

## Happy Pride!

All of us here at COR Health look forward to recognizing and celebrating Pride Month. During the month of June, Maine is offering Pride events all over from Ogunquit to Presque Isle - check out the event calendars on OUT Maine and EQME sites below!

*Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States. In the United States the last Sunday in June was initially celebrated as "Gay Pride Day," but the actual day was flexible. In major cities across the nation the "day" soon grew to encompass a month-long series of events. Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts, and LGBTQ Pride Month events attract millions of participants around the world. Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS. The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history locally, nationally, and internationally. (<https://www.loc.gov/lgbt-pride-month/about/#annual-pride-traditions>)*

Here are some great resources for you and your family, as well as for your clients and their families!

- EqualityMaine [www.equalitymaine.org](http://www.equalitymaine.org) *Our mission is to secure full equality for lesbian, gay, bisexual, and transgender people in Maine through political action, community organizing, education, and collaboration.*
- OUT Maine [www.outmaine.org](http://www.outmaine.org) *OUT Maine works toward a welcoming and affirming Maine for all rural young people of diverse sexual orientations, gender expressions and gender identities.*



- GLADD (Gay & Lesbian Alliance Against Defamation) [www.glaad.org](http://www.glaad.org) *GLAAD works through entertainment, news, and digital media to share stories from the LGBTQ community that accelerate acceptance.*
- The Trevor Project [www.thetrevorproject.org](http://www.thetrevorproject.org) *The world's largest suicide prevention and crisis intervention organization for LGBTQ young people.*
- Human Rights Campaign [www.hrc.org](http://www.hrc.org) *HRC envisions a world where lesbian, gay, bisexual, transgender and queer people plus community members who use different language to describe identity are ensured equality and embraced as full members of society at home, at work and in every community.*
- PFLAG [www.pflag.org](http://www.pflag.org) *The first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies.*
- CDC's LGBT Health resource page: <https://www.cdc.gov/lgbthealth/index.htm>

## Certified Nurses Assistants Week

COR Health is excited to celebrate CNA Week in June! (June 20<sup>th</sup>-June 24<sup>th</sup>)

COR Health would like to express our appreciation to our CNA staff for their outstanding dedication to providing care in facilities across the state. We recognize their hard work and commitment to the residents they serve daily. CNAs are the eyes and ears for the nurses who cannot be in every room. They monitor their residents closely and are typically the first to know when that resident is not doing well, it is their job to alert the nurse. They take vital signs, monitor food/drink intake, watch for signs of pain, provide help with bathing and dressing, they maintain skin integrity by making sure the residents are repositioned and cleaned up when the resident can't do so themselves. CNAs are more than just part of the healthcare team, to some residents they are like family and provide the human interaction that they desire. They listen to their stories, interact with them, they get to know what brings a smile to their face and what annoys them. They treat their residents as if they were a member of their family, they are frequently the person who is giving families information about their loved one. They are often the one that is holding their hand, comforting them as they pass away, and then they clean them up and make sure that even in death they are allowed their dignity. They do these things over and over every day, often with very little recognition or gratitude. The CNA job is physically, mentally, and emotionally exhausting and is not for the faint of heart. It is a calling, not for everyone, but the strongest of heart and a love of knowing that they are making people's lives better. We are grateful for the CNAs on our team and appreciate the efforts they put forth daily. Thank you all for all you do!

## 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.

## 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.

## Infection Control

### Shoo Fly!

Get the Buzzzz on Mosquitoes and Black Flies. Check out these links for help surviving outdoors Maine in Spring and Summer:

- [How to Get Rid of Mosquitoes](#)
- [Prevent Mosquito Bites](#)
- [Natural Ways to Deal with Black Flies](#)
- [21 Tips to Prevent Mosquito Bites](#)
- [Black Fly Facts](#)

## Anniversaries



Congratulations on another year!

- Jordan Balkansky, PSS - 12 Years
- Joanna Sutton, RN - 6 Years
- Alison Morin, Field Supervisor - 5 Years
- Barbara Bilodeau, RN - 3 Years
- Erika Webster, RN - 4 Years
- Zachary Mogul-Campbell, BHP - 1 Year
- Paul Casaba, PSS - 6 Years
- Lori St. Hilaire, RN - 4 Years
- Monica Martin, TCM - 3 Years
- Annie Duff, RN - 2 Years
- Lauren Shorey, RN - 1 Year
- Allison Neal, CNA/M - 3 Years
- Francine Garnier, RN - 3 Years
- Coleen Pudlo, PSS - 2 Years
- Kailah Malcolm, CNA - 1 Year
- Parame Limvattanalert, RN - 5 Years

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



- Joshua Wiggins, BHP
- Jenna Payne, RN
- Jessie Eastman, RN
- Amy Huntley-Elderkin, BHP
- Jason Friday, BHP
- Kevin Williams, BHP
- Bernadette Reilly-Smorawski, RN

## Corporate Shout Out



A special shout out goes to Monica Martin for recently becoming a Certified Case Manager. Case managers who have earned the Certified Case Manager (CCM) credential have the expertise, knowledge, and professional experience to provide the right services to patients across the continuum of care, including those with serious or complex medical conditions, and/or catastrophic injuries and illnesses. The CCM credential means that case managers are committed to uphold the highest professional and ethical standards. We are very proud of Monica for taking the initiative to demonstrate being the "best of the best" when it comes to providing quality care to her clients and their families!

From the Home Care Team

## Khaleda Deschambault, PSS

June's Employee of the Month



*"There are only four kinds of people in the world: those who have*

*been caregivers, those who are currently caregivers, those who will*

*be caregivers, and those who will need caregivers."*

*- Rosalynn Carter, Former first lady of the United States*

"Khaleda is a faithful PSS for the Personal Care Department. We are impressed with her strong work ethic, and care for others. Khaleda has a big heart, and we are blessed to have her as part of our team!"

- Personal care Department

"Khaleda does everything we are very happy with her and happy of CORHealth".

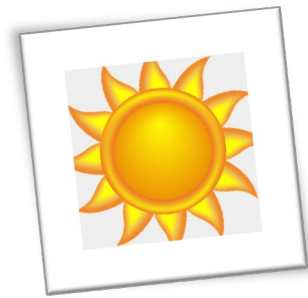
- Amanullah Habibzai

"If it wasn't for Khaleda the water would take us away. If it wasn't for Khaleda's dedication, love and hard work we would not be here today. I am also happy with all the staff from CORHealth everyone is so nice".

- Jamila Habibzai



## Summer Safety Corner



If your client receives nursing services, please be sure to obtain orders for bug protection, sunscreen, first aid creams for itching/bug bites/rash and the potential need for increased fluids or electrolytes. All of these items may be over-the-counter, but they "count" as things we need to tell the provider about. A generalized order for them, "per parent discretion" is always helpful on a plan of care!

Check out these links for more info!

- [First Aid for Sunburn and Heat Illness](#)
- [Ways to Stay Hydrated in Summer](#)
- [Keeping Babies Cool in the Heat](#)
- [Summer Food Tips](#)
- [Sunscreen to Sunglasses](#)
- [Water Safety in Summer](#)
- [When Thunder Roars, Go Indoors](#)

### 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.

- June: Tuesday, 6/14, 7:30pm-8:30pm
- July: Thursday, 7/21, 7:30pm-8:30pm
- August: Monday, 8/1, 7:30pm-8:30pm

[Join Zoom Meeting](#)  
Meeting ID: 8896197936  
Passcode: LETMEIN

## Meet Liam!

### June's Client Spotlight

Liam just recently turned 17 years old in May. He loves music, his favorite artist is Taylor Swift. He is always very happy. Liam loves to eat and have never seen him to refuse anything. He loves Ranch dressing! He goes to Hampden Academy High School five days a week. There's nothing he loves more than being around other children. The louder they are, the more he loves it! All his teachers and therapists are wonderful and enjoy working with him. On days off, he enjoys playtime, movies, and music!

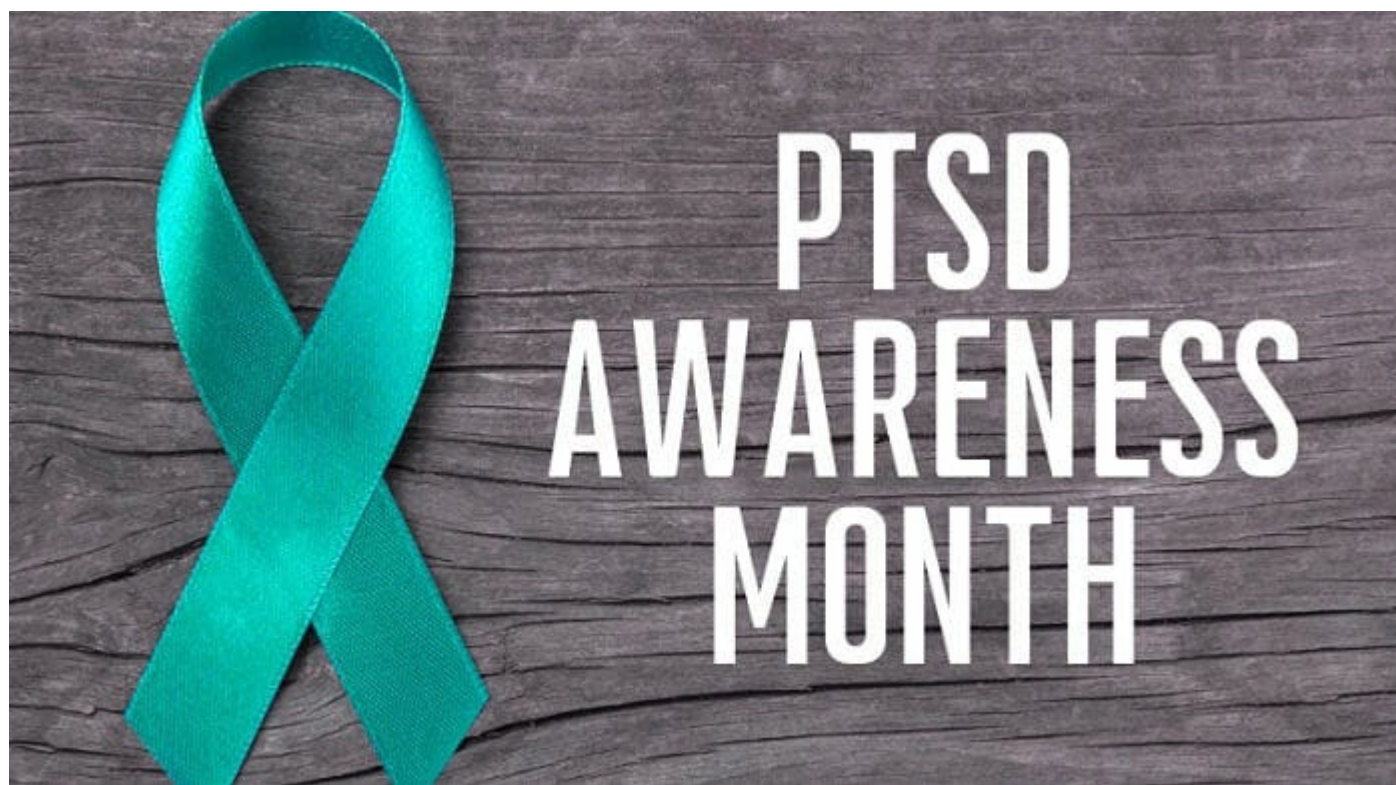


## June is National Get Outdoors Month

“Ask a group of parents or grandparents what they did for fun when they were growing up, and where they were when they were doing it. Compare their answers with the activities of today’s kids. You’ll probably find that, unlike previous generations, childhood memories today are mostly made indoors, away from nature, and dominated by screen time.” Working within the limits of your client’s plan of care, how can we help bring the outside in? Or the client outside?

Follow these links below for great tips and ideas to get outdoors:

- [18 Ways to Get Kids Outside](#)
- [12 Ideas for Bringing the Outside In](#)
- [Outdoor Play Increases Confidence](#)
- [Outdoor Play Activities for Kids of All Abilities](#)
- [Feeling Safe Inside Tips During a Storm](#)
- [Inclusion and Accommodation Tips for Outdoor Play](#)
- [Take Them Outside: Ten Steps to Encourage Outdoor Play](#)



## June is Post-traumatic Stress Disorder (PTSD) Awareness Month

PTSD is a mental health problem that people develop after experiencing or witnessing a life-threatening event. These life-threatening events can vary from natural disasters, a car accident, sexual assault, physical abuse, and so on. It is estimated that about 9% of adults and children in the United States have PTSD at some point in their life. There is no specific age when someone can develop PTSD, however, there are factors that can increase the chances of someone developing PTSD. In many cases, these factors are out of the person’s control, such as having an intense or long-lasting trauma or getting injured during the trauma can cause someone to likely develop PTSD. Some of the most common reactions people receive from having PTSD is having upsetting memories, feeling on edge, or having trouble sleeping. Those who suffer from PTSD may find it hard to do daily activities, like going to work or spending time with friends and family. For most people, they start to feel better after several weeks or months. Some can experience PTSD as reactions come and go over time. PTSD is treatable and can be tailored to everyone’s needs. There are several therapy treatments that can be offered, such as cognitive therapy or exposure therapy. Not only are there different types of therapy treatments that can help those who suffer from PTSD, certain medications can be effective in treating PTSD as well. The first step in recovery is asking for help and support from others after the traumatic event happens. If you or someone you know is living with PTSD, there is hope. Speak with your doctor or a healthcare professional for local resources that can help you find the right treatment for you. To learn more about PTSD, please visit [National Center for PTSD](#).



**Try your hand at this month's PTSD Awareness Wordsearch!**

Social Isolation	Flashbacks	Blackout	Self Harm	Trauma	
Psychological	Violence	Loneliness	Anxiety	Guilt	
Depression	Stress	Mistrust	Fear	Anger	Hostility

**Don't Miss Out!**

**COR Health Softball Team**

There is still plenty of time to join the COR Health Softball Team! The season lasts 10 weeks and playoff season lasts 2-3 weeks, weather dependent. The Teams' games are played on Monday evenings. 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 6:15pm, 7:30pm, or 8:45pm. Spectators welcomed! Please reach out to Jordyn Pomerleau via Tiger for any questions.

**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 6:30am 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 BHP caregivers, Kyle Lessard, for being the first person to spot the Cuke in our May issue!

**What do you think??**

Send us your feedback!

Like our new newsletter? Let us know - this newsletter is for **You!** Do have content ideas, would you like to contribute, what else do you want to see? Do you have a story you would like to share? Successes or insights or something fun?

Send your thoughts to Bich Dinh at [bdinh@corhealthservices.com](mailto:bdinh@corhealthservices.com) or Tiger.

**\*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!*

