

Second Quarter 2020

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.



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.



National Nurses Week is May 6 - 12, 2020

National Nursing Assistant Week is June 18 - 24, 2020



National Nurses Week and National Nursing Assistant Week is a time to celebrate and thank the nurses and nursing assistant employees here at the agency. This year especially, we'd like to express our most sincere gratitude for all of your hard work and dedication to our clients and the agency. You have put your compassion to care for others above all else while working on the front line during this Covid-19 pandemic. Thank you for your dedication to our nurses **Ashley, Artina, Beth, Faye, Kamia, Leslie, Lynette, Shelia, Schylar** and to **all of our hard-working nursing assistants**. We value each and every one of you!



While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. Here are some things that you can do to better your mental health:

1. Value yourself.
2. Take care of your body.
3. Surround yourself with positive people.
4. Help others that are in need.
5. Find useful ways to cope with stress.
6. Quiet your mind and limit your focus to one task at a time.
7. Set realistic goals.
8. Change up your routine.
9. Avoid alcohol and other drugs.
10. Don't be afraid to seek help from others when you need it.

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

* Lawanda Williams (Sanford OM)

* Schylar Herndon (RN)

* Tereysha Torres (Salisbury OM)

* Mallorie McGowan (Wadesboro OM)

* Ebony Richardson (Rocky Mount OM)