

ANNOUNCING COR HEALTH'S 2023:



This year will be COR Health's 6th annual celebration of Compliance & Ethics Week! It is November 6th-10th and is a week dedicated to recognition and education.

Our goals during Compliance and Ethics Week are to focus on:

- Recognition - training, information, and recognizing compliance success
- Awareness - getting folks thinking about compliance and ethics
- Reinforcement - demonstrating importance of compliance and ethics and what it means to COR Health
- And, of course, FUN!

COR Health's Compliance & Ethics Week Committee, also known as CEWC, has been hard at work putting together an EPIC line up of activities and contests for the week. This year's theme is **EVV IS LAW**.

Here is a sneak peek at the week's events:

- Follow along with our original Mini drama series, "**Law & Order: EVV Unit**"
- Share your creative side with our **Meme / short video contest**
- Keep a look out for fun **Daily Infection control puzzles**
- Test your knowledge with our **Daily EVV True/False challenge**
- Keep up with perfect documentation for a chance to win our **EVV Superstar Drawing** for a **HUGE** reward! (*Hint: it involves PTO!*)

There will be lots of prizes! Also, participation has its rewards - there will be an additional **prize for the person that participates the most** over the course of the week! Stay tuned for more details as we get closer!

Your hands are dirty!

Make sure you are practicing healthy hand hygiene by following these steps:

1. Wet your hands with clean running water.
2. Lather your hands by rubbing them together with soap.
3. Scrub your hands with soap for at least 20 seconds!
4. Rinse your hands well under clean, running water.

OFFICE CLOSURE

Please note that the COR Health Corporate office will be closed on **Thursday November 23rd and 24th** in observance of the Thanksgiving Holiday. Please utilize On Call for urgent matters during this time - call 207-347-6106, option 1.

Thank you!



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 drawing valued at \$100!

At COR HEALTH, we want to celebrate and honor your hard work, professionalism, and commitment for making a difference in the quality of life of our adults and pediatric clients each day. Your kind dedication and compassion for our client’s care is valuable and critical for their well-being at home and long-term care facilities.



Why does caregivers’ appreciation deserve more than a day? The answer is very simple “Caregivers are the unsung heroes of the healthcare system. They are the glue and heart of care”. - Dr. Ronald Adelman

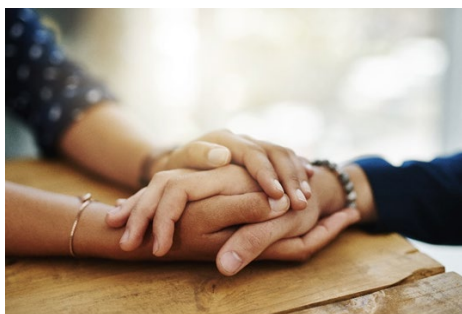
- ❖ **Compassion:** One of the most important traits of a good caregiver is compassion. To know how to make their clients feel better, they must be able to understand and empathize with what they’re going through. Having compassion can also help caregivers connect with their clients on a personal level.
- ❖ **Patience:** Providing home care to others requires a caregiver to be patient. Patience means understanding that there may be changes in plans, things not going as quickly as expected, and hesitation at times from the person receiving care.
- ❖ **Dependability:** Caregivers are often some of the most important people in clients’ lives as they become more reliant on others to meet their needs. Those who need home care typically need it regularly, so it is imperative that a caregiver is dependable and arrives on time to provide the care that the client is counting on. Clients’ families also rely on caregivers to show up on time to care for their loved ones so that a dependable caregiver can give them peace of mind.
- ❖ **Attentiveness:** A big part of being a caregiver is paying attention and listening to client’s needs. When providing home care, the caregiver must also be observant of any physical changes that require attention. When a caregiver is attentive, they can respond to situations quickly and avoid any mishaps.
- ❖ **Trustworthiness:** it is crucial that caregivers are trustworthy and will not take advantage of clients.

On behalf of COR HEALTH’s Corporate Staff, we want to express our gratitude to all our field caregivers for providing high-quality care and meeting our client’s unique medical and home care needs.

ClientFirst Food For Thought

World Kindness Day 11.13.2023 - Est: 1998

There has never been a more perfect time to practice kindness. ~It doesn't take a lot of effort ~



A simple phrase: “Stay safe.”

A simple gesture: Listening.

~A little kindness goes a LONG way~

Kayce Darling Senior Client Services Coordinator

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Congratulations on another year!

Sharon Ackley, RN - 4 years

Erika Brooks Whidden, RN - 7 years

Maria Salih, PSS - 2 years

Tammy Tozer, RN - 6 years

William Bushey, PSS - 1 year

Kerri Kowalski, RN - 1 year

Lisa Andrews, BHP - 4 years

Lindsay Banks, FS - 2 years

November's Employee of the Month

From the Concierge Care Team

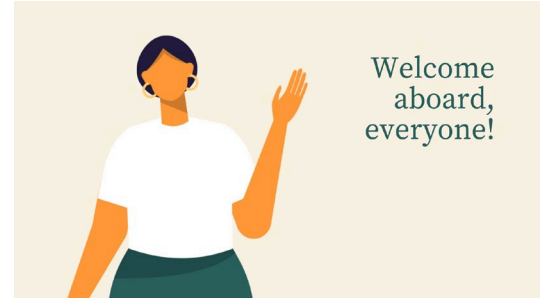
Diane Tierney, CCA

Diane has proven to illustrate what it means to have a ClientFirst approach to care. She is dedicated, hardworking, and has a wonderful sense of humor. Her and her client are the perfect match, and she frequently tells stories about what they accomplished that day. Whether it's singing together or having a little fire drill to show the importance of safety, she provides her client with the utmost quality Personal Care services along with exceptional companionship.



She is always responsive, communicative, and thinks of her client first. Her dependability and dedication is so appreciated and I cannot thank her enough for the value she brings to Concierge Care!

COR Health Welcomes... October Newcomers!



- Emily Vuong, BHP
- Kristy McLaughlin, RN
- Abigail Mazgaj, BHP
- Megan Molloy, BHP
- Kelly Thorne, PSS
- Janie Ballew, RN



On August 3, 1990, President of the United States George H. W. Bush declared the month of November as National American Indian Heritage Month, also referred to as Native American Heritage Month. The bill read in part that "The President has authorized and requested to call upon Federal, State and local Governments, groups and organizations and the people of the United States to observe such month with appropriate programs, ceremonies and activities".

This landmark bill honoring America's tribal people represented a major step in the establishment of this celebration which began in 1976 when a Cherokee/Osage Indian named Jerry C. Elliott-High Eagle authored Native American Awareness Week legislation the first historical week of recognition in the nation for native peoples. This led to 1986 with then President Ronald Reagan proclaiming November 23-30, 1986, as "American Indian Week".

This commemorative month aims to provide a platform for Native people in the United States of America to share their culture, traditions, music, crafts, dance, and ways and concepts of life. This gives Native people the opportunity to express to their community, both city, county and state officials their concerns and solutions for building bridges of understanding and friendship in their local area.

U.S History of Native American:

In the fifteenth century, when European settlers began to arrive in North America, the continent was richly populated with Native American communities. Hundreds of thousands of people lived in a wide range of environments from shore to shore, each community or nation with its own distinct culture. The centuries that followed the arrival of Europeans were years of tremendous upheaval, as the expansion of settler territory and the founding and growth of the United States resulted in Native American communities being moved, renamed, combined, dispersed, and, in some cases, destroyed.

Native American communities today span the continent and continue to grow and change. But the mass relocations and other changes, most notably those of the nineteenth and twentieth centuries, shaped many aspects of U.S. society in ways that persist today.

From Alison Morin, Field Supervisor and COR Health Let's Go Green Initiative:

America Recycles Day - November 15th!

Recycling, we often think not easy, right?

Here are a few ideas that are easier than we think :

- Use old boxes/cans to make robots/art projects or to make a bird feeder?
Side note...Did you ever go to Jackman, Maine (one of Alison's favorite place on this Earth)? If so, have you ever noticed the bird feeders on the side of the road? There are 100's of them!!
- Use old bins/baskets for cleaning/rearranging/storing.
- Reuse jars and containers for meal prep/packing lunches.
- Reuse toothbrushes for cleaning or art purposes.
- Reuse gift bags and papers for a future event.
- Reuse plastic bags/small boxes for animal cleaning purposes (litter box cleaning).

There are several ways to do a small difference in our community, be creative.

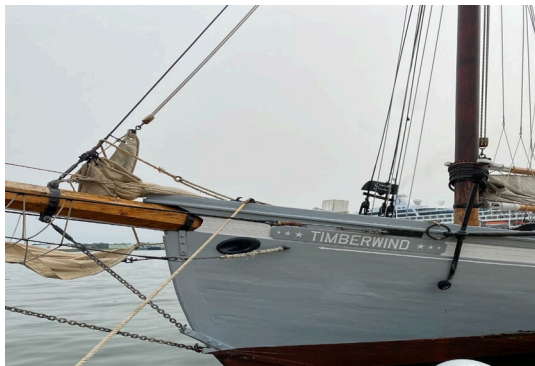
"If you're not buying recycled products, you are not really recycling." - Ed Begley, Jr.



COR HEALTH SOCIAL EVENTS!

2023 Annual Schooner Event was a hit!

Thank you to everybody who made it out on our annual sailboat ride of the Portland Harbor. Great turn out, great people, and a great time!



Hope to see you on the Timberwind next year!

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!

FIND THE CUKE

Somewhere hidden in this newsletter is a tiny, dancing, sunglass wearing cucumber. Find the cuke, and the prize may be yours! Highlight or screenshot to Bich Dinh via Tiger for an entry in this month's Find the Cuke contest. NOTE cuke on the 1st page does NOT count!!

2023 Annual COR Health Holiday Party!



Our very own Maryellen Colson RN, Nancy Colson CSC, and Paul McMullan NC (2022).

Friday, December 1st, 6pm -10pm at Lost Valley in Auburn!

Given our "Work Hard, Play Hard" mentality at COR Health, let's relax for a few hours and celebrate the "little wins" we all have experienced with our COR Health clients and teammates throughout 2023.

We will be raffling lots of prizes such as a **Paid Time Off**, Kindle Fire, Keurig, and more! Each COR Health employee will be provided raffle tickets upon entry. We will again have karaoke with prizes for participation! There will also be food and beverages provided for everyone!

COR Health invites you and 1 friend / family member to come. If you have another adult family member or friend that would like to attend, please Tiger Jordyn Crosby!

Attire: Best Ugly Holiday Sweater or Cocktail

Click **HERE** to RSVP!!