

National Safe Toys & Gifts Month

With the holidays right around the corner, everyone is thinking of the perfect presents to gift their loved ones. December is National Safe Toys and Gifts Month. When it comes to toys and gifts, it is critical to remember to consider the safety and age range of the toys.

Prevent Blindness America has declared December as Safe Toys and Gifts Awareness Month. The group encourages everyone to consider if the toys they wish to give suits the age and individual skills and abilities of the individual child who will receive it, especially for infants and children under age three.

This holiday season, please consider the following guidelines for choosing safe toys for all ages:

- Inspect all toys before purchasing. Avoid those that shoot or include parts that fly off. The toy should have no sharp edges or points and should be sturdy enough to withstand impact without breaking, being crushed, or being pulled apart easily.
- When purchasing toys for children with special needs try to: Choose toys that may appeal to different senses such as sound, movement, and texture; consider interactive toys to allow the child to play with others; and think about the size of the toy and the position a child would need to be in to play with it.
- Be diligent about inspecting toys your child has received. Check them for age, skill level, and developmental appropriateness before allowing them to be played with.
- Look for labels that assure you the toys have passed a safety inspection – “ATSM” means the toy has met the American Society for Testing and Materials standards.
- Gifts of sports equipment should always be accompanied by protective gear (give a helmet with the skateboard)
- Keep kids safe from lead in toys by: Educating yourself about lead exposure from toys, symptoms of lead poisoning, and what kinds of toys have been recalled; being aware that old toys may be more likely to contain lead in the paint; having your children wash their hands frequently and calling your doctor if you suspect your child has been exposed to lead. Consult the last two websites listed below for more information.



- Do NOT give toys with small parts (including magnets and “button” batteries which can cause serious injury or death if ingested) to young children as they tend to put things in their mouths, increasing the risk of choking. If the piece can fit inside a toilet paper roll, it is not appropriate for kids under age three.
- Do NOT give toys with ropes and cords or heating elements.
- Do NOT give crayons and markers unless they are labeled “nontoxic”.

COR Health wishes all our employees and staff a happy and safe holiday season!

Meet Addy Patrick!

December's Client Spotlight

Addy Patrick loves food, her family, and listening to music (in that order!). She's also her big brother's biggest cheerleader at all his soccer games. Lucky for her, Colin is always there to cheer her on in life too. These two siblings love each other so very much. I'm so grateful to be their mom!

- Meagan Patrick, Mom/LPN



Office Closure

The Corporate Office will be closed on the following days to give our Corporate Staff time off to spend with family during the Holidays:

Friday, December 23rd, 2022

Monday, January 2nd, 2023

If urgent assistance is needed on these days, please call our On-Call Service at (207) 347-6106.



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!

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!

Coronavirus and Flu Prevention

In light of COVID-19 and the fact that the seasonal flu virus is upon us, we are continuing to take steps to maintain safety for our clients and staff by reminding you to follow COR Health policies. Self-screening and source control have both been found to be effective in controlling the spread of these illnesses. As always, if you are sick, please do not come to work.

We ask all employees to cooperate in taking steps to reduce the transmission of communicable diseases in the workplace. Employees are reminded of the following:

- Stay home when you are sick.
- Wash your hands frequently or use alcohol-based hand sanitizer.
- Cover your mouth with tissues whenever you sneeze, and discard used tissues in the trash.
- Avoid people who are sick with respiratory symptoms.
- Clean frequently touched surfaces.
- Get vaccinated against COVID-19 and the seasonal flu.



INTERNATIONAL DAY OF DISABLED PERSONS

The annual observance of the International Day of Persons with Disabilities (IDPD) was proclaimed in 1992, by the United Nations (UN) General Assembly resolution 47/3. This date is celebrated on the 3rd of December around the world, IDPD mobilizes support for critical issues relating to the inclusion of persons with disabilities, promotes awareness-raising about disability issues and draws attention to the benefits of an inclusive and accessible society for all. UN agencies, civil society organizations, academic institutions and the private sector are encouraged to support IDPD by collaborating with organizations for people with disabilities to arrange events and activities.

The estimated one billion people living with disabilities worldwide face many barriers to inclusion in many key aspects of society. As a result, people with disabilities do not enjoy access to society on an equal basis with others, which includes areas of transportation, employment, and education as well as social and political participation.

The International Day of Persons with Disabilities has the intention of promoting empowerment and helping to create real opportunities for people with disabilities. This enhances their own capacities and supports them in setting their own priorities. Empowerment involves investing in people in jobs, health, nutrition, education, and social protection. When people are empowered, they are better prepared to take advantage of opportunities, they become agents of change and can more readily embrace their civic responsibilities.

There are many organizations in the State of Maine working to address the unique needs associated with different disabilities, including but not limited to physical, intellectual, and developmental disabilities, and mental illness.

The Maine state disability protection and advocacy (P&A) agency is Disability Rights Maine (DRM). This agency is part of the nation's federally funded P&A system. It provides help to people with disabilities in Maine to expand and defend their rights, including supporting self-advocacy groups and legal assistance.

For additional information on Disability Rights Maine (DRM) call 1.800.452.1948 or visit their website for support and professional services: <https://drme.org>

Anniversaries



Congratulations on another year!

Paul Bartlett, PSS - 12 Years

Maryellen Colson, RN - 6 Years

Elizabeth Cooleen, PSS - 6 years

Paul Cooleen, PSS - 6 Years

Emily Gower, RN - 7 Years

Charity Meserve, RN - 4 Years

Ann Morrell, RN - 7 Years

Ashley Richardson, RN - 1 Year

Jennifer Ross, RN - 4 Years

Sokhany Sieng, PSS - 1 Year

Karen Sullivan, PSS - 10 Years

Shayla Crewse, CNA - 1 Year

Jack Garrett, BHP - 1 Year

From the Nursing Team

Lisa Decker, RN

December's Employee of the Month

In the short time that Lisa has been with COR Health, she has become a valued member of the COR Health staff. Her work ethic is excellent, and she always has a positive attitude. We are lucky to have her!

- Nursing Team

Lisa is hardworking and always on time. You can tell that she genuinely cares for her client. She always goes out of her way to make the client and family happy. She is lovely and we are happy to have her as part of the team!

- Client/Family



COR Health Welcomes... November Newcomers!



- Kerri Kowalski, RN
- Jessica Talon, CNA
- Morna Owens, CNA
- William Bushey, PSS
- Jeffrey Foran, BHP
- Madyson Swain, CNA
- Monica Raymond, RN
- Sheba Mullings, CNA
- Ashanti Ferron, CNA
- Emily Merryman, BHP

Compliance & Ethics Week 2022 was a smashing success!

Every year, COR Health puts together a week of activities, events, and learning opportunities in an effort to improve awareness, recognition, and reinforcement of compliance and ethics.

Thank you to all who participated in this year's activities and events – we had over 50 employees participate and received almost 300 submissions over the course of the week! Hope you all had some fun and benefited from the refreshers and maybe even learned something new.

Congratulations to the following winners, recipients of Snappy Gifts:

Meme Contest – Paul McMullan, Nurse Coordinator



Code Word & Sentence Contest – Laura Clugston, RN

YOU KNOW COR HEALTH is THE BEST

Daily Infection Control Tidbits – Brittney Goewey, RN



Infection Control Chain Poster Contest – Parame Limvattanalert, Nurse Coordinator

Daily Word Searches – Carlos Aristy, Director of First Impressions

Ethics Session Participation – Kayce Darling, Client Service Coordinator

Our Grand Prize Winner for the most participation went to Brenda Beaulieu, BHP!

If you missed the short video refreshers on Documentation and Confidentiality, Tiger Jess Arnold for a copy!

Lastly, we want to recognize CEWC for all their creativity and efforts in making the week such a big hit – thank you to Tammy Polakowski, Nancy Colson, Jordyn Pomerleau, Anna Milano, Nicki Voisine, and Alison Morin.

We're already looking forward to next year's celebration!



Try your hand at this month’s National Hand Washing Wordsearch!

Sanitize Bacteria Rubbing Hygiene Fingernail
 Warm Scrub Health Spread Germs Water
 Soap Sink Hand Wash

Recent Happenings!

What have we been up to?

Harvest Feast

The Home Care PSS Department was proud to host its first *Harvest Celebration Night* at the corporate office. The PSS caregivers and corporate staff were able to gather and bond over good food, quite a few laughs, and warm friendship on a cold, late November evening. Stay tuned for more gatherings such as this one in the coming months!



CORCares

Our mission with CORCares is to impact our local community by directly getting involved and volunteering our time to great causes. CORCares is a light that shines within each of us. This spirit brings meaning to our lives and to our work and brings us together for the higher purpose of providing support and care to people in need. Recently, a group of our corporate staff volunteered at the Preble Street Food Security Hub in South Portland. The group assisted with preparing and packaging meals for local schools and shelters!



Shout out of one of our PSS caregivers, Itzamaray Anzurez-Uroza, for being the first to spot the Cuke in our November issue!

FIND THE CUKE
 Somewhere hidden in this newsletter is a dancing, sunglass wearing cucumber. Find the cuke, and the prize may be yours! Highlight it or send a screenshot to Bich Dinh for an entry in this month’s Find the Cuke contest.
This cuke to the right -> does NOT count!

