

## March is National Social Work Month

National Social Work Month is a celebration and recognition of the incredible efforts and dedication of social workers in our country that provide support and services to children and adults in need.

This is also an opportunity to share more about the social work that happens at COR Health within our Targeted Case Management department. This team focuses on providing wrap-around services to clients with medical, behavioral and/or cognitive diagnoses. TCMs support with a variety of needs that are specific to the family, including but not limited to, academic support, referrals for in-home care, a variety of specialists and financial assistance, collaboration with medical/mental health providers, accessing durable medical equipment, and any other needs identified through ongoing assessment and coordination of care. Case managers are “the hub” for all providers involved with clients and their families.

Our current case managers are Hanna Goulet, Kelly Bridges, Kerri Walchli, Miranda Remick, Monica Duclos, and newest member Daphne Labbe – with Linda Son, LCSW as their clinical supervisor. Each TCM have their own set of strengths that they bring to the team and their families.

While the work is individualized, the TCM team is constantly collaborating to make sure their clientele have all available services and supports. A strong TCM will advocate, multi-task, maintain organization, and facilitate unexpected changes in their day-to-day schedule. Our TCM’s appreciate that not everyday is the same and that they play a significant role in their families lives, supporting their quality of life and help reach/maintain overall stability.



## Infection Control Reminders

As spring is right around the corner, I wanted to take some time to send out a reminder about COVID-19, flu, colds, and seasonal allergies. These illnesses can seem very much alike. As we are not always able to determine, we must be very careful to follow policy to decrease these illnesses in the healthcare setting. We can help prevent the spread by masking when in the client’s home, handwashing, screenings, disinfecting our work area, and testing.

### Possible COVID-19 symptoms:

- Fever or chills
- Cough
- Shortness of breath, difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Cold and flu symptoms are similar and usually not able to be determined without testing.  This list does not include all possible symptoms. Symptoms may change with new COVID-19 variants and can vary depending on vaccination status. CDC will continue to update this list as we learn more about COVID-19. Older adults and people who have underlying medical conditions like heart or lung disease or diabetes are at higher risk for getting very sick from COVID-19. ([Click here](#) for full list of up-to-date symptoms)

### When you get tested:

- Make sure to test at the right time and choose the right type of test for your circumstance.
- Follow test directions as recommended by FDA. If you do not, your results may be less likely to correctly indicate whether you have COVID-19 or not.

Households in the U.S. can order one set of four free at-home, rapid antigen tests from USPS.com – limit one order per residential address. Visit [covid.gov/tests](https://covid.gov/tests) for more info.

Maine residents may order free tests every month through [Project Act](#).

See page 2 for more information on standard precautions as well as the differences between COVID-19 and allergies.

*If you have any questions related to infection control, please reach out to: Tammy Polakowski RN, ADON/NC Infection Control Nurse*

The **2023 Employee Handbook** is available in ADP Workforce Now – please review and complete acknowledgement!

iPhone/Android: Open “PENDING TASKS”

Desktop /Laptop: Select “RESOURCES” located on the top of ADP main screen. Open from drop down menu “COMPANY POLICIES”.

*If you need further technical assistance in resetting ADP password and/or user ID, please contact Carlos Aristy via Tiger Connect.*

## 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!

### Infection Control Reminders Continued - Follow These Standard Precautions:

- Get vaccinated against flu and COVID-19.
- Avoid close contact with anyone who is sick or has symptoms.
- Wear a face mask while at work, regardless of vaccination status. The CDC recommends wearing the most protective mask possible that you'll wear regularly, fits well and is comfortable.
- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid crowded indoor spaces and indoor places that have poor air flow, also called ventilation.
- Improve the air flow indoors. Open windows. Turn on fans to direct air out of windows. If you can't open windows, consider using air filters. And turn on exhaust fans in your bathroom and kitchen. You also might consider a portable air cleaner.
- Cover your mouth and nose with the inside of your elbow or a tissue when you cough or sneeze. Throw away the used tissue. Wash your hands right away.
- Avoid touching your eyes, nose and mouth.
- Regularly clean and disinfect high-touch surfaces, such as doorknobs, light switches, electronics, counters, and medical equipment
- Stay home from work, school and public areas and stay in isolation at home if you're sick, unless you're going to get medical care.

### Differences between COVID-19 and allergies

Sneezing	Rarely	Usually	Headache	Usually	Rare
Sore throat	Usually	Rarely	Cough	Usually (dry)	Sometimes
Runny or stuffy nose	Usually	Usually	Fever	Usually	Never
Nausea or vomiting	Sometimes	Never	Muscle aches	Usually	Never
Diarrhea	Sometimes	Never	Tiredness	Usually	Sometimes
New loss of taste or smell	Usually				
Pink eye (conjunctivitis)	Sometimes	Sometimes			
Itchy nose, eyes, mouth or inner ear		Never	Usually		

## COR Health Welcomes... February Newcomers!



Hannah Gentry, BHP

James Willigar, RN

Brianna Leet, BHP

Carli Stone, BHP

Holly Wilson, PSS

Meghan Curley, CNA

Willard Swift, BHP

Tatiba Isaac, PSS

Ashley Ricker, RN New Grad

Mbuaya Citenga, PSS

Ashely Patnaude, CNA

From the Nursing Team

## Jeanette Kenfield, RN

### March's Employee of the Month

Jeanette has worked for COR Health since 2018 in which time she has shown a tremendous amount of passion and dedication toward the clients she works with. She is extremely reliable and communicates openly with her clients' families and with COR staff. Jeanette has worked with multiple clients throughout the years and has a lot of knowledge in different areas. In the past when asked to cover shifts for other nurses, she has stepped up to help with no hesitation! Her knowledge and flexibility make her invaluable not only to the families in the community she serves, but to the COR Team as well.



## Meet Ty and Cody!

### March's Client Spotlight

This is Ty and Cody. They have the most amazing RN's from COR! Attentive, knowledgeable and very kind. Ty loves his big easy chair with a good movie playing, and Cody loves watching music videos and is quite the singer!



## Norovirus, aka stomach flu, what to know about symptoms, and treatment

Outbreaks of norovirus are on the rise in the 14 states that report data to the CDC. What we know as the "stomach flu" or "stomach bug" is typically a case of norovirus, a highly contagious virus that causes vomiting and diarrhea. Despite its nickname, norovirus is not related to influenza. Norovirus is usually seen from November to April and mostly in children. It can result in hospitalization. Here's what to expect this norovirus season and what experts want you to know about symptoms, transmission, treatment and prevention.

### How does norovirus spread?

Norovirus is transmitted primarily when bacteria or viruses shed in stool ends up on our hands and surfaces and then eventually ends up in our mouth and we ingest it and get infected. Norovirus may be transmitted directly from an infected person or from contaminated surfaces, objects, foods or drinks. Anybody who is in close contact with someone who has an active infection with norovirus is at high risk of getting it. Norovirus can spread through activities like caring for an infected person, changing diapers or sharing utensils. Norovirus is so infectious that even if somebody throws up and there's droplets of vomit aerosolized in the air, that can actually cause infection. It takes a very small number of particles to transmit the disease. Of billions of particles shed, it only takes 100 to make you sick.

### What are the symptoms of norovirus?

The most common symptoms of norovirus are vomiting, nausea, diarrhea and abdominal pain. Other possible symptoms include a headache, body aches and a low-grade fever. Norovirus symptoms usually develop within 12 to 48 hours after exposure, per the CDC. Norovirus will only last a few days and for most people, it is a nuisance more than anything. Those at higher risk of developing severe or prolonged symptoms include babies, the elderly and the immunocompromised.

### What is the treatment for norovirus?

There is no specific treatment or anti-viral for Norovirus. Hydration is key to replenish fluids lost from vomiting and diarrhea, which means drinking plenty of water, Pedialyte or sports drinks. Then you should eat bland foods while letting it pass through the body. Over-the-counter anti-nausea medicine and pain relievers may also be used to ease symptoms. However, it's important to watch for signs of severe dehydration and to contact a health care provider if these occur. These include dry mouth, decreased urination, dizziness and, in children specifically, crying without tears, fussiness or unusual sleepiness, per the CDC. Children under 1, people who are immunocompromised, or those with prolonged or severe symptoms should also be seen by a physician. After recovering from norovirus, you may possibly develop some immunity, but it won't be robust, and it wanes over time, so you can be reinfected with norovirus multiple times. It's only partial immunity ... because there are different types of Norovirus, and being exposed to one doesn't give you complete protection to another.

### How can you prevent norovirus infection?

There's no vaccine against norovirus, but there are steps you can take to prevent infection and transmission. Hand hygiene is extremely important — but the way you clean your hands matters. Hand sanitizer won't cut it. Norovirus is one of the few viruses that doesn't get deactivated by alcohol. You actually need to use soap and water to physically destroy it and remove it from your hands. Wash your hands after using the restroom, before eating or cooking and after caring for someone with norovirus. When cleaning surfaces or objects that may be contaminated with norovirus, use high-level disinfectant like bleach. If you or your child are sick with norovirus, isolate to prevent the virus from spreading within the household. Anyone sick with norovirus should stay home until symptoms are gone.

## ~.~.~Empathy~.~.~

### ~What does it mean to be empathetic in your job?~

Empathy takes us to a place where it's not just a 9-5 job. It takes us to a place of understanding, connection, passion, and healing. Your abilities in your field come from your mind, your empathy, however, comes from your heart and your willingness to be present with emotions that are not your own.

### ~Why is empathy in the medical field so important?~

Our clients are at their most vulnerable when they come to us for help. They are often anxious, uncertain, and sometimes even fearful of receiving help, and the outcome of that experience. Empathy takes them from being "a" client, to being "our" client, and that is the world of difference to these folks. That feeling of personability. The feeling of genuine compassion and connection. The feeling that we genuinely care. And we do.

### ~What can being empathetic lead to?~

Empathy can lead to healing, stronger connections, transparency, discovery, and many more. Just the feeling of being truly heard and understood, and the feeling of not being alone with tough emotions can be life or death for some people. Being able to bring your emotional understanding to the level needed by somebody else is an act of love, and love is a powerful force.

What are your thoughts? Let me know via TigerConnect!

Kayce Darling, Senior Client Services Coordinator

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## Anniversaries

**Congratulations on another year, and thank you for your great work!**

**Happy Anniversary!**

Gabey Ibrahim, PSS 12 Years

Isaiah Deschambault, PSS 10 Years

Muna Farah, PSS 6 Years

William Joson, RN 2 Years

Lisa Starostecki, RN 4 Years

Wantana Theerathampitak, RN 2 Years

Nancy Colson, Client Service Coordinator 1 Year

Nicki Voisine, Senior Recruiter 1 Year



## COR Health Social Events!

### COR Health Skiing & Snowboarding Event – March 4th! At last!

Since we have a "Work Hard, Play Hard" mentality at COR Health, we thought it made sense to spend the day enjoying some of the winter sports Maine has to offer, skiing and snowboarding! COR Health will cover the lift ticket for each employee that would like to come skiing or snowboarding! COR Health's Skiing/Snowboarding event is scheduled for Saturday, March 4<sup>th</sup> at Mt. Abram in Greenwood from 9am to 4pm. For questions, please reach out to Jordyn Pomerleau via email at [jpomerleau@corhealthservices.com](mailto:jpomerleau@corhealthservices.com) or Tigerconnect.



## 2023 Monthly PSS Gatherings!

The Home Care department is opening up the upcoming monthly meeting and wanted to invite **all COR Health staff** to our March event! Please join us in the office, suite 202, Monday March 27th from 3PM-6pm, for food, laughs and friendship! Please Tiger Text or call Nancy Colson, to let her know if you will attend (207-800-6827).

Please join us in the office *the last Monday of every month* to enjoy friendship and food. The times will vary depending on the Month (Morning or Afternoon) so stay tuned for the details! 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 phone at (207) 800-6827 or TigerConnect.



### COR Health Bowling

The COR Health Bowling Team has been taking the lanes again! This year the league is on Monday nights at Bayside Bowl in Portland, our matches are at either 5:45p or 8p, and the league goes for about 7 weeks and started in January. It is always a great time, with food, drinks, and social time with your coworkers!

If you are interested in participating or spectating, please reach out to Jordyn Pomerleau via email at [jpomerleau@corhealthservices.com](mailto:jpomerleau@corhealthservices.com) or TigerConnect! Anyone is welcomed, even if you can only drop in for a few games or so!



Did you get the answer right to last month's trivia question: Which is the only American Football team to go a whole season undefeated, including the Super Bowl?  
Answer: The Miami Dolphins!

*Shout out to CNA, Julie Kipp, for being the first to guess correctly!*

Ready for this month's Trivia question?

**What American city has dyed its river green every St. Patrick's Day since 1962?**

Send your answer to Bich Dinh via Tiger for a chance to win a Snappy gift!

## Irish Potato Pancakes! Yum!



Did you know you have a 1 in 10,000 chance of finding a "lucky" four-leaf clover?! The highest number of leaves ever recorded on a single clover stem is 56 – now that's lucky! How will you celebrate St. Patrick's Day? Try your hand at some traditional Irish potato pancakes, also called Boxty.

Click on the link below for the recipe!

[Irish Boxty](#)

