

September is National Suicide Prevention Month

National Suicide Prevention Week is September 4 through September 10

World Suicide Prevention Day is September 10

The National Alliance on Mental Illness (<http://nami.org>):
“September is Suicide Prevention Awareness Month – a time to raise awareness of this stigmatized, and often taboo, topic. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.”

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness. (<https://988lifeline.org/>)

Follow this link for more information on the background, history, funding opportunities, and implementation resources for strengthening suicide prevention and mental health crisis services: [SAMHSA 988 Suicide & Crisis Lifeline](#)

Options other than 988?

[Blackline](#) is a hotline geared toward the Black, Black LGBTQ+, brown, Native, and Muslim communities

[Kiva Centers](#) offers daily online peer support groups

[Peer Support Space](#) hosts virtual peer support groups twice a day Monday through Saturday

[Trans Lifeline](#) is a hotline for trans and questioning individuals

[Wildflower Alliance](#) has a peer support line and online support groups focused on suicide prevention



Personal Support Specialists Week

COR Health is excited to celebrate Personal Support Specialists Week in September! (September 12th - September 16th)

Personal Support Specialists are unlicensed individuals who help to assist those with disabilities, or those who are elderly. A PSS caregiver completes a training that provides them with a certificate. Personal Support Specialists may provide support with activities of daily living, or instrumental activities of daily living. The PSS caregiver follows a care plan of tasks that are customized to the individual receiving care. Here at COR Health, we match caregivers to clients based on a family centered approach. Some tasks that the PSS caregiver may complete for a client are as follows:

- Bathing, dressing, grooming assistance
- Cooking, meal preparation, feeding assistance
- Laundry, changing bed linens, assistance with walking/transferring from bed to wheelchair
- Occasional grocery shopping

To all COR Health PSS caregivers, thank you for your hard work and dedication to providing QualityFirst care to our clients!



What do you think??

Send us your Feedback! Like our newsletter? Let us know – this newsletter is for You! Do you have content idea, 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.

New COVID-19 Policy

COR Health has revised our COVID-19 Policy. Please click on the below link to review. For any questions, please reach out to Infection Control Nurse, Tammy Polakowski at tpolakowski@corhealthservices.com or via Tiger.

[COR Health COVID-19 Policy](#)

Flu Season 2022-2023

A reminder for 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. Medical exemption forms are also available. Religious exemptions will not be accepted. More information to come!

Childhood Obesity Awareness Month: Focus on Prevention

September is also National Childhood Obesity Awareness Month. What can YOU do to help children on their journey to good health?

1.  Eat the Rainbow
2. MOVE More!
3. Slow Down on Added Sugar & Rethink Your Drink
4. Reduce SCREEN Time
5. Sleep Well



Good nutrition starts early! <https://www.cdc.gov/nccdphp/dnpao/features/nutrition-month/>

What's the RIGHT amount of physical activity? <https://www.cdc.gov/physicalactivity/basics/children/index.htm>

Sign up for a free educator account on Go Noodle! <https://app.gonoodle.com/login>

Fitness and PE Resources for At Home: <https://fitnessgram.net/covid19-resources/>

Best PE Apps and Online Resources: <https://www.weareteachers.com/virtual-pe-classes/>

Corporate Role Updates



Parame (My) Limvattanaalert is working towards certification as an Executive Nurse and has accepted an Assistant Director of Nursing (in training) position covering Southern Maine. My will continue to provide services to RN staff and clients, but will have added responsibilities, including oversight of nurse coordinators in her region, training, and reporting functions.

Tammy Polakowski is working towards certification in infection control. She currently serves as COR Health's infection control nurse. She has accepted an Assistant Director of Nursing (in training) position covering Northern Maine. Tammy will continue to provide services to RN staff and clients, but will have added responsibilities, including oversight of nurse coordinators in her region, training, and reporting functions.

Michelle LaRue has accepted a new role at COR Health. As some of you may know, Michelle has spent countless hours working with several colleges to promote home health care as a viable option for new nurses. This work has not gone unnoticed and the interest in our program continues to grow. She will now be serving as COR Health's RN Education Liaison and will be focused on student nurses and the schools that we work with to engage nursing students.

Michelle will continue to provide webinar instruction for all staff, but we do ask that for any clinical concerns, training questions, or other needs, nursing staff should reach out to their assigned nurse coordinator for support.

If you are not getting the assistance you require, please reach out to My or Tammy (depending on whether you are in the South or North regions of the State. If you continue to have unmet needs at that time, please reach out to me directly.

Susan White, RN, BSN, MBA
Administrator/Director of Nursing

Email: swhite@corhealthservices.com

Anniversaries

IT'S YOUR WORK ANNIVERSARY!



Congratulations on another year!

- Afshin Mahmoodi, PSS - 9 Years
- Barbara Bongiovanni, PSS - 7 Years
- Kerri Walchli, Admin - 2 Years
- Hannah Foster, RN - 4 Years
- Michele Howard, Admin - 10 Years
- Jeanette Kenfield, RN - 4 Years
- Melanie Marcotte-Feinberg, RN - 1 Year
- Manuela Medrano, LPN - 3 Years
- Jenna Richmond, RN - 1 Year
- Jayne Sparks, PSS - 2 Years
- Michelle Wilbur, RN - 1 Year
- Valerie Ashcroft, BHP - 5 Years



September is **BABY** Safety Month

Have you taken the time to explore the home and car from your baby or toddler’s eye view? Many accidents occur because adults don’t understand life from the perspective of a small person. Life can become hectic when our children become mobile. Adults must think about key places babies could get into trouble, like a fall off furniture, water and chemical hazards in bathrooms or kitchens, car seat safety, safe sleep tips, and even buying products and toys. Beware of the stairs, hide those cords, think twice about furniture, and invest in a range of magnetic locks or latches for the toilet, cupboards, and drawers. Safe Sleep is as easy as A, B, C: Alone, Back, Crib.

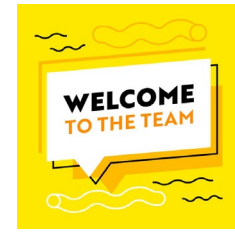
Visit https://www.jpma.org/page/bsm_safety_tips for a good outline of resources to help.

Baby Safety Devices: <https://www.babylist.com/hello-baby/best-drawer-cabinet-locks-childproofing>

Bathroom Safety Tips: <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Bathroom-Safety.aspx#:~:text=See%20Preparing%20Your%20Baby's%20Bathing,get%20a%20toilet%20lid%20lock.>

Toddler Developmental Safety Needs: <https://eclkc.ohs.acf.hhs.gov/safety-practices/article/tips-keeping-infants-toddlers-safe-developmental-guide-home-visitors-toddlers>

COR Health Welcomes... August’s Newcomers!



- Brianna Davin, RN
- Kathryn Mathon, BHP
- Nakeisha Cochran, CNA
- Megan Benway, CNA
- Danielle Kenney, CNA
- Julie Miller, CNA
- Todd Smith, BHP
- Brittany Scott, PSS
- Dorianne Poulin, BHP
- Marguerite Walker, RN
- Lynn Jutkiewicz, BHP
- Stephanie Griffus, BHP
- Regan Wood-Robbins, BHP
- Morgan Little, RN
- Chet Bush, TCM
- Hanna Goulet, TCM
- Jessica Tasker, CNA
- Abdifatah Hussein, BHP
- Kameron Greer, BHP
- Courtney Pomerleau, BHP

From the Nursing Team

Maryellen Colson, RN

September’s Employee of the Month



Maryellen Colson has been a field nurse with COR Health for almost 6 years. A team player valued by both families and staff alike. Maryellen’s kindness, nursing skills, and sense of humor brighten days and improve the quality of multiple peoples’ lives. We are proud she is our Employee of the Month and can’t say enough about her dedication and passion!

Meet Joshua!

September’s Client Spotlight



This is Joshua! This is his 8th grade graduation. He has dressed in his school colors and has a special purple tie on made by his mom. He has his diploma and is now headed to high school! His mom states she loves this sweet, young man so much!

Try your hand at this month's Suicide Prevention Word Search!



Advice	Fear	Help	Relationships	Stress
Well Being	Anxiety	Friendship	Mental Health	Self Esteem
Support	Family	Health	Mind	Social
Talking				

Upcoming Events!

Don't miss out...

COR Health Company Picnic

When
Sunday, September 11th, 2022
11am to 3pm EDT



Where
Ketcha Outdoors
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 have a Company Picnic, where you can bring your family or friend! There will be games for the kiddos, lawn games for the adults, and food and beverages for everyone that will be catered by Rustic Taps! This will be a great opportunity to interact with your colleagues!

There will also be raffles for all those who attend!

Please click on the link below to RSVP.

Register Now!

If you have any questions, please do not hesitate to contact Jordyn Pomerleau at info@corhealthservices.com or 207-347-6106

COR Health Schooner Event

When
Saturday, October 1st, 2022
From 1:30pm to 3:30pm



Where
Maine State Pier
Portland, ME 04101

COR Health invites you and one (1) friend / family member to spend a Saturday afternoon to relax for a few hours on-board a historic schooner that will enable you to experience sights and sounds in Portland's Harbor, which will refresh your spirit and excite your soul with an unforgettable sail reminiscent of a simpler time. Look out for our emails to register for this fun event!

If you have any questions, please reach out to Jordyn Pomerleau at info@corhealthservices.com or 207-347-6106

Did you find the Cuke??

Shout out to one of our Admins, Anna Milano, for being the first person to spot the Cuke in our August issue!

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!

