

From the Section 28 Team

## Lisa Andrews, BHP

### October's Employee of the Month!

In my short time of getting to know Lisa, I've observed an employee with unwavering dedication and a commitment to providing reliable, excellent BHP service. Lisa's reliability and work ethic is well appreciated by her client's guardian and our Team.

One of Lisa's outstanding traits is her punctuality in submitting Progress Notes, showcasing her commitment to transparency and accountability. She makes great efforts to create an environment where the client feels genuinely supported and valued.

Overall, Lisa's ability to connect on a personal level while maintaining a high level of professionalism is well appreciated. Her consistent reliability, punctuality, and dedication to service elevates the workplace and sets a shining example for her peers.

~ DJ Johnson, Field Supervisor



Thank you, Lisa, for your hard work and dedication to providing quality care to our clients!!



## Compliance & Ethics Week!

Compliance & Ethics Week is November 5-11, 2023. This will be COR Health's 6<sup>th</sup> annual week of recognition and education!

This is a week dedicated to Recognition - training, information, recognizing compliance success; Awareness - get folks thinking about compliance and ethics; Reinforcement - demonstrating importance of compliance and ethics and what it means to COR. The Compliance and Ethics Week Committee (CEWC) will be working hard to prepare a great week lined of activities and education - keep a look out for more information as we get closer!

## Global Handwashing Day

Each year on October 15<sup>th</sup>, CDC observes Global Handwashing Day. 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.

## Flu Season is here!

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. 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.

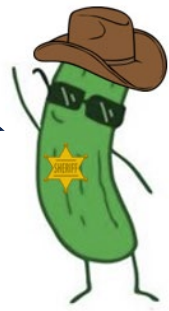
Please send in your vaccination record to Bich Dinh, People Services Team Leader via TigerConnect or email at [bdinh@corhealthservices.com](mailto:bdinh@corhealthservices.com).

## EVV Shout-Outs!

We appreciate the ongoing efforts our staff have in complying with EVV regulations and continuous improvements with KanTime. We would like to shout out the below caregivers for their dedication, accuracy, and progresses....

Tammy Tozer, RN	Benjamin Leighton, PSS
Maryellen Colson, RN	Faith Joyal, BHP
Kirsten Moseley, PSS	Lisa Starostecki, RN
Michelle Caminos, RN	Maureen Hopkins, BHP
Lisa Andrews, BHP	Afshin Mahmoodi, PSS
Katie Thibodeau, PSS	Mackenzie Bowden-Damon, BHP
Stephanie Mercer, RN	Roya Hejbian, PSS
Marichelle Falqueza, RN	Allyson Keown, BHP
Glenda Rameriz, PSS	Karen Williams, BHP
Todd Smith, BHP	Willard Swift, BHP

Remember folks...  
EVV is law!



### EVV Reminders

- You are required to electronically sign into your shift no later than five (5) minutes prior to the start of your approved schedule and should sign out no later than five (5) minutes after the end of your approved schedule. Any missed or early/late check-in/check-outs, you must notify your supervisor by next business day.
- Time worked outside of your scheduled shift must be approved by your supervisor prior to working. To reduce inaccurate submissions which can negatively impact payroll and billing, be sure to communicate any schedule change with your supervisor.
- Any missed check-in/check-out and/or signature will require follow-up. Administrative staff will notify you of any required corrections. It is your responsibility to follow-up on request for clarification to be paid in a timely manner. Time will not be paid until charts are submitted with the required changes. If you are unable to check-in/check-out due to technical difficulties, you are required to notify your supervisor or call our On-Call Service outside of business hours. Failure to notify the office may result in inaccurate pay and/or disciplinary action.

## ADHD Awareness Month



Attention-deficit/hyperactivity disorder, also known as ADHD, is one of the most common neurodevelopmental disorders that is usually diagnosed in childhood and can often last into adulthood. Those with ADHD have difficulties paying attention, controlling impulsive behaviors, or being overly active. There are three different types of ADHD, depending on which types of symptoms are strongest in the individual:

1. **Predominantly Inattentive Presentation:** It's hard for the individual to organize or finish a task, to pay attention to details, or to follow instructions or conversations. The person is easily distracted or forgets details of daily routines.
2. **Predominantly Hyperactive-Impulsive Presentation:** The person fidgets and talks a lot. It is hard to sit still for long (e.g., for a meal or while doing homework). Smaller children may run, jump, or climb constantly. The individual feels restless and has trouble with impulsiveness. Someone who is impulsive may interrupt others a lot, grab things from people, or speak at inappropriate times. It is hard for the person to wait their turn or listen to directions. A person with impulsiveness may have more accidents and injuries than others.
3. **Combined Presentation:** Symptoms of the above two types are equally present in the individual.

ADHD is best treated with a combination of behavior therapy and medication. Treatments can vary depending on the individual. Good treatment plans will include close monitoring, follow-ups with your physician, and make changes, if needed. Staying healthy is very important for children with ADHD. Having a healthy lifestyle can make it easier for children to deal with the symptoms. Some healthy behaviors that may help include:

- Developing healthy eating habits such as eating plenty of fruits, vegetables, whole grains, and selecting lean protein sources.
- Participating in daily physical activity.
- Limited daily screen time from TVs, computers, phones, and other electronic devices.
- Getting the recommended amount of sleep each night based on age.

To learn more about ADHD and get support, please visit the [National Resource Center of ADHD](#)

## Anniversaries



- Carlos Aristy, Admin - 9 years
- Hannah Averill, RN - 4 years
- Robert Banks, PSS - 3 years
- Brenda Burke, RN - 5 years
- Laura Clugston, RN - 3 years
- Michelle LaRue, RN - 6 years
- Tammy Polakowski, ADON - 5 years
- Vanny Pov, PSS - 8 years
- Michelle Thibault, RN - 8 years
- Elizabeth Tilton, RN - 5 years
- Fowziya Weheliye, PSS - 4 years
- Tiffany Smith, CNA - 1 year



## Fire Prevention Week

October 8-14, 2023



This week is dedicated to public education on staying safe in case of a fire in an effort to decrease casualties caused by fires. President Coolidge proclaimed this national observance in 1925 in commemoration of the Great Chicago Fire in October of 1871 where 250 people died, 100,000 left homeless, 17,400 structures destroyed, and 2,000 acres of land burned.

Check out this link for the National Fire Protection Association (NFPA) including information on this year's campaign, "Cooking safety starts with YOU. Pay attention to fire prevention." This link also includes education materials and activities for kids of all ages as well as safety tip sheets! [Click Here](#)

## COR Health Welcomes... September's Newcomers!



Elizabeth Jacques, CNA

Anthony Ruiz, PSS

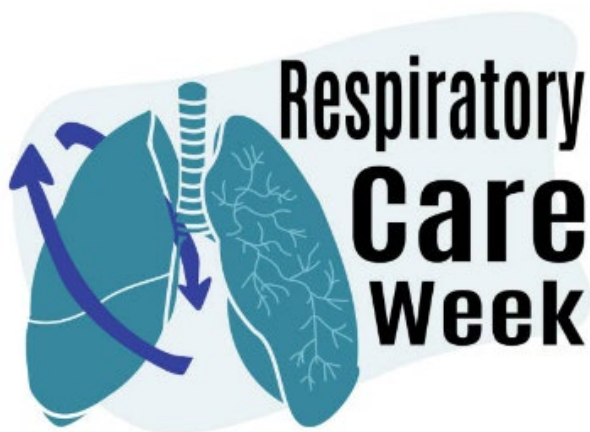
Donald Sargent, BHP

Peter Prescott, BHP

Ali Abdi, PSS

Kol Muise, BHP

Rahma Mohamed, PSS



October 22-28, 2023

Respiratory Care Week is a time to celebrate the profession and to bring awareness to the importance of taking care of one's lungs.

**Chronic Obstructive Pulmonary Disease (COPD)** and lower respiratory infections are the third and fourth leading causes of death worldwide.

Therefore, it is essential to raise awareness about these conditions and the importance of respiratory care.

Respiratory therapists play a vital role in the prevention, diagnosis, and treatment of these conditions. The goal of respiratory therapy is to establish an airway or improve breathing mechanics when the airway is obstructed, or lung function is compromised. Equipment and techniques used in respiratory therapy include ventilators, non-invasive ventilation, including biphasic positive airway pressure (BIPAP).

### Types of Respiratory Conditions:

Various respiratory conditions, including chronic and infectious conditions, can hinder your ability to breathe.

Diseases that affect the lungs include cancer, pneumonia, and other inflammatory diseases. Chronic lung diseases fall into one of two main classes: obstructive or restrictive.

People with weakened lungs and immune systems are more vulnerable to infectious respiratory conditions. Some individuals have multiple lung conditions.

- **Chronic obstructive pulmonary disease (COPD)**

This lung disease is a major cause of disability worldwide. Reduced airflow affects people's ability to breathe and function as the condition progresses. COPD is the third leading cause of death in the U.S., according to the Centers for Disease Control and Prevention. Nearly 16 million Americans are currently diagnosed with COPD, while many others don't realize they have it. Smokers are at significantly higher risk for the common condition. Women face somewhat higher risk than men.

- **Asthma**

Asthma, also called reactive airway disease, involves inflammation of the airways, usually in response to triggers, such as pollen or dust, cold weather, stress, or chemical fumes. More than 25 million people in the U.S. have asthma, according to the CDC.

There are different types of asthma, including allergic, non-allergic, occupational, and cough-variant asthma (asthma that presents with cough).

- **Cystic fibrosis**

Cystic fibrosis is a genetic condition that causes mucus in organs, including the lungs, to become thick and sticky. Respiratory complications include infections, inflammation, and respiratory failure.

- **Lung Cancer**

Lung cancer affects the lungs in multiple ways. Tumors may block airways, or fluid can collect around either lung, making expansion difficult. Lung cancer can also cause inflammation in the respiratory system.

- **Pneumonia**

Pneumonia is a lung infection mostly caused by bacteria or viruses. People with chronic respiratory conditions, like COPD, are more vulnerable to developing pneumonia.

- **Tuberculosis**

Tuberculosis is a bacterial infection that affects the lungs and other parts of the body. TB can be latent for many years.



## COR Health Social Events!

### **PSS Monthly Gatherings!**

Please join us in the office *the last Monday of every month* [every 4<sup>th</sup> 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](mailto:ncolson@corhealthservices.com) or TigerConnect!



### **Autumn & Ales 5k/10k/Half Marathon**

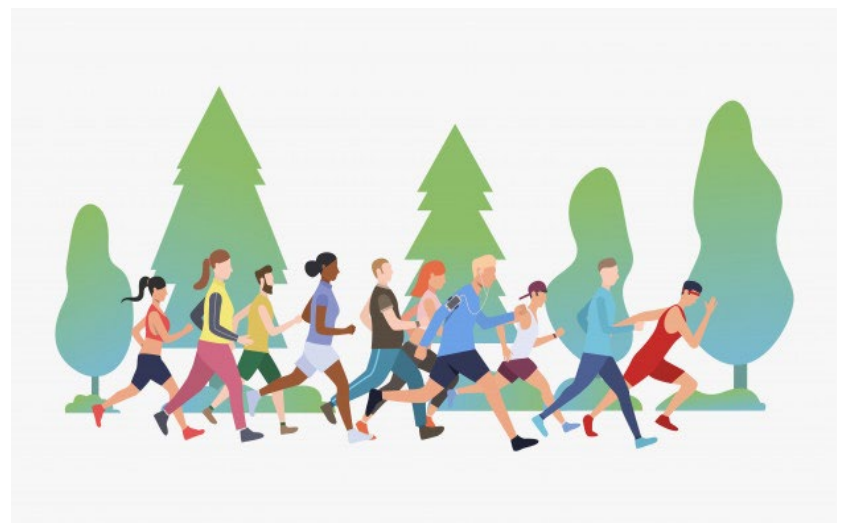
**When:** October 21<sup>st</sup>, 2023, at 8:30am

**Where:** American Legion Post 76  
42 Manson Libby Rd.  
Scarborough, ME 04074

Join the COR Health Team to support a local cause at the Autumn & Ales 5k/10k/Half Marathon race! This run will benefit The Scarborough Land Trust, Holy Cross School, and Project Grace! COR Health invites you and one (1) friend/family to participant in this worthy and fun cause, which will provide you an opportunity to socialize with other COR Health teammates!

Click on the link below to register or RSVP!

<http://events.r20.constantcontact.com/register/event?llr=cbtgmprva&oeidk=a07ejxuh89sc84fe0d5>



### **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 October, 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! If you share to your Instagram story, you will get double the entry! 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: In the late Victorian era, it was a fashion faux pas to wear what color after the summer officially ended on Labor Day?

Answer: White

Shout out to one of our TCM, Kelly Bridges, for getting the answer correct!

Ready for this month's Trivia question?

#### **How did early New Englanders protect their homes from evil spirits?**

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