

Monday,
October 3rd,
2022

The CORrespondent

Issue #8

Latest news and updates from COR Health

From the Personal Care Team

Nelly Aleshechkina, PSS

October's Employee of the Month!

Nelly is a wonderful PSS caregiver who has a distinctive opportunity within CORHealth. Nelly has been strategically matched to help a client whose primary language is not English. Nelly and her client both have the same national language, giving Nelly a unique opportunity to use her talent/ language she knows so well, to help advocate, and take care of her client. Nelly is a natural fit in the client's home and does a wonderful job helping her client with her Care Plan in a very special way.

Нелли - замечательный опекун PSS, у которого есть отличительные возможности в CORHealth. Нелли была стратегически подобрана, чтобы помочь клиенту, чей основной язык не английский. Нелли и ее клиент имеют один и тот же национальный язык, что дает Нелли уникальную возможность использовать свой талант / язык, который она так хорошо знает, чтобы помочь адвокату и заботиться о своем клиенте. Нелли естественным образом вписывается в дом клиента и делает замечательную работу, помогая своему клиенту с его планом ухода совершенно особым образом.



Meet Onyx!

October's Client Spotlight

Onyx just turned two in September! He has been through so much in his short life battling ATRT (Atypical Teratoid Rhabdoid Tumor). Onyx was diagnosed when he was only a few months old and has shown what a fighter he truly is. He has had 3 rounds of chemo, a stem cell transplant, 3 craniotomies, 3 tumor removals, 25 trips to the OR, 43 MRIs, 10 ICU visits, and 200+ days spent in the hospital. He loves his brother Jade, Mom, Dad, binkies, and his Belvita biscuits! He is currently home surrounded by his loving family.

What do you think??

Send us your feedback! Like our newsletter? Let us know - this newsletter is for You! Do you 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, People Services Team Leader at bdinh@corhealthservices.com or Tiger.



Did you get an email from Snappy?? COR Health has partnered with Snappy, an employee gifting platform to show our appreciation and reward our dedicated and hard-working employees with a gift! If you received an email from Snappy, it is not spam!! Claim your gift! If you have any issues claiming a gift, please reach out to Bich Dinh, People Services Team Leader via Tiger.



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!

National Case Management Week

COR Health is excited to celebrate Case Management Week in October! (Oct 9th - 15th)



Targeted Case Managers work directly with clients and their families in what is considered a Wraparound approach for service delivery. They holistically work on understanding a child's strengths and needs and strive towards meeting identified goals. Our case management team works with children who either have a behavioral, cognitive, or medical diagnosis in need of extra support. Case managers can do a myriad of tasks for clients, from coordinating care, conducting team meetings, advocating, and ensuring basic needs are met to a whole lot more. Sometimes a case may be assigned with one straightforward goal in mind, but upon intake there can be a lot more to ensuring the well-being of the client. Targeted Case Managers are experts at meeting clients where they're at and providing support in a professional and non-judgmental modality. Our TCM department contains many "unsung heroes" as they do a plethora of work behind the scenes for the benefit of their clients. The impact each case manager has is profound. An example of how TCMs deliver on our ClientFirst and QualityFirst philosophy can be demonstrated by a quote of a parent who has received case management services through COR Health for over a year: "I don't know how many clients she has, but she makes us feel like the only one". To all of COR Health's Targeted Case Managers, thank you for your dedication to the clients you serve!

Fall Recipe Ideas



Some of our families struggle with obtaining healthy eating options. It can also be a challenge for many of us to think up better ways to make meals. How can you capitalize on what you already have to make nutritious snacks and entrees for yourself, your family and/or your client? Check out these ideas for more info.

Involving children, teens or adults in the planning and cooking process are fun ways to bond and share the work. Be sure to check ingredient lists first for allergens or sensitivities. Not sure how to start cooking with kids? Check this out:

<https://runwildmychild.com/cooking-with-kids/> Involve them, teach healthy eating skills, and begin healthy habits!

Toddler and Baby Puffs

https://www.yummytoddlerfood.com/best-toddler-and-baby-puffs/#Homemade_Baby_Puffs_Recipe

Banana Berry Baby Muffins with Gerber Cereal

<https://www.mommysfabulousfinds.com/banana-berry-oatmeal-muffins/>

Keep Calm and Carrot On! Feeling Fruity?

<https://wicworks.fns.usda.gov/resources/wic-meals-month-keep-calm-and-carrot>

Toddler Finger Food Ideas <https://www.familyfoodonthetable.com/healthy-toddler-finger-food-ideas/>

Vegetable Recipes for Kids <https://www.yummytoddlerfood.com/vegetable-recipes-for-kids/>

Picky Eater Kid-Friendly Meals <https://www.tasteofhome.com/collection/kid-friendly-meals-for-picky-eaters/>

Healthy Budget Dinner Recipes for Kids

https://www.delish.com/cooking/g39602375/healthy-dinners-for-kids/?utm_source=google&utm_medium=cpc&utm_campaign=arb_ga_del_d_bm_prog_org_us_g39602375&gclid=Cj0KCQjwof6WBhD4ARIsAOi65aiCwHTC3kMK8c6ulabWEec-lvK2YGQBqXGxlZly1t5bfG38i-9AA_caAkEBEALw_wcB

Anniversaries



Congratulations on another year!

Itzamaray Anzurez-Uroza, PSS - 3 Years

Carlos Aristy, Admin - 8 Years

Hannah Averill, RN - 3 Years

Robert Banks, PSS - 2 Years

Brenda Burke, RN - 4 Years

Laura Clugston, RN - 2 Years

Kathryn Guernsey, RN - 5 Years

Lesley Johnson, RN - 3 Years

Michelle LaRue, Admin - 5 Years

Thomas McDermott, RN - 6 Years

Sangabo Mohamud, PSS - 6 Years

Fatuma Noor, PSS - 6 Years

Tammy Polakowski, Admin - 4 Years

Vanny Pov, PSS - 7 Years

Terry Sliger, PSS - 3 Years

Michelle Thibault, RN - 7 Years

Elizabeth Tilton, RN - 4 Years

Fowziya Weheliye, PSS - 3 Years

FLU SEASON 2022-2023

In anticipation of the 2022-2023 flu season, we would like to remind all employees that were required to be vaccinated for 2021-2022, that it is that time again. Flu shots are now available, and we will require vaccination by [10/31/2022](#).

Proof of vaccination may be sent to Bich Dinh in People Services via TigerConnect.

Medical exemption forms are also available. Religious exemptions will not be accepted. More information will be available in the coming weeks. As always, if you have any questions, please reach out to me by phone or Tiger Connect. Thank you for your continued cooperation.

If you have any questions, please contact Tammy Polakowski, Infection Control RN via TigerConnect or email at tpolakowski@corhealthservices.com.



COR Health Welcomes... September Newcomers!



Chinda Kong, PSS
Lori Deshane, CNA
Coty Shepard, CNA
Crystal Hanley, CNA
Emily Isom, PSS
Malerie Purcell, CSC
Faith Joyal, BHP
Mohamed Hussein, BHP
Rachel Dougherty, CNA
Amanda Phifer, CNA
Brianna Livingston, CNA
Mohamed Hassan, BHP
Clarissa LeBourdais, CNA
Chelsey Morton, CNA
Nasra Abdirahman, CNA
Courtne Chandler, CNA
Ryan Lahue, PSS
Michelle Lyon, PSS

COVID-19 Policy

Situations

1. **No known COVID exposures but COVID symptoms are present**
(applies to staff, clients, & all household contacts **and** applies to all vaccination statuses)
 - a. Immediately obtain testing. If negative, staffing may resume.
 - b. If positive follow outlined protocols below for either # 2 or # 3:
2. **HCW or their Household Contacts (Regardless of vaccine status)**
 - a. COVID Positive- 10 days out of work from date of first symptoms or date of positive test (whichever occurred first.) *Date of positive test or + symptoms counts as day 0.
 - b. COVID Exposure with no symptoms-10 days out of work from date of exposure with no test OR 7 days out of work from date of exposure if a negative test is obtained between days 5-7. Return to work day 8 * Date of exposure counts as day 0. Days 8-10 must wear mask. Applies to all COR Health staff.
 - c. If COVID Exposure is ongoing (example: HCW household contact is NOT able to isolate) date of exposure starts the day after the last infected person's quarantine ends.
 - d. If a staff member has been exposed and has tested positive in the last 30 days and is asymptomatic, no need to quarantine, no test required
 - e. If a staff member has been exposed and has tested positive in the last 31-90 days, and is asymptomatic, may work after a negative test at day 1, day 3, and day 5.

**Reminder to always follow masking requirements.

**Any staff member that is high risk or immunocompromised may opt out of shifts with homes that have had exposures or recent positive Covid.

** Any staff member that has had severe to critical illness requiring hospitalization, will be required to have a physician's note to return to work.

3. **Client and/or their Client Household Members (Regardless of vaccine status)**
 - a. *COVID Positive* person in household
 - i. 5 days of isolation and then follow mask requirements. If unable to mask, then 10 days of isolation before staff may return.
 - ii. All members of household must wear a mask for 10 days
 - iii. Household contacts should test on day 5 (end of initial persons isolation period) unless they become symptomatic, then immediately.
 - iv. No need to pull staff if community exposure and asymptomatic, test on day 5 from exposure and wear a mask 10 days. If symptomatic, test immediately. (If testing positive, staff would then be removed)

**Everyone must be asymptomatic for staffing to resume. If symptoms persist, contact Infection Control Nurse for additional instructions.

Revised: 9/30/2022

P	S	L	A	O	G	N	Y	D	I	Q	Y	H	E	C	E
S	J	Y	N	A	I	F	E	O	Y	C	E	T	A	U	S
R	E	G	A	N	A	M	E	S	A	C	A	G	O	R	P
N	V	N	O	I	T	N	E	V	R	E	T	N	I	C	C
D	M	O	A	D	V	O	C	A	T	E	O	E	R	A	E
B	Y	R	S	P	O	I	G	U	T	J	O	R	C	R	T
O	O	S	M	P	G	E	I	E	M	E	E	T	O	E	C
P	R	O	F	E	S	S	I	O	N	A	L	S	D	G	A
A	S	S	E	S	S	M	E	N	T	A	X	O	M	I	P
C	C	O	O	R	D	I	N	A	T	E	P	A	E	V	M
E	S	E	I	L	I	M	A	F	G	R	E	U	N	E	I
T	C	I	G	Z	D	A	F	F	O	T	A	I	S	R	A
C	A	R	E	P	L	A	N	Y	D	Y	H	E	B	N	A
X	C	O	E	S	U	P	P	O	R	T	U	E	S	I	U

Try your hand at this month’s National Case Management Wordsearch!

Coordinate	Advocate	Caregiver	Strength	Care Plan
Assessment	Case Manager	Intervention	Professional	Team
Families	Impact	Goals	Support	

Upcoming Events!

COR Health Holiday Party

When

Friday, December 2nd, 2022
7pm-10pm EST

Where

Camp Ketcha - The Great Room
336 Black Point Rd
Scarborough, ME 04074



Since we have a "Work Hard, Play Hard" mentality at COR Health, we thought it made sense to relax for a few hours during the holiday season and celebrate the "little wins" we all have experienced with our COR Health clients and teammates throughout 2022.

COR Health will be raffling numerous prizes! Each COR Health employee will be provided tickets upon entry and additional tickets will be available for purchase. All proceeds will be donated to a local charity! There will also be food and beverages provided for everyone!

Look out for our emails to RSVP!!

Compliance and Ethics Week 2022

It’s almost here...Compliance and Ethics Week 2022 - This is an international celebration with the goals of Recognition (training, information, recognizing compliance success), Awareness (getting everybody thinking about compliance and ethics), and Reinforcement (demonstrating importance of compliance and ethics and what it means to COR). This year, it will take place November 6th-12th and will be COR Health’s 5th annual week of recognition! The Compliance and Ethics Week Committee (CEWC) is working hard on preparing a week of education and awareness. Keep a look out for more information on activities and different ways to get involved as we get closer to November.

P.S. Ever wonder where our newsletter Cuke came from? It’s CEWC’s mascot! 🥒



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!

