

International Day of the World's Indigenous Peoples

August 9th, 2023



There are an estimated 476 million Indigenous peoples in the world living across 90 countries. They make up less than 5 per cent of the world's population, but account for 15 percent of the poorest. They speak an overwhelming majority of the world's estimated 7,000 languages and represent 5,000 distinct cultures.

Indigenous peoples are inheritors and practitioners of unique cultures and ways of relating to people and the environment. They have retained social, cultural, economic, and political characteristics that are distinct from those of the dominant societies in which they live. Despite their cultural differences, Indigenous peoples from around the world share common problems related to the protection of their rights as distinct peoples.

Indigenous peoples have sought recognition of their identities, their way of life and their right to traditional lands, territories, and natural resources for years. Yet, throughout history, their rights have been violated. Indigenous peoples today, are arguably among the most disadvantaged and vulnerable groups of people in the world. The international community now recognizes that extraordinary measures are required to protect their rights and maintain their distinct cultures and way of life.

In order to raise awareness of the needs of these population groups, every August 9th commemorates the International Day of the World's Indigenous Peoples, chosen in recognition of the first meeting of the UN Working Group on Indigenous Populations held in Geneva in 1982.

Worldwide Indigenous Peoples Socioeconomic Facts:

- Globally, 47% of all Indigenous peoples in employment have no education, compared to 17% of their non-indigenous counterparts. This gap is even wider for women.
- More than 86% of Indigenous peoples globally work in the informal economy, compared to 66% for their non-indigenous counterparts.
- Indigenous peoples are nearly three times as likely to be living in extreme poverty compared to their non-indigenous counterparts.



August Anniversaries Congratulations!

Kirsten Moseley, PSS - 8 years

Susan White, Admin - 10 years

Brianna Davin, RN - 1 year

Morgan Little, RN - 1 year

Brittany Scott, PSS - 1 year

Marguerite Walker, RN - 1 year

Jessie Cooper, Admin - 7 years

Hanna Goulet, TCM - 1 year

Chelsea Blackwell, RN - 7 years



Mary-Frances Brown, Admin - 2 years

Kayce Darling-Jordan, Admin - 3 years

Khaleda Deschambault, PSS - 12 years

Glenda Figueroa-Ramirez, PSS - 5 years

Kathleen Foley, RN - 6 years

Paul McMullan, Admin - 3 years

Abdisalan Mohamed, PSS - 2 years

Todd Smith, BHP - 1 year

Reporting Incidents

Always report any accident, emergency, infection, or incident to your supervisor as soon as possible! COR Health is dedicated to protecting you and our clients against injury and illness.

- All work injuries (no matter how slight) must be reported as soon as possible
- Wear PPE whenever your job duties require it
- Report any unsafe working conditions or anything that needs repair or is a safety hazard

If you're not sure whether you need to complete an incident report, connect with your supervisor!

Office Closure

The COR Health Office will be closed on **Thursday, August 10th**, from **2pm-5pm**, for our **Corporate Field Day!** If you need immediate assistance on this day after 2pm, please call our **On-Call Service** at (207) 347-6106.

Flu Season is just around the corner!

Employees (full time, part time, per diem) who work in the home health department (including corporate staff) are required to either be vaccinated or provide a medical waiver by October 15 of each calendar year. Employees hired after this date will be required to show proof of immunization before onboarding. Any employee hired after February 28 of the following calendar year will not be required to be immunized until October 15 of that calendar year. Any employee not vaccinated by October 15, will be ineligible to work until they comply. **COR Health encourages vaccinations for all staff but does not require it for BHP, TCM, and PSS staff.**

Employees who decline for medical reasons are required to complete and submit a waiver signed by a physician stating they have a medical condition that would prohibit them from obtaining the vaccination.

Flu vaccines are now being distributed across the U.S. to healthcare facilities and pharmacies.

Flu (influenza) is caused by a virus which spreads through respiratory droplets released by the body when we breathe out - when we talk, cough or sneeze. Depending on an individual's health status or underlying risk profile, some people can get very sick from the flu virus.



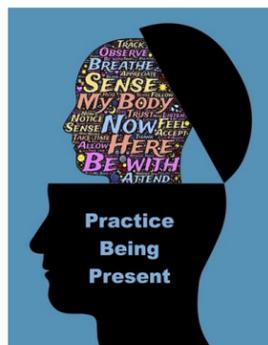
1. The flu vaccine will help to lower your risk of becoming sick with flu.
2. Although the flu vaccine doesn't offer complete protection against getting the flu, it does lower your chances of getting the infection. And, if you do get flu, you'll recover faster. This means you're not infectious for as long, which helps limit the spread of infection to others.
3. If you're at a high risk of developing a serious influenza illness - like bronchitis and pneumonia - this vaccine is a must.
4. If you live with a person who is at risk, your vaccine is also a must
5. . It is still the most effective way to protect you against flu infection and its complications.

Book a visit with your healthcare provider or nearest pharmacy for your vaccine. Call them before you go to make sure they have the flu vaccine in stock.

If you have any questions, please reach out to Infection Control RN/ADON, Tammy Polakowski via TigerConnect.

CLIENT FIRST FOOD FOR THOUGHT

~~ Being Fully Present In A Conversation ~~



Effective communication isn't just listening and responding.

It's a full body experience!

To be fully present in the conversation, and really give the person/people you're speaking reassurance that you're actively listening, there are a few things you can do!

- Eye contact!
- Physically acknowledge what they're saying like nodding your head!
- Limit your distractions! – Put your phone/devices down!
- Try shifting your body directly towards them!
- Avoid gestures that suggest you're uninterested like leaning backwards in your chair or fidgeting!
- Practice active listening! Don't just wait for your turn to respond!

Kayce Darling, Senior Client Service Coordinator
kdarling@corhealthservices.com (207)536-2563

Meet Carter!

August's Client Spotlight



Say Hi to Carter, our newest client at COR Health!

Carter just turned 6 months old and is the cutest!!! He lives in Manchester with his parents and brother Luke. Carter, aka, Chunky Monkey, is full of smiles and likes to give kisses. Mom and Dad provide around the clock care and would appreciate nursing help in the home.

If you, or anyone you know that would enjoy caring for Carter, please contact our office at (207) 347-6106 or let your Client Services Coordinator know!





Getting Back on Track with Routine Vaccinations!

COVID-19 interrupted many things, including regular medical provider visits and vaccine schedules. August is “National Immunization Awareness Month”. COR Health staff are encouraged to share the importance of returning to on-time vaccines, helping stop preventable diseases. Healthcare offices get busy in the fall with well-child visits before school begins. Now is the time to make an appointment; plan ahead to stay safe!

The Centers for Disease Control and Prevention (CDC) recommends these resources for families and providers to start the conversation and provide the latest science-based information:

- <https://www.youtube.com/playlist?list=PLvvp9iOILTQbWnCdKVOZiv9KURxNc3rPo>
- <https://www.cdc.gov/vaccines/events/niam/hcp/educational-resources.html>
- <https://www.cdc.gov/vaccines/schedules/index.html>
- <https://www.cdc.gov/vaccines/howirecommend/index.html>

COR Health Welcomes... July Newcomers!



- Anya Mae Davidson, RN
- Albertina Fortes, BHP
- Marichelle Falqueza, RN
- Dhafir Johnson, Field Supervisor/Admin
- Lindsay Banks, Field Supervisor/Admin
- Lilyan Ray, BHP

International Overdose Awareness Day

The **International Overdose Awareness Day** is the world’s largest annual campaign to end overdose, remembering those who have died, and acknowledging the grief of the family and friends left behind.

The goals of International Overdose Awareness Day are:

- To provide an opportunity for people to publicly mourn loved ones.
- To send a strong message to people who use drugs and people in recovery that they are valued.
- To inform people around the world about the risk of drug overdose.
- To provide basic information on the range of support services that are available.
- To prevent and reduce drug-related harm by supporting evidence-based practice.

Overdoses are the leading cause of injury-related death in the United States with recent increases influenced by multiple factors including the COVID-19 pandemic. Among the overdose deaths, about 75% involved a prescription or illicit opioid, 62% a synthetic opioid other than methadone such as fentanyl, 21% cocaine, and 26% a psychostimulant such as methamphetamine.

The State of Maine-Department of Health and Human Services continues to work very closely with local healthcare providers and practitioners on the development of substance use disorder treatment. There are statewide programs specializing in detox and maintenance for those individuals experiencing opioid and opiate dependence. The treatment settings approach is focused on Outpatient Programs, Intensive Outpatient Programs and Residential Programs.



211 Maine is the helpline for those dealing with opiate use disorders. This helpline is in partnership with the **Maine Department of Health and Human Services** and provides a toll-free statewide information and referral **Opiate Helpline** where you can speak with a specialist to identify treatment options and other resources in your area. For life-threatening emergency, you must dial **911**.

These are some of the most resourceful organizations providing support and rehabilitation services in the State of Maine:

Pinetree Recovery
www.pinetreerecovery.com

Liberty Bay Recovery
www.libertybayrecovery.com

MaineHealth – Maine Behavioral Healthcare
www.mainehealth.org

COR HEALTH is committed to providing and maintaining a drug-free workplace environment. The unlawful manufacture, distribution, dispensation, possession, sale, use, or being under the influence of controlled drugs, marijuana or alcohol is strictly prohibited. Employees are required to report to work with no alcohol or illegal drugs in their body.

COR Health Social Events!

2023 Portland Sea Dogs Season Tickets

COR Health is a Portland Sea Dogs Sponsor, for the past several years, to promote COR Health awareness that enables us to grow and expand our respective services throughout Maine.

An additional benefit of the Sponsor opportunity was that COR Health has 2 Portland Sea Dogs 2023 season tickets, which enables us to provide to our COR Health Staff some time to enjoy with family member or friend.

Here is the link to the 2023 Sea Dogs Season <https://www.milb.com/portland/schedule/2023-05>

Please email us at info@corhealthservices.com if you are interested in joining us with a friend/family member for a specific Sea Dogs game this season and we will let you know if the tickets are available.

If you have any questions, please contact Bich Dinh, People Services Team Leader via TigerConnect.

PSS Monthly Gatherings!

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 email at ncolson@corhealthservices.com or TigerConnect!

COR Health Softball

COR Health's annual softball season is coming to an end!! There are still a couple weeks left in the season if you are interested in playing or wanting to come watch a game. The teams' games are played on Monday evenings, 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!

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

2023 COR Health Annual Sea Dogs Night ~ August 25th

There is no better way to spend a summertime evening than a Sea Dogs Baseball Game! Join us on Friday, August 25th from 6pm-9pm to watch a great game and have an ALL YOU CAN EAT buffet of hamburgers, hot dogs, pulled BBQ chicken sandwiches, cole-slaw, beans, assorted Coca-Cola products, and Sea Dog biscuits!

The evening will provide you an opportunity to socialize with other COR Health Staff. You will be able to bring a friend or family member to the event.

Keep an eye out for our emails to RSVP!!

For any questions, please contact Jordyn Pomerleau via TigerConnect.



Social Media Raffle

This year, COR Health has made our marketing initiative a priority and getting our name out to communities all over the state to provide services to those in need - help us get the word out!

COR Health is hosting a Social Media Raffle Contest for all our staff to participate for a chance to win a Snappy gift!

How to participate??

For the month of August, each time a staff member shares/likes/comments on COR Health's posts on social media (Facebook, Instagram, LinkedIn), it will count as an entry into our raffle! The more you interact, the higher your chances will be to win the prize!!



Did you get the answer right to last month's trivia question: A vaccine for what disease was first given to a patient in July 1885?

Answer: Rabies

Ready for this month's Trivia question?

On August 12 of which year was the minimum hourly wage raised to \$1 per hour?

Send your submission into Bich Dinh via TigerConnect for a chance to win a Snappy Gift!