

Second 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.

### Know your Ws!



**WEAR**  
a cloth covering over  
your nose and mouth.



**WAIT**  
6 feet apart. Avoid  
close contact.



**WASH**  
your hands or use  
hand sanitizer.



We are pleased to announce we have added the following locations:

- \* Lenoir, NC
- \* Shelby, NC
- \* Forest City, NC



Curious about the COVID Vaccine?  
Have questions and need answers?

COVID-19 Vaccine Help Center

1-888-675-4567

Monday - Friday: 7:00 a.m. to 7:00 p.m.  
Saturday - Sunday: 8:00 a.m. to 4:00 p.m.

Callers can get help with general COVID-19 questions, information on vaccination eligibility groups, clinical questions about the vaccine, and assistance in finding vaccine locations and transportation to these locations.



Communicable diseases like the flu and coronavirus can bring a busy workforce to a standstill. Communicable diseases are those that spread from one individual to another by an infectious agent, such as bacteria, viruses, fungi or parasites. Some communicable disease spread through the air. Others require direct contact with a contaminated surface, food or beverage, blood or other bodily fluid. In some cases, a bite from an infected animal or insect is also capable of spreading the disease.

We are all responsible for the health and safety of ourselves, consumers and the rest of the community. Part of our duty to care is to practice healthy habits that will prevent the spread of infectious diseases in the community. Practicing these healthy habits will help you avoid germs and keep communicable diseases from spreading:

1. **Handle and prepare food safely.**
2. **Wash your hands frequently.**
3. **Clean and disinfect frequently touched surfaces to kill germs.**
4. **Cover your cough and sneeze with a tissue.**
5. **Avoid sharing personal items.**
6. **Get vaccinated.**
7. **Avoid touching wild animals.**
8. **Stay home when you're sick.**

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

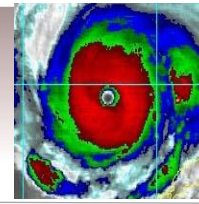
Meridith Underwood – QP  
Jessica Burton – Office Manager  
Mary Campbell – Peer Support  
Dawn Lovelace – Office Manager

Fredrick Wilson – Peer Support  
Heather Tysinger – Office Manager  
Josephine Brewington – Office Assistant  
Carolyn Queen – Office Manager

Lydia McIver – Regional Director  
Laqueshia Lang – Office Manager  
Dawn Young – QP  
Yamiaya Dunn – Office Manager

# PRIMARY HEALTH CHOICE, INC.

## "Individuals' First Choice"



### Hurricane Preparedness Week

This last year has been a very trying as we have been battling the COVID pandemic. Unfortunately, it doesn't seem that there is an immediate end in sight. It's very important that we learn how to cope with the added stress that we may be experiencing. Stress can cause and aggravate other health conditions. Learning and practicing healthy coping strategies can help us succeed and live a healthier life.

The American Psychological Association found in 2017 the most common sources of stress reported among Americans were the "future of our nation" (63%), money (62%), work (61%), political climate (57%), and violence/crime (51%).

One technique that experts recommend to address stress is to have a specific 30-day challenge. This challenge encourages you to do one action for your mental, physical and emotional wellbeing every day. This challenge can help you find ways to cope with your own stresses and may also provide helpful strategies in changing your mindset and outlook on stress.

The 3 important self-care practices to consider are:

1. **Exercise**  
Move every day for 10 minutes or more to boost your serotonin levels, feel a sense of accomplishment, and improve your energy.
2. **Practice Healthy Boundaries**  
Learn to say no to the things that diminish the quality of your life. These might include media, food, people, and unhelpful activities.
3. **Set a Routine**  
Make time in your schedule for taking care of the things that are important to you including work, play, and rest. Establish a regular sleep schedule. Make sure to incorporate at least one relaxing and rewarding thing once a week.

-Southern Regional AHEC

Governor Roy Cooper has declared May 9-15 as Hurricane Preparedness Week, joining the national effort to make people more aware of the dangers of hurricanes and encouraging all North Carolinians to prepare for tropical weather. Hurricane season runs from June 1 through November 30. "All North Carolinians should take this time to prepare for the possible impacts of a hurricane or other severe weather by updating their family emergency plans and supply kits," Governor Cooper said. "Having a plan and supplies will help you to survive through a hurricane and to recover faster should one adversely affect your home."

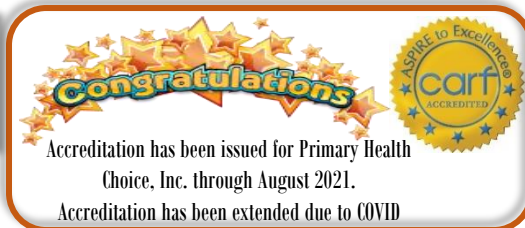
Having an emergency kit allows people to survive independently if no other resources are available. Assemble an emergency supplies kit that includes enough non-perishable food and water to last each family member three to seven days. Other essential items include:

- First-aid kit
- Weather radio and batteries
- Prescription medicines
- Sleeping bag or blankets
- Changes of clothes
- Hygiene items such as toothbrush, toothpaste, soap and deodorant
- Cash
- Pet supplies including food, water, bedding, leashes, muzzle and vaccination records
- Face masks and hand-sanitizer

Residents should pay attention to weather and evacuation information on the local media stations and have a battery-powered radio in case there is a power outage. If asked to evacuate, residents should promptly follow evacuation instructions. More information on hurricanes and overall emergency preparedness is online at [ReadyNC.org](http://ReadyNC.org)



May 31 – Memorial Day



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.



He is risen!

HAPPY EASTER