

World Alzheimer's Day

September 21, 2023

World Alzheimer's Day is celebrated on *September 21* each year. On this day, the world concentrates its efforts on creating awareness of Alzheimer's disease. The disease is among the most prevalent forms of dementia; a set of disorders that disrupt mental function.

The Alzheimer's Disease International (ADI) usually chooses a theme each year for its campaign. **2023: "Never too early, never too late"** - The theme of 2023 focuses on risk factors and risk reduction, emphasizing their crucial role in potentially delaying or even preventing the onset of dementia.

What is Alzheimer's Disease?

- Alzheimer's disease is the most common type of dementia.
- It is a progressive disease beginning with mild memory loss and possibly leading to loss of the ability to carry on a conversation and respond to the environment.
- Alzheimer's disease involves parts of the brain that control thought, memory, and language.
- It can seriously affect a person's ability to carry out daily activities.

What is known about Alzheimer's Disease?

- Scientists do not yet fully understand what causes Alzheimer's disease. There likely is not a single cause but rather several factors that can affect each person differently.
- Age is the best-known risk factor for Alzheimer's disease.



- Changes in the brain can begin years before the first symptoms appear.
- Family history—researchers believe that genetics may play a role in developing Alzheimer's disease. However, genes do not equal destiny. A healthy lifestyle may help reduce your risk of developing Alzheimer's disease. Two large, long-term studies indicate that adequate physical activity, a nutritious diet, limited alcohol consumption, and not smoking may help people.
- Researchers are studying whether education, diet, and environment play a role in developing Alzheimer's disease.
- There is growing scientific evidence that healthy behaviors, which have been shown to prevent cancer, diabetes, and heart disease, may also reduce the risk for subjective cognitive decline.

What are the warning signs of Alzheimer's Disease?

Alzheimer's disease is not a normal part of aging. Memory problems are typically one of the first warning signs of Alzheimer's disease and related dementias.

In addition to memory problems, someone with symptoms of Alzheimer's disease may experience one or more of the following:

- Memory loss that disrupts daily life, such as getting lost in a familiar place or repeating questions.
- Trouble handling money and paying bills.
- Difficulty completing familiar tasks at home, at work or at leisure.
- Decreased or poor judgment.
- Misplacing things and being unable to retrace steps to find them.
- Changes in mood, personality, or behavior.

Even if you or someone you know has several or even most of these signs, it doesn't mean it's Alzheimer's disease.

Office Closure

The COR Health Office will be closed on **Monday, September 4th**, in recognition of Labor Day! If you need immediate assistance on this day, 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. 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.

From the Personal Care Team

Dianne Fazio, PSS

September's Employee of the Month

"Dianne is an AMAZING PSS caregiver with a huge heart! We are thankful that she came to us here at COR Health. Dianne goes above and beyond in her role as a PSS for her client, as well as in her employment with COR Health. She puts her heart into her work, and touches everyone around her with her kindness, and attentive thoughtfulness. We are truly blessed beyond measure to have her as a part of our company!"

~ Personal Care Department - Nancy J. Colson

"When Dianne joined Concierge Care, we were in a time crunch to get a client 1:1 support in a facility. She took the case with grace and completed her training in record time. Because of her dedication, the client was safer, healthier, and able to enjoy her meals and social time. Dianne went above and beyond to ensure the client was being cared for in all aspects. The family, facility, and I are extremely grateful for her hard work and compassion. Dianne truly embodies our saying of, 'it's not just a job, it's a calling'. Thank you, Dianne, and I can't wait to see where your future goes with COR!"

~ Concierge Care - Bryanna Bride

"Dianne is a compassionate caregiver who always puts a smile on my mother's face. She brings my mother flowers to brighten her day. We have never had a caregiver that engages my mother with art, music, and song like she does. Dianne has brightened all our lives. I always know my mother is in very good hands when Dianne is with her. She was an answer to our prayers!" ~ Client's Daughter Anne



Painting with watercolor - Activity with client

"There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers."

Rosalynn Carter, Former first lady of the United States

ClientFirst Food for Thought



September 10th, 2023

Know of anyone who may be struggling with tough thoughts?

Here are some ways to help!

1. Listen, don't judge!
2. Check in regularly!
3. Help them create a safety plan!
4. Be open to understanding struggles that may differ than your own.
5. Connect them with additional support. Listed below are some of the resources that can help them further!

- <https://www.iasp.info/>
- <https://www.crisistextline.org/>
- National Suicide Hotline #: Dial 988

Kayce Darling-Jordan, Senior Client Services Coordinator
Email: kdarling@corhealthservices.com
Phone: (207) 536-2564

Anniversaries



Afshin Mahmoodi, PSS - 10 years

Michele Howard, Admin - 11 years

Jeanette Kenfield, RN - 5 years

Manuela Medrano, LPN - 4 years

Jenna Richmond, RN - 2 years

Michelle Wilbur, RN - 2 years

Emily Isom, PSS - 1 year

Faith Joyal, BHP - 1 year

Michelle Lyon, PSS - 1 year

Abuk Lual, CNA - 5 years

Kerri Walchli, TCM - 3 years

Meet Avalee & Isabel!

September's Client Spotlight



Avalee and Isabel are two of CORs newest clients! Being twins, they're very similar, but also unique in their own way.

They love going outside and playing in their playground in the backyard, playing with bubbles, blocks, and bouncy balls. They also love giving hugs and waving "bye-bye" from the window to the nurses leaving for the day. They have two doggies, Cindi the Golden Retriever and Puppy, the old man Wheaten Terrier Mix.

The family is looking for additional staffing when approved. They are interested in weekend coverage and potentially some extended shifts during the weekday. Ava and Izzy are both cared for at the same time by one nurse, with a CNA or family assistance.

If you are interested in picking up hours with the family in York, Maine, please call us at (207) 347-6106!

COR Health Welcomes... August Newcomers!



New Members Are Joining

Cynthia Scott, PSS

Julia Martin, TCM

Diane Tierney, CCA

Jada Wood, BHP

Kathryn Ackerson, BHP

Nyree O'Donald, RN



Each year, Americans observe **National Hispanic Heritage Month from September 15 to October 15**, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

Hispanic Heritage Month has been a big celebration in the U.S. for more than 40 years. The observance started in 1968 under President Lyndon Johnson's administration as a one-week celebration called Hispanic Heritage Week. Years later, President Ronald Reagan proposed extending this celebration into a month-long event. It was enacted into law on Aug. 17, 1988, officially designating the 30-day period starting on September 15 to October 15 as **National Hispanic Heritage Month**.

Since then, HHM has been celebrated nationwide through festivals, art shows, conferences, community gatherings, and much more. The month also celebrates the independence days of several Latin American countries, including Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua on September 15th, Mexico on September 16th, and Chile on September 18th. They also include holidays that recognize Hispanic contributions such as Virgin Islands-Puerto Rico Friendship Day that is celebrated in the U.S. Virgin Islands.

What does Hispanic mean?

While many people use Latino(a) and Hispanic interchangeably these two words mean different things. A Hispanic person is someone who comes from or is a descendant of a Spanish-speaking country. Latino(a) is used when referring to someone who comes from Latin America or is a descendant from any Latin American country.

A person can be both Hispanic and Latino(a), but not all Latinos are Hispanic. Brazilians, for example, are Latinos, but their native language is not Spanish. Conversely, not all Hispanics are Latino(a). Spaniards are considered Hispanic, but not Latinos since they are part of the European Union. Hispanic countries are Argentina, Bolivia, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, Equatorial Guinea, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, Puerto Rico, Spain, Uruguay, and Venezuela.

LATIN AMERICAN countries are Argentina, Bolivia, Brazil, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, French Guyana, Guadeloupe, Guatemala, Haiti, Honduras, Martinique, Mexico, Nicaragua, Panama, Paraguay, Peru, Puerto Rico, Saint Barthélemy, Saint Martin, Uruguay, and Venezuela.

The U.S. Hispanic population is the nation's second-fastest-growing ethnic group after Asians. The Hispanic population in the U.S. as of July 1, 2017, is 58.9 million, according to the U.S. Census Bureau. Hispanics account for 18.1% of the total U.S. population. People use this celebration to show the importance of Hispanics in the U.S. by donating to Hispanic charities, eating food from any of the countries that are being celebrated, learning from their cultures, and honoring influential Hispanics who have made an impact on society.



COR Health Social Events!

COR Health Schooner Event!

When: Saturday, September 30th, 2023, from 12:30pm-2:30pm

Where: Ocean Gateway
14 Ocean Gateway Pier
Portland, ME 04101

COR Health invites you and one (1) friend / family member to spend a Saturday afternoon to relax for a few hours on-board a historic schooner that will enable you to experience sights and sounds in Portland's Harbor, which will refresh your spirit and excite your soul with an unforgettable sail reminiscent of a simpler time.

Click the link below to register or RSVP!

http://events.r20.constantcontact.com/register/event?llr=cbtgmpvab&oeidk=a07ejvffvak88736dd4&condition=SO_OVERRIDE



Autumn & Ales 5k/10k/Half Marathon

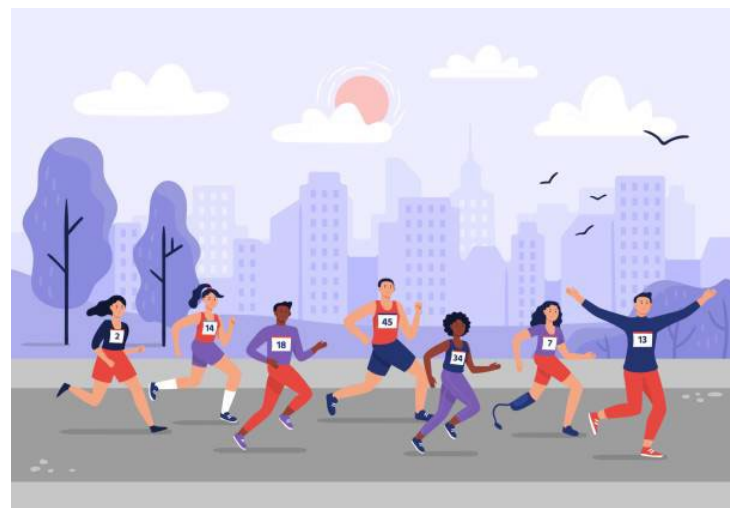
When: September 16th, 2023, at 8:30am

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!

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ejxuh89se84fe0d5&oseq=&c=6455a99e-d637-11e9-9d06-d4ae5292c973&ch=645b62e4-d637-11e9-9d06-d4ae5292c973>



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!



Did you get the answer right to last month's trivia question: On August 12 of what year was the minimum hourly wage raised to \$1 per hour?

Answer: 1955

Shout out to one of our nurses, Kathleen Foley, for getting the answer correct!

Ready for this 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?

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