

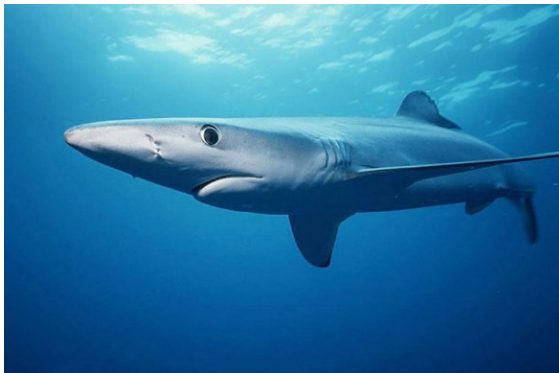
HELLO SUMMER!

BEACH TIME - SAFETY TIPS

Only about a dozen of the more than 300 species of sharks have been involved in attacks on humans. Sharks evolved millions of years before humans existed and therefore humans are not part of their normal diets. Sharks are opportunistic feeders, but most sharks primarily feed on smaller fish and invertebrates. Some of the larger shark species prey on seals, sea lions, and other marine mammals.

SHARK ATTACKS, though rare, are most likely to occur near shore, typically inshore of a sandbar or between sandbars, where sharks can become trapped by low tide, and near steep drop-offs where sharks' prey gather. The relative risk of a shark attack is very small but should always be minimized whenever possible.

Sharks have been known to attack humans when they are confused or curious. If a shark sees a human splashing in the water, it may try to investigate, leading to an accidental attack. Still, sharks have more to fear from humans than we do of them.



TIPS TO REDUCE RISKS OF SHARK ATTACKS:

- Don't swim too far from the shore.
- Stay in groups.
- Avoid being in the water during darkness or twilight.
- Do not go in the water if you are bleeding from a wound.
- Leave shiny jewelry at home.
- Avoid brightly colored swimwear.



IT'S SUMMER AGAIN! DON'T FORGET SWIMMING SAFETY!

1. Always swim in a lifeguarded area
2. Never swim alone, regardless of your age or level of swimming skills
3. Keep within your fitness and swimming capabilities
4. Be aware of weather and water conditions and heed warnings.

HOW TO USE A LIFE JACKET (Adult & Children)

- Select the right life jacket for the type of water activity.
- Make sure it is U.S. Coast Guard approved (Check for the stamp on the life jacket)
- Make sure it fits the intended user: check for the label on the life jacket for weight and size limits
- Check buckles and straps for proper function. Discard any life jacket with torn fabric or loose straps.
- Put it on and practice swimming with it.

★**REMINDER FOR CAREGIVERS:** Please speak to your direct supervisor prior to bringing your client near any bodies of water while working on shift!



Requesting Time Off

Plan ahead! With summer right around the corner and everyone planning vacation, make sure to submit your time off request two weeks in advance to provide adequate time for office staff to find coverage for your client(s) and for PTO approval.

Follow this [Attachment](#) to learn how to properly request PTO through your ADP portal.

EVV REMINDER

If your schedule is not in or correct, please call On-Call between 5pm and 8:30am, and on weekends at [\(207\) 347-6106](tel:(207)347-6106). Please do not message your CSC or NC as they may not be available. If you are unable to clock-in, you may also use Telephony [\(855\) 963-3569](tel:(855)963-3569). Please remember to use the parent/guardian phone to use Telephony.



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!



U.S. Environmental Protection Agency

The ozone layer shields the Earth from harmful ultraviolet (UV) radiation. Ozone depletion, as well as seasonal and weather variations, cause different amounts of UV radiation to reach the Earth at any given time. The UV Index predicts ultraviolet radiation levels on a 1-11+ scale, helping people determine appropriate sun-protective behaviors.

Some exposure to sunlight can be enjoyable; however, too much could be dangerous. Overexposure to the sun's UV radiation can cause immediate effects such as sunburn and long-term problems such as skin cancer and cataracts. The UV Index provides important information to help you plan your outdoor activities to prevent overexposure to the sun's rays.

By taking a few simple precautions, you can greatly reduce your risk of sun-related illnesses. Consider the following steps:

- Limit your time in the sun between 10:00 a.m. and 4:00 p.m.
- Whenever possible, seek shade.
- Use a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of at least 30.
- Wear a wide-brimmed hat and if possible, tightly woven, full-length clothing.
- Wear UV-protective sunglasses.
- Avoid sunlamps and tanning salons.
- Watch for the UV Index daily.



SUN-RELATED SKIN DAMAGE

Skin cancer – the abnormal growth of skin cells – most often develops on skin exposed to the sun. But this common form of cancer can also occur on areas of your skin not ordinarily exposed to sunlight. There are three major types of skin cancer – **basal cell carcinoma, squamous cell carcinoma and melanoma.**

Anyone can get skin cancer, but people with certain characteristics are at greater risk:

- A lighter natural skin color.
- Skin that burns, freckles, reddens easily, or becomes painful in the sun.
- Blue or green eyes.
- Blond or red hair.
- Certain types and many moles.
- A family history of skin cancer.
- A personal history of skin cancer.
- Older age.

ClientFirst Food for Thought

**** SELF CARE ****



Why is self-care SO important for what we do?

YOU CANNOT POUR FROM AN EMPTY CUP!

Part of what we do every day is give part of ourselves to our jobs and to our clients, and we want to make sure we are giving our best self.

To do this, it's important to practice self-care, but what does that mean?

Self-care can be anything that benefits you mentally, physically, or emotionally!

Some examples of self-care are:

- ❖ Meditation!
- ❖ Drinking more water!
- ❖ Cooking / Eating good food!
- ❖ Exercising!
- ❖ Listening to or making music!
- ❖ Making art!
- ❖ Reading!

This are just a few, but the point is to practice the pause and make sure you are taking care of #1, and that's YOU!

Kayce Darling, Senior Client Services Coordinator
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Anniversaries



Congratulations on another year!

Jess Arnold, Admin - 5 Years

Kimberly Blanchard, RN - 2 Years

Bryanna Bride, Admin - 2 Years

Rahma Dabarlow, PSS - 5 Years

Alicia Labrie, RN - 6 Years

Carole Leach, RN - 3 Years

Mariam Mohamed, PSS - 2 Years

Magdalena Rone, PSS - 7 Years

Grace Stults, PSS - 7 Years

Kimberly Beisaw, RN - 1 Year

Jacob Irwin, BHP - 1 Year

From the Nursing Team

Ashley Ricker, RN

July's Employee of the Month

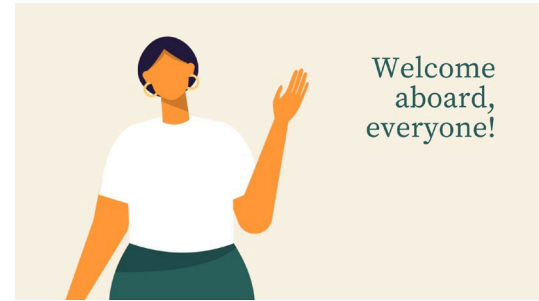
Ashley started with COR Health in our New Grad Program. In the short time she has been here, she has formed a bond with her client. The parents have stated, "Ashley is superb! She is insightful, uses critical thinking, and takes initiative." She completed her 12-week New Grad Program with flying colors!

When not at work, Ashley likes anything to do with the outdoors. Her hobbies are hiking, rock climbing, lifting weights, and hanging out with her two dogs.



We are very happy to have Ashley as part of the COR Health team! Thank you for all you do Ashley!!

COR Health Welcomes... June Newcomers!



- Benjamin Leighton, PSS
- Bobbi Hodgkins, CCA
- Truth Hefferton, BHP
- Liberty Krauss, BHP
- Alexis Denson, CNA
- Stephanie Mercer, RN
- Alyssia Neptune, CNA

Client Safety & Education: Dealing w/ Brown tail Moths

The Maine Department of Agriculture, Conservation and Forestry reports in July 2021, that: "Most areas of Maine especially along the coast and inland that have significant host tree populations are at risk. In 2021 [overwintering brown tail moth webs](#) were found in every county in Maine. Highest populations, as reflected by mapped damage by aerial survey, are found in Androscoggin, Cumberland, Kennebec, Knox, Lincoln, Sagadahoc and Waldo Counties."

Per the Maine CDC: "The Brown-tail moth caterpillar has tiny poisonous hairs that cause dermatitis similar to poison ivy on sensitive individuals."



People may develop dermatitis from direct contact with the caterpillar or indirectly from contact with airborne hairs. The hairs become airborne from either being dislodged from the living or dead caterpillar or they come from cast skins with the caterpillar molts. Most people affected by the hairs develop a localized rash that will last for a few hours up to several days but on some sensitive individuals the rash can be severe and last for several weeks. The rash results from both a chemical reaction to a toxin in the hairs and a physical irritation as the barbed hairs become embedded in the skin. Respiratory distress from inhaling the hairs can be serious. Caterpillars are active from April to late June. Hairs remain toxic throughout the summer but get washed into the soil and are less of a problem over time."

As we work outside with clients in these infested areas, the tiny hairs go unnoticeable until someone develops a rash. The hairs drop and catch on many objects. They can be transported on many items and animals, from humans to pets and from cut wood to anything moved from place to place, like plants or outdoor toys. Treatment that involves over the counter or pharmacist-compounded medications will need physician orders, if you are a nurse helping a client. The rash can be very uncomfortable, and prevention is your best resource!

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.

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 email at ncolson@corhealthservices.com or TigerConnect!

Fun & Wacky July Holidays

We all know July starts off with a big bang celebrating Independence Day on the 4th.

Check out these fun and wacky holidays celebrated in July!

7/1 International Chicken Wing Day

7/2 I forgot Day

7/3 Eat Beans Day

7/7 National Strawberry Sundae Day

7/12 Teddy Bear Picnic Day

7/15 Be a Dork Day

7/16 National Ice Cream Day

7/17 Yellow Pig Day

7/20 Ugly Truck Day - it's a "guy" thing

7/27 Take your Pants for a Walk Day

7/30 National Cheesecake Day

7/31 National Watermelon Day

COR Health Softball

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!

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 ~ Stay Tuned!

There is no better way to spend a summertime evening than a Sea Dogs Baseball Game and 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!

We will be planning our Annual COR Health Sea Dogs Night sometime in August!

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.



Did you get the answer right to last month's trivia question: What name is given for the time period when the Sun is farthest north in the Northern Hemisphere?

Answer: Summer Solstice

Shout out to one of our RNs, Maryellen Colson, for being the first to guess correctly!

Ready for this month's Trivia question?

A vaccine for what disease was first given to a patient in July 1885?

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