

Concierge Home Care Program

COR Health is excited to announce our new Concierge Home Care Program. This Private Pay Personal Care department allows us to serve additional clients throughout Maine and we are actively hiring and accepting new admissions. Concierge Care Assistants provide autonomy to clients with care how, when, and where they want it with experienced CNAs, PSSs, and DSPs, and an LCSW carrying out their services.

For more information, please reach out to Bryanna Bride, Director of Concierge Care at 207-209-0222, bbride@corhealthservices.com or via TigerConnect.



COVID-19 and Flu Prevention



COR Health revised its COVID-19 Policy back in September 2022. Please click [Here](#) to review the policy and familiarize yourself with it. For any questions, please reach out to Tammy Polakowski, Infection Control RN at tpolakowski@corhealthservices.com or Tiger.

Considering COVID-19 and the fact that the seasonal flu virus is upon us, we are continuing to take steps to maintain safety for our clients and staff by reminding you to follow COR Health policies. Self-screening and source control have both been found to be effective in controlling the spread of these illnesses. As always, if you are sick, please do not come to work.

We ask all employees to cooperate in taking steps to reduce the transmission of communicable diseases in the workplace. Employees are reminded of the following:

- Stay home when you are sick.
- Wash your hands frequently or use alcohol-based hand sanitizer.
- Cover your mouth with tissues whenever you sneeze, and discard used tissues in the trash.
- Avoid people who are sick with respiratory symptoms.
- Clean frequently touched surfaces.
- Get vaccinated against COVID-19 and the seasonal flu.



2022 W2 Tax Form

All W2 Tax Forms that were not picked up at our office were all mailed on Jan 31st. If you did not receive your W2 in the mail, please reach out to People Services. You also have the option to retrieve your 2022 W2 Tax Form through your ADP Portal. If you are having any issues logging into ADP, please reach out to Carlos Aristy for assistance via TigerConnect.

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!

Corporate Updates

COR Health's historical success has been our ability to invest in new positions to ensure we are attaining our ClientFirst & QualityFirst commitments.

COR Health is very excited to announce the below position transitions as we continue to position COR Health for strong growth during FY 2023 and beyond!

Michele Howard

Director of Staff & Client Advocacy

As COR Health continues to look to improving upon staff retention, during FY 2023, we wanted to have a "laser focus" on continuous communication with all the COR Health new hires during the 1st year of employment and our existing COR Health Staff. Since Michele is the longest tenured Corporate Office Staff and has extensive experience in numerous areas, we believe she is the ideal candidate to lead this initiative for COR Health!

Phone: (207) 536-2561
 Email: mhoward@corhealthservices.com



Stephanie Hubsch

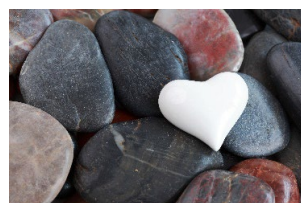
Medical Staffing Coordinator

With Michele Howard's transition, we are excited to announce Stephanie has joined the COR Health Team! Her prior experience / skillset of marketing/operations will enable the Medical Staffing Department to continue to grow.

Phone: (207) 468-5129
 Email: shubsch@corhealthservices.com

BEING CLIENT FIRST ORIENTED

The potential to be client first orientated is practically endless as it comes in countless shapes and forms.



What are some examples you may ask? We've asked some of our best and here is what they had to say:

Michele H. DA

An example of being client first is being flexible to the needs of my client on a day-to-day, or even hour-by-hour basis. In this field, clients' needs can change very quickly and being able to adapt to those needs put the client care first.

Hannah W. RN

An example of being client first is being flexible to the needs of my client on a day-to-day, or even hour-by-hour basis. In this field, clients' needs can change very quickly and being able to adapt to those needs put the client care first.

What are some examples that you can think of?
 Send me your thoughts via TigerConnect!

Kayce Darling, Senior Client Services Coordinator

Phone: (207) 536-2564 Email: kdarling@corhealthservices.com



William J. RN

One thought I have for an example of client-first orientation, especially in the home care setting, is the ability to adjust to and work within the established home/family dynamics so that you can best provide care for the client.

Malerie P. CSC

COR Health cross trains its employees, so in the event a RN is out, we have trained staff willing to jump in with that client to ensure they are still getting the care they deserve.

Anniversaries



Congratulations on another year!

Susan Bolduc, Admin - 4 Years

Fozia Bouh, PSS - 3 Years

Bich Dinh, Admin - 6 Years

Andria Foster, RN - 1 Year

Abdinoor Hussein, PSS - 8 Years

Thet Lach, PSS - 7 Years

Meagan Patrick, LPN - 1 Year

Mary Rolfe, RN - 3 Years

Stephanie Thornton, Admin - 7 Years

Lori Trundy, RN - 5 Years

Jessica Jackson, CNA - 1 Year

Jorja Furchak, BHP - 1 Year

Skyelar Pollis, BHP - 1 Year

Jordyn Pomerleau, Admin - 6 Years

Madison Wade, BHP - 1 Year

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 4th 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 phone at (207) 800-6827 or TigerConnect.

COR Health Welcomes... January Newcomers!



- Sarah Coppock, CNA
- Roya Hejajian, PSS
- Stephanie Hubsch, Admin
- Phyllisha Beaudoin, CNA
- Josie Hill, BHP
- Karen Williams, BHP
- Sulekha Abdow, CCA
- Kiara Bernardini, BHP
- Gretchen Keyes, RN
- Jennifer Webster, RN
- Max Cummings, BHP

From the Section 28 Team

Dorianne Poulin, BHP

February's Employee of the Month

Dorianne is a hardworking and passionate individual who is always seeking ways to improve as well as new and innovative ways to better support her clients. She was recognized for outstanding attendance during group this past month. Dory is always extremely engaged and enthusiastic during group. Dory comes to all supervision, group and individual, prepared and seeking meaningful clarification and insight to compliance, documentation, and the Client/BHP relationship balance. She gave feedback regarding using Journaling as a new method of intervention with her client and gave a positive review of noticeable improvement in her client's overall behavior and mood increasing since implementation.

Yay Dory, thank you for everything you do!



Meet Anthony!

February's Client Spotlight

Anthony is a 14-year-old teenage boy with an attitude to rival any other teen! He is very sweet tempered most of the time, but he likes to have his way. He loves music and musical toys. He loves anything that shakes, rattles, and rolls. He loves soft blankets and having momma say, "No!". He is called our sunshine baby because his beautiful smile can light up a room, a heart, and produce other smiles in people!

COR Health Social Events!

COR Health Bowling

It is that time of year, the COR Health Bowling Team is going to take the lanes again! This year there is a league on Monday nights at Bayside Bowl in Portland, our matches would be at either 5:45p or 8p, and the league goes for about 7 weeks and starts on **January 23rd**. It is always a great time, with food, drinks, and social time with your coworkers!

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

Looking forward to another great season!



2022 COR Health Bowling Team Champions

COR Health Skiing/Snowboarding Event – Stay Tuned!

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 was scheduled for January 21st but was canceled due to lack of snow. If you are interested in joining us on this event, please keep an eye out for our emails for a new date! For questions, please reach out to Jordyn Pomerleau via email at jpomerleau@corhealthservices.com or Tigerconnect.

Food Banks Feeding Maine

In Maine, 139,410 residents are facing hunger and of them, 39,990 are children. According to Feeding America, people facing hunger in Maine are estimated to report needing over \$82 million more per year to meet their food needs.

1 in 10 adults facing hunger



1 in 6 children facing hunger

If you know of families in need or would like to make a difference in the quality of life of families and children in the State of Maine, below are some of the food banks serving Mainers all year round and are accepting food donations, volunteering, and financial support:

- **Good Shepherd Food Bank**, Auburn, ME (website: <https://www.gsfb.org>)
- **Project Feed Inc.**, Portland, ME (website: <https://www.projectfeed.org>)
- **First Baptist Church Food Pantry**, Portland, ME (Tel. 207.773.3123)
- **St. Luke's Cathedral Food Pantry**, Portland, <https://www.stlukesportland.org>
- **Salvation Army-Bangor Food Pantry**, Bangor, ME (Tel. 207.941.2990)
- **Brick Church-Manna Ministries**, Bangor, ME (Tel. 207.852.5635)
- **Ecumenical Food Cupboard**, Bangor, ME (Tel. 207.942.4381)
- **Bangor Region YMCA**, Bangor, ME (Tel. 207.941.2808)
- **Waterville Food Bank (United Methodist Church)**, Waterville, ME (Tel. 207.616.0363)
- **Biddeford Food Pantry**, Biddeford, ME (Tel. 207.282.4771)
- **Bon Appetit Meal Program**, Biddeford, ME (Tel. 207.205.0995)
- **Saco Food Pantry Inc.**, Saco, ME (Tel. 207.468.1305)

Buffalo Cauliflower Bites



February is Super Bowl Month! The day will be full of excitement waiting for the game to begin, but everyone knows the best part of day is the food. Be the MVP of game day with this perfect snack!

Click on the link below for the recipe!

[Buffalo Cauliflower Bites](#)



Did you get the answer right to last month's trivia question?

Shout out to one of our Nurses, Kathleen Foley for being the first to guess correctly!

Ready for this month's Trivia question?

Which is the only American Football team to go a whole season undefeated, including the Super Bowl?

Do you know the answer to this trivia question? Send your answer to Bich Dinh via Tiger for a chance to win a Snappy gift!