



# PENNYBYRN

One trusted name. Many life-enriching choices.

Retirement Living • Assisted Living • Memory Care  
Healthcare Households • Transitional Rehab

*Sponsored by the Sisters of the Poor Servants of the Mother of God*



ISSUE NINE: 2023

**“HAPPY SEPTEMBER! THE  
WORLD SHALL NOW  
TRANSFORM INTO  
PUMPKIN EVERYTHING.”**

EMPLOYEE  
NEWSLETTER

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THE  
PENNYBYRN  
PULSE

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## RICH NEWMAN, PRESIDENT

I hope this newsletter finds each of you well. It is hard to believe that summer time has come to a close, our kids are heading back to school and the fall season is upon us. We continue to push forward on our renovation and construction project and the end is in sight, although we are not quite there yet. We are hopeful all will be complete by April, 2024 so about 8 months to go ! The last two phases after Congdon House moves back into their renovated house are McCewen House and our Adult Day Center which will be where our Rehab House was located.



Our Independent Living Community is doing well and is filling up, with only 5 apartments remaining to be spoken for. Our Independent Living residents are extremely happy with their life here at Pennybyrn. The Lillian Congdon Transitional Rehab Center has been serving patients well and our reputation is growing. We have had many patients who have had great experiences, recovered and returned home. Taylor Village and our Healthcare Households continue to serve and care for our residents well with love and compassion.

My family and I have personally have experienced what makes Pennybyrn so special and are forever grateful. As many of you know my Mom, Carol was a resident of Congdon house for the last two and half years. Mom went home to be with the Lord this past weekend. Although it was a difficult journey for her physically her spirit never faltered. That is due to the spirit of caring and love that surrounded her every day, along with her unwavering faith in God's faithfulness and Jesus's love for her. Each person genuinely cared for and served her with love and compassion. Mom loved, appreciated and treasured each of you. Thank you all !

I am appreciative of every one of our staff here at Pennybyrn. I know that each of you is dedicated to our residents in a very personal way, wherever they reside here at Pennybyrn. Each day you truly live out Pennybrn's mission which is " To Demonstrate God's Love for the Lives We Touch" and you all are the reason Pennybyrn is that "One Trusted Name". Thanks to each of you for your love, caring spirit and commitment to Pennybyrn, our residents and their families.

With much appreciation,

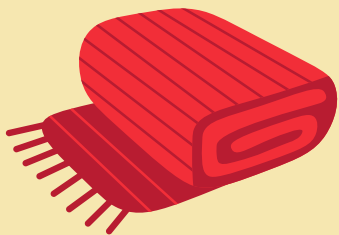
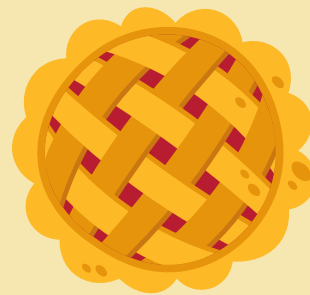
Rich Newman  
President

# September

*Make your autumn special for yourself*



- *Hot chocolate*
- *Plaid towel*
- *Apple pie*
- *Raspberry jam*
- *Pumpkin soup*





# 2023 PENNYBYRN CAMPAIGN

United  
Way



United Way  
of Greater High Point

## HELP US MAKE POSITIVE CHANGE IN OUR COMMUNITY

Pennybyrn is a strong advocate of the United Way Mission: "To fight for the education, health, and financial stability of every person in every community." Help us help each other by volunteering your time or donating to the cause.

**\$2**

**Pledge \$2 each pay period  
& enter to win a \$50 gift card**

**Pledge your Caring Gift  
& enter to win a \$100 gift card**

**\$\$**

**PARTY!**

**The department that pledges  
the most wins a catered party**



# UNITED WAY RALLIES

SEPTEMBER 4 - SEPTEMBER 8

SEE NEXT PAGE FOR HOW YOU CAN ENTER TO WIN A  
\$50 GIFT CARD!

## MON 9/4

10:00 am	Taylor Village
10:30 am	Smith & Deal
3:30 pm	Taylor Village
4:00 pm	Smith & Deal

## TUES 9/5

10:00 am	Rehab
10:30 am	McEwen
3:30 pm	Rehab
4:00 pm	McEwen

## WED 9/6

10:00 am	Hughes
10:30 am	Congdon
3:30 pm	Hughes
4:00pm	Congdon

## THU 9/7

6:30 am	Town Square
2:30 pm	Ilderton Hall

## FRI 9/8

10:00 am	Hayworth
10:30 am	Benson
3:30 pm	Hayworth
4:00 pm	Benson

**The UWGHP BackPack program provides weekend meals for elementary school students in High Point, Archdale, and Trinity.**

**Through partnerships with community agencies, the United Way of Greater High Point provides nutritious, kid-friendly, pre-packaged food for 1900+ children during the school year, holidays and summer break.**

**This year, if you help bring one of the following items to donate to the backpack program, you will be entered to win a \$50 gift card!**

**Please see below for a list of items needed.**

## **UWGHP BACKPACK FOOD DRIVE**



### **SHOPPING LIST**

- 1) Individual cereal boxes
- 2) Toaster pastries
- 3) Cereal Bars
- 4) Shelf-stable milk
- 5) 100% Juice Boxes
- 6) Pop-top meats

# UNITED WAY SPIRIT WEEK

MONDAY

WACKY TACKY  
DAY

TUESDAY

CRAZY  
HAIR/SOCKS DAY

WEDNESDAY

PENNYBYRN  
T-SHIRT DAY

THURSDAY

TWIN DAY  
PAIR UP WITH A CO-  
WORKER OR RESIDENT  
& DRESS ALIKE

FRIDAY

SEASON DAY

REPRESENT YOUR FAVORITE  
SEASON DAY (SPRING,  
SUMMER, FALL, WINTER,  
FOOTBALL, BASKETBALL,  
HUNTING, ETC.!)

**CELEBRATION!**

Join us in Town Square from 2:30 -  
3:30pm on Friday for fun, food, and  
fellowship!



# GROCERY STORE BEST BUYS FOR COST & NUTRITION



## These tips can help you choose nutritious foods on a limited budget:

### Bread and grains:

- Look for bargains on day-old bread and bakery products.
- Buy regular rice, oatmeal and grits instead of the instant and flavored varieties.

### Vegetables and salads:

- Look for large bags of vegetables; these are often a bargain and keep well.
- Avoid foods at salad bars—they usually cost less in the produce section.

### Fruits:

- Buy fresh fruits in season, when they generally cost less.

### Milk:

- Buy fresh milk in gallon or  $\frac{1}{2}$  gallon containers. This is cheaper than buying quarts.
- Buy fat-free or low-fat milk to cut the amount of fat in your family's diet. (Note that children under 2 years of age should only be given whole milk.)

### Meat and poultry:

- Buy chuck or bottom round roast instead of sirloin; they have less fat and cost less.
- Buy whole chickens and cut them into serving size pieces yourself.

### Dry beans and peas:

- Use these sometimes instead of meat, poultry or fish. They cost less and are lower in fat and high in fiber.





## What Is Metabolic Syndrome?

Metabolic syndrome is a group of five risk factors that can lead to heart disease, diabetes, stroke and other health problems. Metabolic syndrome is diagnosed when someone has three or more of these conditions:

- High blood glucose (sugar)
- Low levels of HDL (“good”) cholesterol in the blood
- High levels of triglycerides in the blood
- Large waist circumference or “apple-shaped” body
- High blood pressure

Although each of these is a risk factor for cardiovascular disease, when a person has three or more and is diagnosed with metabolic syndrome, it increases the chance of developing a serious cardiovascular condition.



Abdominal obesity and high blood pressure are two conditions that contribute to metabolic syndrome.

### Who's at risk for metabolic syndrome?

In recent years this syndrome has become much more common in the United States. Over 34% of U.S. adults have it. It's also increasing globally.

Although some people are genetically prone to developing metabolic syndrome, others get it as result of their lifestyle or other factors. Several things that increase your risk of metabolic syndrome are:

- **Obesity/overweight.** Excessive fat in and around the abdomen (stomach) is most strongly associated with metabolic syndrome.
- **Insulin resistance.** This is when the body can't use insulin efficiently. Some people are genetically predisposed to insulin resistance.
- **Race and gender.** Although Black men are less likely than white men to have metabolic syndrome, Black women have a higher rate than white women.
- **Age.** Risk of developing metabolic syndrome increases with age.

### How is it diagnosed?

Most of the conditions that make up metabolic syndrome have no signs or symptoms. But a large waistline is a visible sign of being overweight or obese.

You are diagnosed with metabolic syndrome if you have three or more of these conditions:

- **Central or abdominal obesity.** This is measured by waist circumference:
  - Men: greater than 40 inches
  - Women: greater than 35 inches
- **High triglycerides:** 150 mg/dL or more, or you're taking medicine for high triglycerides
- **Low HDL cholesterol,** or you're taking medicine for low HDL cholesterol:
  - Men: Less than 40 mg/dL
  - Women: Less than 50 mg/dL
- **High blood pressure:** 130/85 mmHg or more, or you're taking medicine for high blood pressure
- **High fasting glucose (blood sugar):** 100 mg/dL or more, or you're taking medicine for high blood glucose

(continued)



### How is metabolic syndrome treated?

Many of the conditions that contribute to metabolic syndrome can be addressed through lifestyle changes such as diet, exercise and weight loss.

These steps can help you manage metabolic syndrome and improve your overall heart health:

- Eat better. Adopt a diet rich in fruits, vegetables, whole grains, skinless poultry, fish, nuts, lean meats and vegetable protein. Limit processed foods, saturated and trans fats, red meat, sodium and added sugars.
- Get active. Aim for at least 150 minutes of moderate-intensity physical activity a week. Walking is the easiest place to start.
- Lose weight. Balance healthy eating with exercise to reach and maintain a healthy weight.
- Work with your health care team to manage your blood glucose, cholesterol and blood pressure.
- Take your medications as prescribed.



### HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721), or visit [heart.org](http://heart.org) to learn more about heart disease and stroke.
- 2 Sign up for our monthly *Heart Insight* e-news for heart patients and their families, at [HeartInsight.org](http://HeartInsight.org).
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/SupportNetwork](http://heart.org/SupportNetwork).

### Do you have questions for your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care professional.

For example:

**How can I reduce my weight?**

**Can physical activity improve my HDL cholesterol?**

### MY QUESTIONS:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage your condition or care for a loved one. Visit [heart.org/AnswersByHeart](http://heart.org/AnswersByHeart) to learn more.



# 2023 REQUIRED TRAININGS

Attending one training is REQUIRED.  
Employees will be paid for the entire day.

Skills Fair- Ilderton Hall  
New Hire Orientation- Classroom  
Combined- Ilderton Hall



**\*As a reminder, Skills Fair is a required annual training that is to be completed each year during the employee's anniversary month. The sign-up link & calendar for the year is located on the Bulletin Board\***



1st September, 2023 at 8:30am

## ***Reminder***

Please see below for Parking and Speeding Reminders on Campus

- ✓ Parking spaces in the circle in front of Healthcare should be for visitors only. No staff parking in this area.
- ✓ Healthcare staff parking is located behind the healthcare building (near McEwen entrance), or along the sides of the main road.
- ✓ IL staff parking is located behind the healthcare building (closest to the stairs going down the hill). Due to the number of reserved spaces, there should be no parking in the IL parking lots.
- ✓ If parking areas are full, staff can park in the healthcare visitor lot, getting as close to the convent as possible. Staff may also use the Rehab parking lot, getting as close to the Penny Rd entrance gate as possible. This should only be used as a last resort.
- ✓ As a reminder, staff must follow the posted speed limits and stop for all stop signs.
- ✓ Security will be monitoring speed and parking and will follow up with supervisors to address each individual as needed.



# PUT YOUR HEALTH FIRST: ADULTS



Get the preventive services that are right for you! Take advantage of these and other services available at no cost to adults under most health coverage.



Diet counseling and obesity screening



Hepatitis B and C screening



HIV screening and STD prevention counseling



Lung cancer screening for some adults



Depression screening



Blood pressure and cholesterol screenings



Alcohol misuse and tobacco use counseling



Type 2 diabetes screening



Aspirin use for some adults



Colorectal cancer screening for adults over 50

**IMMUNIZATION VACCINES:** Hepatitis A; Hepatitis B; Herpes Zoster; HPV; Influenza (Flu Shot); Measles, Mumps, Rubella; Meningococcal; Pneumococcal; Tetanus, Diphtheria, Pertussis; Varicella (Chicken Pox)



**COST TIP:** Most preventive services are covered at no cost. However, if you receive additional services, you may be billed. Ask your provider's office or plan to explain any charges.


For additional resources and a full list of the preventive services covered at no cost sharing under most health plans, please visit [go.cms.gov/c2c](https://www.cms.gov/c2c).

Revision Date: May 2022 Publication #11943





# *Welcome* TO OUR TEAM!



<b>Jasmine Hursey</b>	<b>Hayworth CNA</b>
<b>Ellie Anderson</b>	<b>Congdon CNA</b>
<b>Rene Rodriguez</b>	<b>Transportation</b>
<b>Chloe Stover</b>	<b>Congdon CNA</b>
<b>Toneka Williams</b>	<b>McEwen CNA</b>
<b>Javonte Reid</b>	<b>IL Dining</b>
<b>Tamara Nelson</b>	<b>Taylor Village CNA</b>
<b>Anthony Glenn</b>	<b>IL Dining</b>
<b>Conchetta Alford</b>	<b>Hayworth CNA</b>
<b>Raymond Pennix Jr</b>	<b>Benson CNA</b>
<b>Elli Yu</b>	<b>Security</b>
<b>Denise Emmerson</b>	<b>Smith &amp; Deal Lead Homemaker</b>
<b>Tashia Little</b>	<b>Taylor Village CNA</b>
<b>Jasmine Dorsett</b>	<b>Rehab RN</b>
<b>Tierea Hakim</b>	<b>Rehab LPN</b>
<b>Hakeem Johnson</b>	<b>IL Dining</b>
<b>Manika Cunningham</b>	<b>Smith &amp; Deal CNA</b>
<b>Chlesea Banks</b>	<b>Benson CNA</b>
<b>Ericka Bailey</b>	<b>Smith &amp; Deal CNA</b>
<b>Maggie O'Daniel</b>	<b>Taylor Village CNA</b>

# Congratulations!

## YEARS OF SERVICE & NAME OF HONOREE

32	Judith Watson -Hughes RN
21	Jamie Forbis -Director of Admin SServices
21	Lisa Newman- Convent
16	Nakisha Hill -Hayworth Household Coordinator
12	LeQuentin Garrison- IL Dining
12	Gloria Townsend -Hayworth Homemaker
12	Samuel Hairston -IL Sous Chef
11	Linzy Tollison- Benson Nurse Mentor
7	Avis Robinson- Smith CNA
6	Cayla Bethea- Homecare CNA
5	Zaira Garcia- Hayworth Homemaker
4	Krisenda Humphrey- Benson LPN
4	Tracy Bowman- Administrative Services Coordinator
3	Deangelo Leake -Rehab CNA
3	Antonia Negrete -Congdon CNA
2	Deborah Roberts- IL Receptionist
2	Mikayla Washington- McEwen CNA
2	Latosha Vaughan- AL CNA
2	Ana Silva Rehab- Environmental Services
2	Margaret Htun- Congdon CNA
2	Amy Johnson- Hughes LPN
2	Jesus Matute -Broncano Hayworth Homemaker
2	Robert Jones -IL Line Cook
2	Briana Hamilton- AL CNA
2	Shirley Canty -Benson CNA
1	Ruzica Cvijanovic -Rehab RN
1	Kimberly King -Benson CNA
1	Aiden Coleman -Benson CNA
1	Cynthia Miller -Hayworth CNA
1	Elizabeth Key -Hughes RN
1	Christlyn Parker -AL CNA

# HAPPY BIRTHDAY



9/1 Claudia Reamous  
9/1 Randall Truesdale  
9/2 Beverly Williams  
9/3 Nicole Brown  
9/4 Dionza Bolden  
9/5 Wanda Johnson  
9/5 Pamela Rogers  
9/7 Kara Deberry  
9/7 Katina Rudd  
9/7 Jacqueline Thomas  
9/8 Zulma Rodriguez  
9/9 Shamilya Mitchell Goss  
9/10 Koree Hill  
9/11 Jessie Williams  
9/12 Teresa Hunter  
9/12 Peggy Lowery  
9/13 Gerald Giles  
9/14 Ronald Brown  
9/15 Anthony Glenn  
9/15 Valerie Rorie  
9/16 Janet Oakley  
9/17 Edith Frank

9/18 Melynda Sanders  
9/19 Dejah James  
9/19 Jameisha Mccullough  
9/19 Lavonia Smith  
9/19 Tiara Sullivan  
9/20 Cindy Luna  
9/21 Blessing Anyebe  
9/22 Helen Ali  
9/22 Christine Baker  
9/22 Keshia Barksdale  
9/22 Picolia Hayes  
9/23 Susan Jones  
9/23 Rasheedat Saheed  
9/24 Ruzica Cvijanovic  
9/24 Jasmine Hursey  
9/25 Bernadette Abasolo  
9/25 Megan Grohs  
9/28 Jessica Allen-Harris  
9/28 Susan Farlow  
9/28 Linda Lashley  
9/29 Gregory Smith  
9/30 Tanara Little







Made available by  
Pennybyrn at Mayfield

Resource for employees eligible for health insurance.

# Getting started with Teladoc®



Teladoc gives you access 24 hours, 7 days a week to a U.S. board-certified doctor through the convenience of phone, video or mobile app visits. Set up your account today so when you need care now, a Teladoc doctor is just a call or click away.



1

**Online:**  
Go to [Teladoc.com](http://Teladoc.com) and click "set up account".

**Mobile app:**  
Download the app and click "Activate account".

**Call Teladoc:**  
Teladoc can help you register your account over the phone.

## SET UP YOUR ACCOUNT

Set up your account by phone (toll-free), web, mobile app or by texting "Get Started" to 469-844-5637.



2

## PROVIDE MEDICAL HISTORY

Your medical history provides Teladoc doctors with the information they need to make an accurate diagnosis.



3

## REQUEST A CONSULT

Once your account is set up, request a consult anytime you need care and talk to a doctor by phone, web or mobile app.

Teladoc doctors can diagnose and treat many non-emergency medical conditions

Talk to a doctor anytime for **free!**

- [Teladoc.com](http://Teladoc.com)
- [Teladoc.com/mobile](http://Teladoc.com/mobile)
- 1-800-Teladoc



# CORONAVIRUS (COVID-19)



## HOW TO PROTECT YOURSELF AND OTHERS:

- **WEAR** a mask properly (*keep nose to chin covered*)
- **WAIT** six feet apart from others
- **WASH** hands frequently

## KNOW HOW IT SPREADS:

- **The best way to prevent it is to avoid it.**
- The virus spreads by being in close contact with others (within 6 feet).
- Droplets are produced when people talk, laugh, sing, blow, cough, or sneeze. You inhale them and get sick.
- The virus can be spread by people who do not have symptoms.


**IMPORTANT: DO NOT COME TO WORK  
IF YOU HAVE SYMPTOMS!**

The most common symptoms of Coronavirus are:

- Fever
- Cough, Shortness of breath
- Chills, Aches, Pains
- Headache
- Sore Throat
- Loss of taste or smell
- Sniffles or allergy-like symptoms

**Rapid testing is available at Pennybyrn and other urgent care facilities. Call your supervisor if you have symptoms to discuss next steps and free testing.**





***Prayer for  
Protection  
against  
Coronavirus***

*Loving Father, who is the Divine Physician,  
we trustingly pray to You,  
asking that the coronavirus may do no harm,  
that the pandemic may be swiftly gotten under control,  
that You may restore health and peace to those affected.*

*Strengthen and protect healthcare workers and bless those  
working to control this virus.*

*Lord Jesus, Doctor of our bodies and souls,  
give peace and health to all who live and work here.*

*Mary, Mother of the sick, intercede for us,  
for our Pennybyrn Community,  
our families and loved ones,  
and everyone in the world.*

*Sacred Heart of Jesus, we trust in you.*

*Amen.*



# EMPLOYEE RESOURCES

We are all in the same boat; experiencing physical, emotional, spiritual, and financial challenges in this new COVID world. We hope this list of resources will be useful for you or someone you love during these trying times. Please reach out to Leadership or Human Resources if you have questions or concerns. We're here to help!

## UNITED WAY

Call 211 or visit [www.NC211.org](http://www.NC211.org)

## FOOD PROGRAM FOR CHILDREN

Text "FOODNC" to 877-877

## FOOD PANTRIES

Visit [www.nc211.org/food-pantries](http://www.nc211.org/food-pantries)

## EMERGENCY CHILD CARE

1-888-600-1685

## MENTAL WELLNESS - MyStrength

Free online tool. Use code MC1275 at [www.mystrength.com](http://www.mystrength.com)

## DISASTER DISTRESS HOTLINE

1-800-985-5990 or text "TalkWithUs" to 66746.

## PYACTIV

An app that allows employees to access up to 50% of their earned wages before pay day. Go to [www.payactiv.com](http://www.payactiv.com) and enter the following:

Company Name: Pennybyrn

Employee ID: Can be found on your paystub

