

## National Nurses Week

May 6<sup>th</sup> - May 12<sup>th</sup>

COR HEALTH celebrates the *National Nurses Week* by acknowledging and honoring the dedication, hard work, professionalism, compassionate care, and commitment of all of you in delivering our “ClientFirst” and “QualityFirst Care” to every client every day. Without any doubt, we recognize your valuable contribution to our successful Pediatric Nursing program.

Nowadays, nurses are in the frontline of healthcare treatment from assisting with life-threatening ER crises to delivering babies and caring for the elderly in their last moments, nurses perform some of the most difficult and heartbreaking tasks in the medical world. As workers who perform the most essential healthcare tasks, nurses serve as the first point of contact for most patients.

*National Nurses Week* honors their contributions and sacrifices and reminds us to thank the medical professionals who keep us healthy. **It is celebrated between May 6, National Nurses Day, and May 12, the birthdate of celebrated nurse Florence Nightingale.**

Once viewed as lowly doctors’ assistants, nurses are now recognized as highly specialized professionals with a wide range of skills. Today, becoming a nurse requires years of study and extreme focus and dedication. This versatile career with dozens of specialties is a crucial link between patients and doctors.



The advent of modern nursing is credited to Florence Nightingale, who laid the foundation for professional nursing through her tireless work during and after the Crimean War. As a nursing manager on the frontlines, Nightingale introduced hygiene protocols and other measures that drastically reduced infections and deaths in battlefield hospitals.

Today, Nurses work in a wide range of specialties and settings, from school nurses who administer vaccines to highly specialized oncology nurses who assist in life-saving treatment decisions.

To acknowledge the contributions of nurses and call attention to their working conditions, the International Council of Nurses established May 12 as International Nurses Day in 1974. The celebration was extended to a week a few years later, and National nurses Week was officially born in 1994. Sponsored and promoted by the American Nurses Association, the week-long event highlights the crucial contributions that nurses make to the community.

COR Health would like to express our appreciation and gratitude to all our Nurses for the outstanding quality work you provide to our clients every day. Thank you for all that you do!

For Nurses week, COR Health will be gifting all our Nurses with a Snappy Gift! Please be sure to check your email during Nurses Week for an email from Snappy to claim your gift.

If you do not receive the email or have issues claiming your gift, please reach out to Bich Dinh, People Services Team Leader via TigerConnect for assistance.



## Mental Health

It's Mental Health Awareness Month! Mental Health America is the nation's leading community-based nonprofit that's dedicated to addressing the needs of those living with mental illness. MHA's campaign this year focuses on how surroundings impact our mental health. Check out their website below to learn more and get involved!

[Mental Health America](https://www.mhanational.org/)

## Office Closure

COR Health's office will be closed on Monday, May 29<sup>th</sup> in recognition of Memorial Day. If you need immediately assistance on this day, please call our **On-Call Service** at (207) 347-6106. Our office will be back open on Tuesday, May 30<sup>th</sup>.



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: COVID-19 vs. Allergies

Please check out this quick video below regarding Covid-19 vs. Allergies. While they are very similar, there are some differences. Remember that we still require a negative test from clients and caregivers when symptoms are present. We do not want to assume whether or not it is Covid-19 or allergies. If there is a diagnosed condition, no test is required. As the end to the Federal Public Health Emergency takes place on May 11, 2023, we are monitoring whether or not there will be any changes to the Covid-19 policy and will keep you updated. Please remember to use source control when working with a client.

If you have any questions, please do not hesitate to reach out to Tammy Polakowski, ADON/RN by TigerConnect or phone at (207) 210-1295



[Is it COVID-19 or Allergies?](#)

As always, remember to wash your hands and wear a mask when in a client's home!



Follow this link for a video on [How to get a better fitting mask!](#)

## Behavioral Health Professionals Week

May 22<sup>nd</sup> - May 27<sup>th</sup>

COR Health is very excited to celebrate a Behavioral Health Professionals week in May!

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 works 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!



For BHP week, COR Health will be gifting all our BHPs with a Snappy Gift! Please be sure to check your email during BHP Week for an email from Snappy to claim your gift.

If you do not receive the email or have issues claiming your gift, please reach out to Bich Dinh, People Services Team Leader via TigerConnect for assistance.

## Anniversaries



Congratulations on another year!

- Danh Danh, PSS - 10 Years
- Michelle Caminos, RN - 3 Years
- David Daigle, RN - 4 Years
- Diona Diffin, PSS - 8 Years
- Lawrence Dupuis, PSS - 9 Years
- Stephanie MacIsaac, RN - 6 Years
- Katherine Dearden, Field Supervisor - 2 Years
- Amy Huntley-Elderkin, BHP - 1 Year
- Bernadette Reilly-Smorawski, RN - 1 Year
- Kevin Williams, BHP - 1 Years

## It's Asthma Awareness Month!



As the seasons change and the temperature rises, it becomes increasingly important for those with asthma to remain vigilant of triggers!

Not only is the temperature a risk factor, but also seasonal allergies, and drastic weather changes too!

So, take a moment and make sure you're prepared and safe! Here are some tips:

- Always have a back-up inhaler if you use one!
- Don't skip your asthma/allergy medication if you take any!
- Make sure you always stay hydrated!
- Remember to practice the pause and take breaks when you need it!
- Make sure others know about your asthma plan!

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



Chelsea Izere, PSS

Savannah Malik, BHP

Allyson Keown, BHP

Rebecca Berry, BHP

Amanda Soule, CNA

## ClientFirst Food for Thought

April showers bring May flowers!



You can use this mindset when dealing with difficult situations because with every and any situation comes an opportunity for growth.

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So, what does this mean for us at COR?

It means taking the time to reflect on how you personally handled something.

- Could you have used a different tone?
- Could you have provided a better explanation?
- Were there other options for a solution?
- What can you do even better next time?

Much like the rain helps flowers grow, situations allow us to grow into better versions of ourselves if we take the time to let it happen! Flowers don't grow overnight, and neither do we! However, with some time, patience, and understanding,

you can grow to be the best that you can be!

Kayce Darling, Senior Client Services Coordinator

Phone: (207) 536-2564

Email: [kdarling@corhealthservices.com](mailto:kdarling@corhealthservices.com)

From Personal Care

## Kadhim Hassan, PSS

May's Employee of the Month



Since Kadhim started working with us here at COR Health, he has been more than efficient in his PSS duties. Kadhim is always on time and very punctual. He has learned our system super quickly and it shows in the consistency and efficiency of his daily work. Truly an asset to our company. Thank you for all that you do!

## COR Health Social Events!

### 2023 Monthly PSS Gatherings!

COR Health looks forward to hosting Monthly PSS gatherings this year!

Please join us in the office *the last Monday of every month* [every 4<sup>th</sup> Monday] to enjoy friendship and food. The times will vary depending on the Month (Morning or Afternoon) so stay tuned for more details to come! 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 email at [ncolson@corhealthservices.com](mailto:ncolson@corhealthservices.com) or TigerConnect!



### COR Health Softball

It's not too late!! COR Health's annual softball season has begun. The teams' games are played on Monday evenings starting May 1, 2023, 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 6:30pm, 7:45pm, or 9:00pm!

Our first scheduled game is for Monday, May 1<sup>st</sup>, at Riverton School at 6:30pm - weather pending!

If you are interested in participating or want to come watch a game, please reach out to Jordyn Pomerleau via or TigerConnect!



### COR Health Paint Day – Bangor Area!

**When:** May 13<sup>th</sup>, 2023,  
1pm-3pm

**Where:** Generations Boutique & Art Studio  
153 State St. Brewer, ME 04412

We are happy to announce our first ever social event to be held in the Bangor area on May 13<sup>th</sup> from 1pm-3pm. It is super exciting for us to be able to offer an afternoon of socializing with your peers. We will be painting wine glasses or mugs and there will be staff there to help. Snacks will be available! Be sure to check your emails for the invitation to Generations Boutique & Art Studio. See you there!

If you have any questions, please reach out to Assistant Director of Nursing, Tammy Polakowski via TigerConnect.



### Recent Happenings

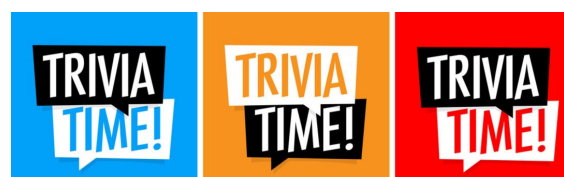
What have we been up to??



#### LET'S GO GREEN!

It was a great pleasure that part of our corporate office staff completed their first **Let's go green!** Initiative event by picking up trash for Earth Day on 04/21 in Old Orchard Beach, ME. The team received a lot of interest, but schedules are busy and not all could make it. Stay tuned for our next event!

If you're interested in learning more about our **Let's Go Green!** Initiative, please reach out to Field Supervisor, Alison Morin via TigerConnect.



Did you get the answer right to last month's trivia question: What body of water is next to the driest place on earth?

Answer: The Pacific Ocean!

Shout out to one of your Nurses, Hannah Welborn, for being the first to guess correctly!

Ready for this month's Trivia question?

**What holiday is often confused with Cinco de Mayo?**



Send in your submissions to Bich Dinh via TigerConnect for a chance to win a Snappy prize!