

First Quarter 2021

# PRIMARY HEALTH CHOICE, INC. A PRIMARY CHOICE, INC.

## In God We Trust Mission Statement

We are committed to helping and providing all individuals and families with the best of services to enhance, grow and maintain a high quality of life. The needs of each and every individual we serve are first and foremost. We strive on the belief that all individuals should receive the best services regardless of any factors.



### COVID and the New Year Holiday.....

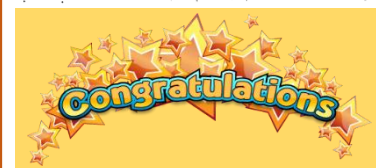
#### If you do gather:

- Avoid high-risk settings; such as indoor settings, crowded areas and settings that involve increase respiratory effort (e.g., singing, yelling, laughing or exercising vigorously).
- Stay outside and 6 feet apart from others who are not members of your household.
- Always practice the 3 W's (Wear, Wait, Wash) whenever you go out.
- If you leave home, bring extra cloth face coverings (do not share or swap with others), tissues and hand sanitizer with at least 60% alcohol whenever possible.



March is Trisomy awareness month. You may be asking yourself, "what is trisomy?" Trisomy is a genetic disorder which causes an individual to have an extra chromosome. The extra chromosome may be full or partial. Most individuals have 23 pairs of chromosomes, which makes for a total of 46 chromosomes. Early detection is key! When developmental deficits and/or medical complications are detected early it gives you time to evaluate and treat more effectively. Educating others of trisomy is important in providing a wider understanding of the syndromes. Remember, early intervention is important for academic and social achievement!

*I am fearfully and wonderfully made. – Psalm 139.14*



Accreditation has been issued for Primary Health Choice, Inc. through February 28, 2021.



Could you use some extra cash? By using the company's awesome ERP program, you could earn extra money! See your office manager or contact Ms. Shannon at the corporate office (910) 865-3500 for details.

Welcome our new staff!  
INTRODUCING THE NEWEST MEMBERS OF OUR TEAM!

Jalessa King – Peer Support Supervisor  
Madelyn Martinez – Office Manager (Asheboro)  
Mary Kerns – House Keeping

Missy Ramirez – Medical Records  
Brittany Windley – Peer Support  
Chantel Bryant - QP

# PRIMARY HEALTH CHOICE, INC.

## "Individuals' First Choice"

**SORRY, WE ARE**  
*CloseD*

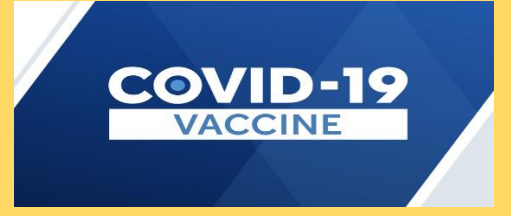
- January 1 – New Year's Day
- January 18 – Martin Luther King Jr. Day



**Congratulations to Ms. Dorca Jones for 15 years with the company. We appreciate you and your dedication!**



**Congratulations to Ms. Audrey Barnes and Ms. Clare Breeden for 10 years with the company. Thank you both for being such devoted employees!**



Get your COVID-19 vaccine as soon as available. Find a location to take your shot at [MySpot.nc.gov](https://www.myspot.nc.gov)

**Are you wearing your mask properly?**



### The Right Way to Wash Your Hands

Help prevent the spread of the COVID-19 virus.



Wet your hands.



Use bar or liquid soap to lather up.



Wash the front and back of hands and in between fingers too.



Wash for at least 20 seconds, just sing Happy Birthday twice.



Rinse in warm water



Dry hands with clean towel or air dryer.

## CARF

- \* Please remember to sign in and out each day.
- \* Ensure all computers are password protected and locked when you are away from your desk.
- \* All employees must wear their badge while working.

HAPPY  
*Valentine's Day*

HAPPY  
*St. Patrick's Day*