

NATIONAL AUTISM AWARENESS MONTH

April 1, 2023 – April 30, 2023

National Autism Awareness Month began in 1972 as National Autistic Children's Week. The Autism Society founded the event to increase awareness, advocate awareness, and spark changes in schools, communities, healthcare facilities, and businesses.

National Autism Awareness Month raises awareness for Autism and Asperger's syndrome during April. Autism is a complex brain disorder that often inhibits a person's ability to communicate, respond to surroundings, and form relationships with others.

According to the **World Health Organization (WHO)**, approximately one in 270 people in the world has Autism Spectrum Disorder (ASD). ASD is a group of developmental disabilities that causes challenges in many areas of one's life. Children with ASD are usually nonverbal, or they have restricted or repetitive behaviors. ASD also affects people of all racial, ethnic, and socioeconomic backgrounds.

In addition to COR Health, there are several organizations in the State of Maine offering support to children and families seeking professional services and participation in different programs:

Autism Society of Maine website:



<https://www.asmonline.org>

MaineHealth - The Glickman Lauder Center of Excellence in Autism & Developmental Disorders

The University of Maine-Family Resource Center (MAIER Family Partnership)

Woodfords Family Services

Maine Department of Education

Department of Health and Human Services

NATIONAL ORGANIZATIONS:

National Autistic Society

Autism Society of America

Center for Autism and Related Disorders



From Medical Staffing

Abuk Lual, CNA

April's Employee of the Month

Abuk joined the COR Health Medical Staffing team in 2018, and we are so happy that she did! With her consistent reliability, valued communication, and utmost care for her patients, she truly is an asset to our team and the facilities she works within. Abuk exhibits an exceptional level of compassion and dedication, a level that will no doubt provide for further success and recognition.

To quote the facility, Seaside Health Care: "Abuk is an outstanding team player and always brings a smile to her resident's faces!" We couldn't agree more!



Infection Control

Follow this link for a video on [How to get a better fitting mask!](#)



As always, remember to wash your hands and wear a mask when in a client's home!



As we believe Good People Attract Good People, we value our caregiver's feedback. [Click Here to Leave a Google Review](#), each person who leaves a review will be entered to win a Snappy Gift valued at \$100!

Referral Program!

Do you know a healthcare professional that is passionate and believes in providing QualityFirst care to their clients? Refer them to COR Health and get the opportunity to receive a referral bonus!

Please reach out to Bich Dinh, People Services Team Leader via TigerConnect for more information!

Earth Day

April 22nd, 2023

Earth Day originated back in 1970 and has been celebrated every year by millions of people around the globe! Every year, Earth Day is recognized to support environmental protection and remind us how closely we are connected to our planet and how it's our responsibility to protect it. There are many simple things you can do every day to get involved and make an impact – such as, reducing your carbon footprint by carpooling or riding a bike, reducing waste by reusing, recycling, and repurposing items or wardrobe.

This year's theme for Earth Day is, Invest in Our Planet, which highlights the importance of dedicating our time, resources, and energy into solving the climate crisis. If you would like to learn more or get involved in the movement and make a difference, please visit earthday.org to learn more!

COR Health SPRING CLEAN UP CHALLENGE!

Spring is here and we are excited for nice weather!

Spring also means a lot of snow melting and, sometimes, finding some surprises on the ground. We are looking to take an afternoon in April and target a park or community



space that we could go and all clean up (we will also make sure it is a safe environment and have proper equipment). Alison and Jessie, Field Supervisors in our Section 28 Dept, will be deciding on the date and time for some time this month. If you want to join, please reach out to Alison Morin or Jessie Morin via TigerConnect to let us know!

Here is a challenge for you guys! Pick up one piece of trash on a walk or outside or however you want and be as creative as possible, send us a picture and the best one will get a Snappy gift as a reward.

Please send in your submission to Alison Morin via TigerConnect. We are looking forward to receiving them!!!



CLIENT FIRST FOOD FOR THOUGHT

Do you ever feel uncomfortable having a hard conversation with someone? I've learned from experience that a lot of that uncomfortableness comes from an underlying feeling of worry that they may not like what I have to say and may have negative feelings towards myself or it.

This can even cause the conversation to be skipped all together. Not good.

I've found that using the following phrase helps me practice being ok with myself when delivering hard news and reinforces the fact that my personal intentions are not negative, despite how the other person receives/responds to the message. You deserve to say what you mean. However,

*Say what you mean, mean what you say,
but never say it in a mean way!*

Let me know if this helps you!

Kayce Darling, Senior Client Services Coordinator

Phone: (207) 536-2564

Email: kdarling@corhealthservices.com

Anniversaries



Congratulations on another year and thank you for all you do!

Nelly Aleshechkina, PSS - 14 Years

Donna Crimmin, RN - 6 Years

Bridget McNamara, RN - 7 Years

Ella Rundin, PSS - 9 Years

Nahida Sayed, PSS - 14 Years

Najla Sayed, PSS - 3 Years

Patricia Young, RN - 6 Years

Kelly Bridges, TCM - 2 Years

Miranda Remick, TCM - 2 Years

Mackenzie Bowden-Damon, BHP - 4 Years

Lindsay Bagley, BHP - 1 Year

Brittney Goewey, RN - 1 Year

Happy Birthday COR Health!

COR Health’s birthday is approaching on April 12th, which will mark eight years since COR Health Services came to be what it is today, transforming the lives of clients and families with such robust service offerings and such a talented and passionate Corporate Office / Field Staff. COR Health has remarkably sustained a healthy growth on multiple levels throughout the years, such as a streamlined recruitment process and specialized services. COR Health is proud to have one of the best knowledgeable and educated team of healthcare professionals providing services throughout the State of Maine. Our Corporate Office and Field Staff are actively assessing clients and family needs, as well as advocating for healthcare services such as Pediatric Nursing, Personal Care, Behavioral Health, Targeted Case Management and Medical Staffing. COR Health continues to stay committed to our ClientFirst / QualityFirst philosophies and positioning ourselves to provide the “Best of the Best” services to our community.

On behalf of COR Health’s Corporate Office Team, we want to express our gratitude to our dedicated healthcare professionals for their valued contribution and positive impact in the lives of the clients we serve every day!



COR Health Welcomes... March Newcomers!



- Danielle Gonzalez, RN
- Daphne Labbe, TCM
- Anabiri Benjamin, BHP
- Patrick Nyembo, PSS
- Tarka Anderson, CNA
- Teagan Williams, BHP
- Ashley Bouffard, CNA
- Mamie-Esther Bujakera, CNA
- Alison Abbott, RN
- Katie Thibodeau, PSS
- Heather Campbell, CNA
- Nia Fecteau, CNA

National Volunteer Week

April 16th-April 22nd

National Volunteer Week in April is the perfect opportunity for all to gather to support and strengthen our communities to tackle society’s greatest challenges. It’s also a great opportunity to recognize the impact and thank the thousands of volunteers across the country who donate their time through volunteer service. Here at COR Health, we’ve made it a priority to get involved and give back to communities we serve through our CORCares Initiative!

Recently, a group of COR Health staff was able to spend some time at Maine Needs, located in Portland. Maine Needs is a grassroots organization, powered by a growing collective of volunteers. They help individuals and families in Maine who are starting life over from scratch meet their basic material needs by providing donated clothing, hygiene products, household items, and other necessities. Our staff had an amazing time coming together and donating a few hours to this great organization helping Mainers get back on their feet!

What inspires you to give back??

There are many organizations around the state that are looking for volunteers! If you are interested in getting involved and donating, follow the link below to see what volunteer opportunities are available in your area!

[Points of Light - Engage](#)



Advocacy Day!

As a member of the Home Care & Hospice Alliance, COR Health Services attended Advocacy Day at the Hall of Flags at the State House in Augusta! Assistant Directors of Nursing, Parame L. and Tammy P. went to represent COR Health and was able to speak to state workers and hand out COR Health souvenirs. We shared a message with lawmakers that the home health industry is a critical part of Maine’s health continuum. Home care and hospice providers continue to work to relieve stress placed on hospitals and nursing homes. As advocates for our clients, we are able to maintain quality as a ClientFirst organization.

COR Health Social Events!



COR Health Softball

At COR Health we have a work hard, play hard mentality and we are looking forward to our annual COR Health Softball team to kick off the season this upcoming May! The teams' games are played on Monday evenings starting May 1, 2023, the regular season will last 10 weeks, and the playoff season will last 2 to 3 weeks (weather dependent). The games are played around the Portland area at either Payson Park (Portland), Fraser Field (Westbrook), or Kiley Field (Portland)! The games rotate start times each week and either start at 6:30pm, 7:45pm, or 9:00pm! We look forward to hopefully having you a part of the COR Health Softball Team!

If you are interested in participating or want to come watch a game, please reach out to Jordyn Pomerleau via email at jpomerleau@corhealthservices.com or TigerConnect!

2023 Monthly PSS Gatherings!

COR Health looks forward to hosting Monthly PSS gatherings this year!

Please join us in the office *the last Monday of every month* [every 4th Monday] to enjoy friendship and food. The times will vary depending on the Month (Morning or Afternoon) so stay tuned for more details to come! Please feel welcome and encouraged to bring friends who may want to join our COR Health Team as a PSS!

Please do not hesitate to reach out to Nancy Colson, Client Services Coordinator with any questions via email at ncolson@corhealthservices.com or TigerConnect!



SEAL YOGA!

We've all heard of Goat Yoga, but have you heard of yoga with Seals?!

There are many benefits with yoga that helps your mind and body feel relaxed. Yoga helps improve your body's strength and balance, back pain relief, heart health, sleep routine, stress, and increases body energy and brighter moods!

Join COR Health and these cute sea creatures for a day of Self-Care on the beach! The date for this event is still to be determined, varying on how many participants would like to join. For us to get a head count, if you are interested in joining us on this fun and relaxing day, please click on the attendance sheet below to add your name to the list!

[Seal Yoga - Attendance Sheet](#)

If you have any questions, please feel free to reach out to Bich Dinh via TigerConnect!



Did you get the answer right to last month's trivia question: What American city has dyed its river green every St. Patrick's Day since 1962?
Answer: Chicago!

Shout out to BHP, Hannah Gentry, for being the first to guess correctly!

Ready for this month's Trivia question?

What body of water is next to the driest place on earth?

Send in your submissions to Bich Dinh via TigerConnect for a chance to win a Snappy prize!

TRIVIA TIME