

TOGETHER FOR MENTAL HEALTH

May is Mental Health Awareness Month!

The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI works to educate, advocate, listen and lead to improve the lives of people with mental illness and their loved ones.

(<https://www.nami.org/About-NAMI>)

NAMI is one of many organizations supporting the national movement to raise awareness about mental health. This is an opportunity to fight stigma, provide support, educate the public, and advocate for policies that support people with mental illness and their families. Follow this link to get involved, be an advocate, read stories, or to share your story: <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>



#Together4MH

TOGETHER for Mental Health

Taking on the challenges of mental health conditions, health coverage, and erasing the stigma around mental illness requires all of us.

nami.org/mentalhealthmonth

Behavioral Health Professionals Week

COR Health is very excited to celebrate a Behavioral Health Professionals week in May! (May 25th - May 31st)

BHPs are trained, dedicated professionals that are the backbone of treatment delivery, supporting children, teens, and young adults living with emotional disorders, developmental disabilities, mental illness, and other cognitive and functional limitations. Their daily work includes implementing a treatment plan that includes goals on behavior management, safety, social functioning, communication, independent living, and daily living skills. This work also includes documenting the goals that are worked on, parental involvement, methods, and the status of skill retention and development.

BHPs have adjusted treatment methods during the COVID-19 pandemic while upholding ethical and professional standards to continue to deliver ClientFirst and QualityFirst care in our clients' homes and in their communities. We are grateful to our team of BHPs striving every day to teach and support independence and success, increasing the quality of life of the clients and families we serve. To all COR Health BHPs, thank you for your ongoing efforts and commitment - you are appreciated!

COVID Pay Update Reminder

Effective May 1st, 2022, COR Health will no longer be offering employees COVID pay for lost time. We will continue to offer paid time off for employees to apply to either vacation time or general absences due to illnesses.

As always, thank you for your dedication to COR Health.

KanTime Tips & Forms for Nurses

Please join us for a voluntary online Zoom if you are a nurse working with KanTime and you'd like some additional support or to learn some tips to make workflow smoother.

5/17/22 Tuesday, 7:30-8:00PM

5/20/22 Friday, 10:00-10:30AM

[Join Zoom Meeting](#)

Meeting ID: 8896197936 PW:LETMEIN

INFECTION CONTROL



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

From the Pediatrics Team

Hope Albert, RN

May's Employee of the Month!

Hope has been working with COR Health as a Registered Nurse for over 7 years and has shown outstanding performance working with her client. She demonstrates excellent communication with her team and the COR Health office.

Hope is very dedicated to her client. Her documentation is always thorough, accurate, and detail oriented. She pays great attention to everything she does.

Thank you, Hope, for providing high level quality care to the clients we serve and your dedication to COR Health!



Hope Albert, RN



Jackson (Left), Graham (Right)

Meet Jackson & Graham!

May's Client Spotlight

Jackson is 4 years old and recently diagnosed with ROHHAD.

Jackson loves school, Mickey Mouse, and dancing! He struggles with maintaining his oxygen so you'll often see him with his backpack (mini concentrator) with his "nose" on (cannula).

Graham is a super cuddly 6 year old! Born with Spina Bifida, he has proven all the doctors wrong! He walks short distances with the help of AFOs and using a wheelchair for longer distances.

Graham absolutely loves farm animals, especially cows! His favorite song is "Old McDonald".



COR Health Welcomes... April's Newcomers!

Tina Sylvester, CNA

Willow Gabriel, PSS

DeAnairah Blake, CNA

Lindsay Bagley, BHP

Anniversaries

Congratulations on another year!

Danh Danh, PSS - 9 Years

Michelle Caminos, RN - 2 Years

David Daigle, RN - 3 Years

Diona Diffin, PSS - 7 Years

Lawrence Dupuis, PSS - 8 Years

Stephanie MacIsaac, RN - 5 Years

Heather Tirrell, RN - 2 Years

Aileen Zambenardi, RN - 4 Years

Anna Milano, TCM - 1 year



Katherine Dearden, Field Supervisor - 1 Year

Noah Hersom, BHP - 2 Years

REGISTERED NURSES WEEK

COR Health is excited to honor National Nurses Week in May! (May 5th - May 9th)

A day in the life of a home health nurse will vary depending on the patient's needs. These nurses care for medically fragile newborns, toddlers, children, and adolescents. Pediatric home health is skilled nursing care that is given in the comfort of a child's home. The amount of care a child requires depends on their condition and their family's capacity to care for them, so in some cases, a patient might only need a few hours of care each day, while other patients need assistance almost every hour of the day. Some nurses may even care for their client while he/she attends school.

This type of nursing can sometimes be viewed as an extension of the nursing care a child receives while in the hospital. Pediatric home health nurses make informed observations, chart progress and setbacks for doctors and specialists to review, administer medical treatments and medication, and even provide caregivers with education. Establishing a plan of care and helping create a structured routine are two very important tasks of pediatric home health nurses that empower families and help them establish a sense of normalcy. The service that these nurses provide gives the caregivers much needed security in knowing their child is in good hands.

COR Health would like to thank all our Nurses for their phenomenal dedication to providing QualityFirst care to our clients and keeping the community healthy!



Client Safety & Education: Dealing w/ Browntail Moths



Photo Credit: Maine CDC

The Maine Department of Agriculture, Conservation and Forestry reports in July 2021, that: “Most areas of Maine especially along the coast and inland that have significant host tree populations are at risk. In 2021 [overwintering browntail moth webs](#) were found in every county in Maine. Highest populations, as reflected by mapped damage by aerial survey, are found in Androscoggin, Cumberland, Kennebec, Knox, Lincoln, Sagadahoc and Waldo Counties.”

Per the Maine CDC: “The Brown-tail moth caterpillar has tiny poisonous hairs that cause dermatitis similar to poison ivy on sensitive individuals.

People may develop dermatitis from direct contact with the caterpillar or indirectly from contact with airborne hairs. The hairs become airborne from either being dislodged from the living or dead caterpillar or they come from cast skins with the caterpillar molts. Most people affected by the hairs develop a localized rash that will last for a few hours up to several days but on some sensitive individuals the rash can be severe and last for several weeks. The rash results from both a chemical reaction to a toxin in the hairs and a physical irritation as the barbed hairs become embedded in the skin. Respiratory distress from inhaling the hairs can be serious. Caterpillars are active from April to late June. Hairs remain toxic throughout the summer but get washed into the soil and are less of a problem over time.”

As we work outside with clients in these infested areas, the tiny hairs go unnoticeable until someone develops a rash. The hairs drop and catch on many objects. They can be transported on many items and animals, from humans to pets and from cut wood to anything moved from place to place, like plants or outdoor toys. Treatment that involves over the counter or pharmacist-compounded medications will need physician orders, if you are a nurse helping a client. The rash can be very uncomfortable, and prevention is your best resource.

Memorial Day

May 30th, 2022

COR Health would like to take a moment to honor and remember all the men and women who continue to serve and who have served in the U.S. military, fighting on behalf of our country for our freedom and liberties.

COR Health thanks you for your service, your sacrifice, and your bravery.



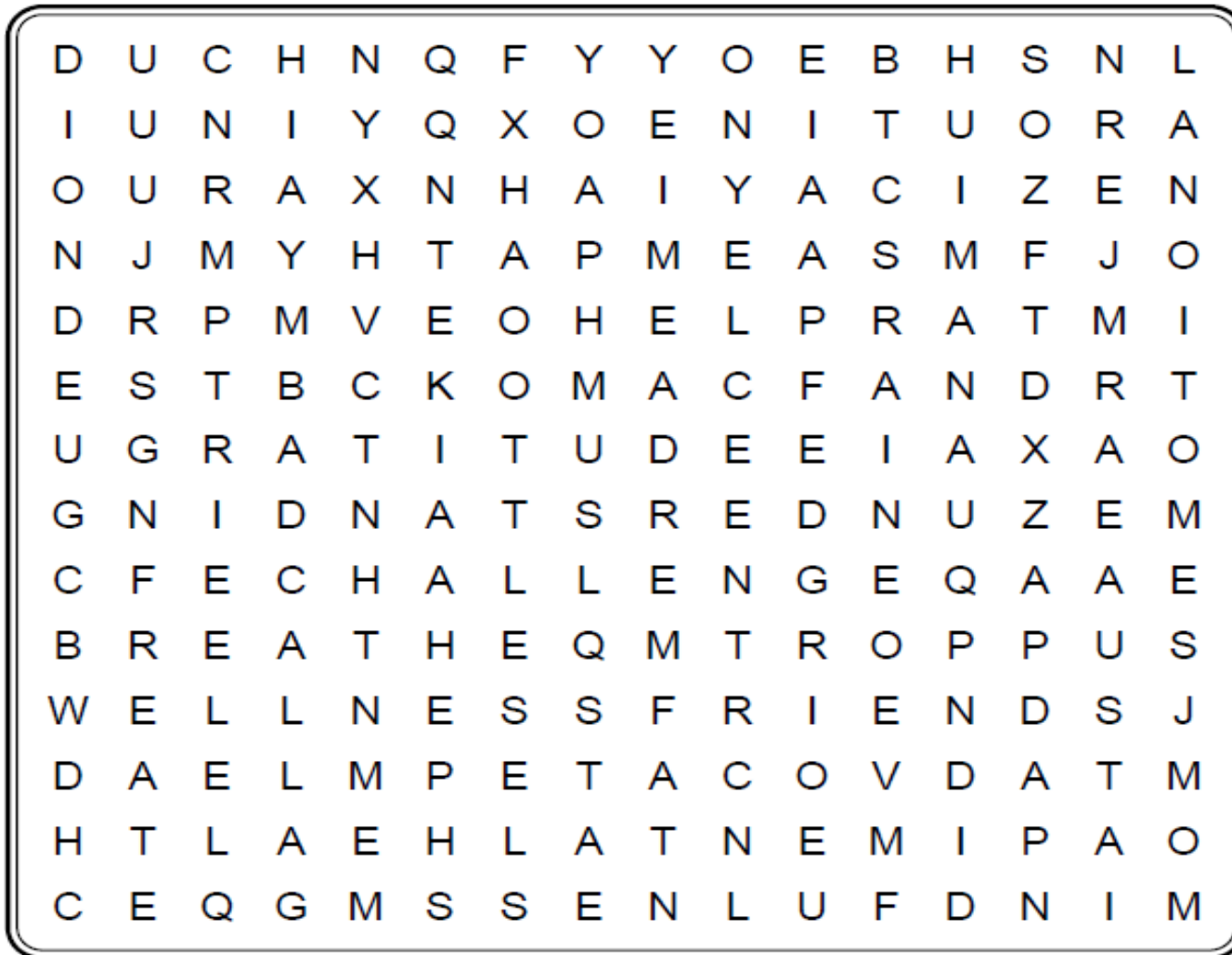
AspireFirst & RN Preceptor Program

COR Health also offers numerous pre-graduation job options to further advance your career. If you are looking for ways to augment your income, build relationships while providing hands-on, holistic, evidence-based, one-on-one care, COR Health has many positions that do not require RN licensure and you may be part of our AspireFirst Program that enables you preferred status for our RN Preceptor Program.

With the COR Health “AspireFirst” program, we promote your educational and professional goals by assisting you succeed early in your nursing career and “Aspire” to your professional dreams. By joining now as a CNA in a nursing program, you gain the opportunity to transition into our RN Preceptor Program and gain highly sought-after pediatric experience at the start of your career.

Our RN New Graduate Program allows COR Health to hire nurses immediately upon graduation, successful completion of the NCLEX, and licensure in the state. At COR Health, new graduates make the transition from novices to experienced nurses through intensive training, positive mentorship, and ongoing support.

To learn more about COR’s AspireFirst Program or RN Preceptor Program, please contact us by email at info@corhealthservices.com or give us a call at (207) 347-6106.



Try your hand at this month's Mental Health Awareness Wordsearch!

Emotional	Breathe	Gratitude	Routine
Understanding	Empathy	NAMI	Friends
Mindfulness	Wellness	May	Advocate
Challenge	Support	Help	Mental Health

Upcoming Event!

Don't miss out...



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 2, 2022, 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 6:15pm, 7:30pm, or 8:45pm! We look forward to hopefully having you a part of the COR Health Softball Team!



COR Health wants to give a huge shout-out to all our caregivers on the amazing work you guys have been doing with the new KanTime system! We appreciate your hard work and dedication!!

Stretch & Flow Zoom Class



COR Health has partnered with Perfect Fit to provide employees with weekly stretching and yoga classes. Classes are being held via Zoom.

For registration and inquiries, please reach out to Bich Dinh at (207) 560-5945 or by email at bdinh@corhealthservices.com.

Did you find the Cuke??

Shout out to one of our PSS caregivers, Patrick Connor, for being the first person to spot the Cuke in our April issue!

FIND THE CUKE
Somewhere hidden in this newsletter is a dancing, sunglasses 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!

