

From the Section 28 Team

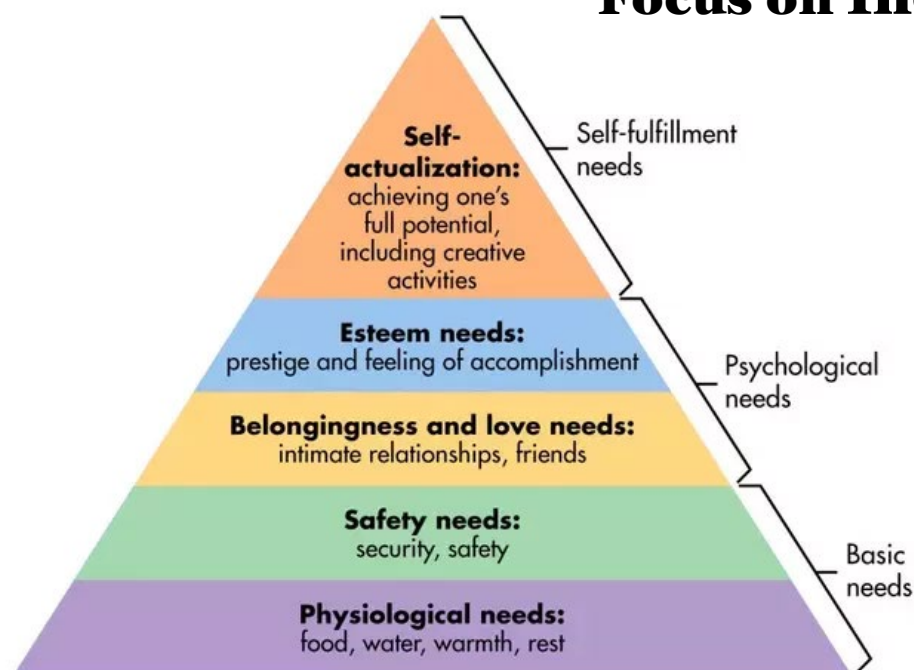
## Melissa Brown, BHP

### July's Employee of the Month

Melissa Brown - Congratulations! Melissa is the Section 28 BHP of the month and is also celebrating her one-year anniversary as part of the COR Health team! As a part-time BHP here at COR, Melissa has maintained a consistent 15-20 hours weekly in addition to her full-time school based EdTech position. Melissa has worked with several different clients within our agency and has put a lot of hard work and dedication into COR Health and the clients she has served. Melissa has built great relationship with her current clients and has seen an abundance of growth and progress! Melissa has overcome many challenges as a BHP and has handled them with consideration and respect. She always has an optimistic, positive attitude and shows up to every shift with a full smile and full heart of passion that radiates the commitment she has within her supporting role. Melissa maintains our client first, quality first mission to the fullest here at COR Health. We are lucky to have her on the team and thank her for all of her hard work!



## Focus on Independence and Potential



American psychologist A. Maslow created a theory using a pyramid to outline human needs. Over several decades, his work studied human potential and how we fulfill that potential. As you work with your clients this month of July, how can YOU influence their human potential? Once the physiological and safety needs are met, how are you assisting your client to realize their belonging, esteem, or cognitive needs? How are you helping that person "become everything one is capable of becoming"?

For more information:

<https://www.simplypsychology.org/maslow.html#:~:text=There%20are%20five%20levels%20in,esteem%2C%20and%20self%2Dactualization>

### COVID-19 Info

USPS is offering another round of free COVID-19 test kits for each U.S. household. Please follow the link below to place your order:

<https://special.usps.com/testkits>

For all testing results, please make sure your results are sent to People Services.

All results can be sent to Bich Dinh, People Services Team Leader via Tiger.

### Infection Control

It's that time of year again! Ticks and Brown Tail Moths are out - do you know how to manage them? Please visit the [CDC Website](#) to find out more about brown tail moths and the types of ticks to watch out for, tickborne diseases, checking symptoms, and safe tick removal.

### Requesting Time Off

Plan ahead! With summer right around the corner and everyone planning vacation, make sure to submit your time off request two weeks in advance to provide adequate time for office staff to find coverage for your client(s) and for PTO approval.

Follow this [Attachment](#) to learn how to properly request PTO through your ADP portal.

## Corporate Updates and Reminders

### Direct Workers Bonus Payment

As a reminder, the remaining HCBS Workforce Initiative Bonus Payment Program is based on tenure with COR Health and adherence to operational performance requirements such as proper time in and time out / shift documentation with KanTime. The COR Health Staff shall receive their 2<sup>nd</sup> bonus payment amount in the payroll paid on July 1<sup>st</sup> assuming that the COR Health Staff is employed and has billable going hours on the date of bonus payment and has met the above requirements.

### Office Closure

The Corporate Office in Portland will be closed on Monday July 4<sup>th</sup> and Tuesday July 5<sup>th</sup> in recognition of the holiday.

For immediately assistance, please contact the On-Call Service at **(207) 347-6106**.

Please do not text as we are unable to receive text messages currently. To best serve you, please call.

The office will reopen on Wednesday, July 6<sup>th</sup>.

### Tips on How to Structure a Summer Day with a Client

Summer is almost here! Do you find yourself at a loss when your shift transitions to just home instead of school? Please join us for this voluntary session, giving you ideas and resources for dealing with client behavior, the “I’m bored” blues, and 1:1 targeted help with adding structure where there may be none. A busy, engaged child makes for a smooth caregiving experience.

July: Thursday, 7/21, 7:30pm-8:30pm

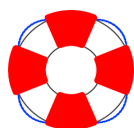
August: Monday, 8/1, 7:30pm-8:30pm

[Join Zoom Meeting](#)

Meeting ID: 8896197936

Passcode: LETMEIN

## LIFEGUARD SAFETY TIPS



### IT'S SUMMER AGAIN!!... SWIMMING SAFELY

The **American Red Cross** recommends the following safety tips to reduce the risks when swimming in pools, the ocean, and lakes:



1. **Always swim in a lifeguarded area**
2. Never swim alone, regardless of your age or level of swimming skills
3. Keep within your fitness and swimming capabilities
4. Be aware of weather and water conditions and heed warnings.

#### THINGS TO BE AWARE ABOUT WATER SAFETY

- o Ensure every member of your family learns to swim so they at least achieve skills of water competency: able to enter the water, get a breath, stay afloat, change position, swim a distance then get out of the water safely.
- o Employ layers of protection including barriers to prevent access to water, life jackets, and close supervision of children to prevent drowning.
- o Know what to do in a water emergency- including how to help someone in trouble in the water safely, call for emergency help and CPR.

#### HOW TO USE A LIFE JACKET (Adult & Children)

- o Select the right life jacket for the type of water activity.
- o Make sure it is U.S. Coast Guard approved (Check for the stamp on the life jacket)
- o Make sure it fits the intended user: check for the label on the life jacket for weight and size limits
- o Check buckles and straps for proper function. Discard any life jacket with torn fabric or loose straps.
- o Put it on and practice swimming with it.

★**REMINDER FOR CAREGIVERS:** Please speak to your direct supervisor prior to bringing your client near any bodies of water while working on shift!

## Anniversaries



Congratulations on another year!

Jess Arnold, Operations & Compliance  
Director - 4 Years

Kimberly Blanchard, RN - 1 Year

Bryanna Bride, Skilled Operations  
Senior Coordinator - 1 Year

Dominique Chantigny, Informatics  
Coordinator - 3 Years

Rahma Dabarlow, PSS - 4 Years

Alicia Labrie, RN - 5 Years

Carole Leach, RN - 2 Years

Mariam Mohamed, PSS - 1 Year

Magdalena Rone, PSS - 6 Years

Jill Snyder, PSS - 2 Years

Grace Stults, PSS - 6 Years

Melissa Brown, BHP - 1 Year

## Meet Nolan!

### July's Client Spotlight

Nolan just turned 3 years old and is about to graduate out of nursing care once he gets his trach removed (hopefully this month)! Nolan came home from a six month stay at the NICU with a trach, on oxygen and a ventilator, and with a g-tube. He is now eating and breathing on his own! Despite all his challenges early on in life, Nolan is never seen without a smile on his face and is a joy to work with. Nolan's favorite song is "Wheels on the Bus." He loves cars, Cocomelon, and playing with his big sister.



## COR Health Welcomes... June's Newcomers!

- Habibo Ali, PSS
- Janet Delgado, CNA
- Brenda Beaulieu, BHP
- Ashleigh Austin, RN
- Crystal Calkins, CNA
- Crystal Green, CNA
- Krista Cordner, CNA
- Christine Sanborn, RN



## The Declaration of Independence, 1776



By issuing the Declaration of Independence, adopted by the Continental Congress on July 4, 1776, the 13 American colonies severed their political connections to Great Britain. The Declaration summarized the colonists' motivations for seeking independence. By declaring themselves an independent nation, the American colonists were able to confirm an official alliance with the Government of France and obtain French assistance in the war against Great Britain.

### HISTORICAL EVENTS LEADING TO U.S INDEPENDENCE

- Throughout the 1760s and early 1770s, the North American colonists found themselves increasingly at odds with British imperial policies regarding taxation and frontier policy.
- British officials throughout the colonies increasingly found their authority challenged by informal local governments, although loyalist sentiment remained strong in some areas.
- In late 1775, Benjamin Franklin, then a member of the Secret Committee of Correspondence, hinted to French agents and other European sympathizers that the colonies were increasingly leaning towards seeking independence.
- Throughout the winter of 1775-1776, the members of the Continental Congress came to view reconciliation with Britain as unlikely, and independence the only course of action available to them. When on December 22, 1775, the British Parliament prohibited trade with the colonies, Congress responded in April of 1776 by opening colonial ports—this was a major step towards severing ties with Britain.

- By February of 1776, colonial leaders were discussing the possibility of forming foreign alliances and began to draft the *Model Treaty* that would serve as a basis for the 1778 alliance with France.
- On June 7, 1776, *Richard Henry Lee* introduced a motion in Congress to declare independence.
- Congress formed a committee to draft a declaration of independence and assigned this duty to *Thomas Jefferson*.
- Benjamin Franklin and John Adams reviewed Jefferson's draft. They preserved its original form but struck passages likely to meet with controversy or skepticism, most notably passages blaming King George III for the transatlantic slave trade and those blaming the British people rather than their government.
- The committee presented the final draft before Congress on June 28, 1776, and Congress adopted the final text of the Declaration of Independence on July 4.

COR Health would like to wish everyone a Happy 4<sup>th</sup> of July with friends and family celebrating our independence!





## Try your hand at this month's Independence Day Word Search!

SPARKLERS	PARADE
DECLARATION	FREEDOM
FIRECRACKERS	LIBERTY
INDEPENDENCE	HISTORY
COLONISTS	PATRIOTIC
REVOLUTION	ONE NATION
CELEBRATION	
STARS AND STRIPES	
YANKEE DOODLE	
THOMAS JEFFERSON	

## Recent Happenings

What have we been up to?

On June 13<sup>th</sup>, 2022, a selected group of corporate staff volunteered at Preble Street in Portland, Maine. The mission of this program is to significantly impact our local community by direct involvement in giving hope and dignity to those vulnerable individuals and displaced families. It was an unparalleled opportunity to show the quality and willingness of volunteers that CORCares has grouped for this first event.

Our corporate staff participating in this volunteering event understood their social responsibility and commitment in leaving a footprint for the rest of CORCares volunteers.

This team of volunteers were able to aid in sorting and organizing new clothing donations. Preble Street staff were very appreciative, respectful, and friendly.



At the end of the event, they were very impressed with our effort, coordination, and teamwork. Preble Street invited CORCares Volunteering team to participate in other future activities.

## Portland Sea Dogs

For the past several years, COR Health has been a sponsor of the Portland Sea Dogs. COR Health has 2 tickets for each game this baseball season for our employees to get the opportunity to spend time and enjoy with friends and family. To view this season's schedule, please follow this link:

<https://www.milb.com/portland/schedule/2022-05>

Please email us at [info@corhealthservices.com](mailto:info@corhealthservices.com) if you are interested in joining us with a friend/family member for a specific Sea Dogs Game this season and we will let you know if the tickets are available.



## Stretch & Flow Zoom Classes

COR Health has partnered with Perfect Fit to provide employees with weekly stretching and yoga classes! Class is held every **Thursday at 7:00am via Zoom**.

To participate, please complete this [Agreement Form](#) and email the document to [perfectfitTM@gmail.com](mailto:perfectfitTM@gmail.com). Once you have provided us the agreement, please follow this [Link](#) to add your name to the attendance list.

For any questions, please reach out to Bich Dinh, People Services Team Leader via Tiger or email at [bdinh@corhealthservices.com](mailto:bdinh@corhealthservices.com)

## Did you find the Cuke??

Shout out to one of our RNs, Brenda Burke, for being the first person to spot the Cuke in our June 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!***

