunched our support group! We are so excited to have Stephen Sanders as our facilitator. Stephen is a certified life coach and brings a wealth of knowledge and skills to the table. This is a way that we hope to add value to our team and give you tools and resources and just a



space to discuss the tough demands of life.

Support Group will meet on the 4th Tuesday of each month from 5pm-6pm at the Lakeside office.



Upcoming Events

- Support Group will be on February 28th and will be on the fourth Tuesday of each month. Support Group will be at the Lakeside office from 5p-6p with Stephen Sanders as our new group facilitator. This month's topic of discussion will be "The Gift of Empathy."
- PCA Class for February will be our FIRST hybrid class! Only two and a half days in person and we are offering the class for only \$99! The class will be held February 13th-24th. Help us get the word out and share with your friends!
- CPR Classes in February will be held on 2/7 4p-6p, 2/15 10a-12n, and 2/25 9:30a-11:30a. Call the office to sign up for the date you need.
- New Employee, 60 Day Class will be held February 11th 8a-12n.
- Mark your calendars for our 20th Anniversary Celebration! Join us at Lewis Ginter Botanical Gardens on May 13th from 4p-7p.



February Birthdays

- Ann Pryor- 2/4
- Shi-Lee Turner 2/19



February Anniversaries

4 Years

Brenda Krohn
Pennie Chance
Chaponika Archer
Dorothy Johnson
Brenda Royster
Marcia Harris
Gwen Kilpatrick-Beaty
Salina Willis

5 Years

Shi-Lee Turner- 5 Years



CENN BOWLING

LOCATION

Bowlero 6540 W. Broad St. Richmond, VA 23230

DATE AND TIME

02/12/23 1:00pm - 02/12/23 3:00pm US/Eastern

RSVP by 2/8 at the latest with the number of people attending (max 4). Email Amanda for more information!

I'll Be There!

I Can't Make It

I'm Coming & Bringing Others



Benefits Spotlight

Each month we want to make sure that our team is aware of the benefits we offer to each of you!

We have partnered with Hope Thirty to offer our team \$40 off of the program fee for February. Hope 30 is a Weight Loss Program that encourages healthy eating and taking vitamins. The February Challenge begins on February 12th and registration will close on the 10th. This is a completely virtual program offered at a great price and we would love for you to be able to take advantage of this! At checkout, enter Discount Code: DAWNB40 and the discount will be reflected. For more information on the program see the link

below.

**More
Info**



Tech for Troops

In celebration of our 20th anniversary we have decided to give back to the community by doing 20 acts of kindness throughout this year!

We are partnering with Tech for Troops and we are asking that if you have any technology such as old computers, routers, telephones, etc. that you bring them to any of the offices by February 17th! Tech for Troops will take tech items and refurbish them for troops for little to no cost at all!

For more information check out the website below!

[Learn More](#)

Claim

If you read all the way through the email, click the button to claim your offer. Send an email with the subject line, "Made It!" and the team will be in touch!



Companion Extraordinaire | 5111 Lakeside Avenue, Henrico, VA 23228 804-752-2205

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