

Friday, Dec 1st,
2023

The CORrespondent

Latest news and updates from COR Health

Issue #22

#LewistonStrong



COR Health would like to extend our thoughts and prayers to the Lewiston Community, our clients, families, staff, and facilities impacted as well as the entire state of Maine by the mass shooting in Lewiston on October 25th.

For anyone who may be struggling with mental health from this tragedy, please consider reaching out to the below resources.

- Suicide and Behavioral Health Crisis Hotline: Call or Text 988. Specialists also can respond by chat at [988lifeline.org](https://www.988lifeline.org)
- The National Alliance on Mental Illness: Text (207) 515-8398
- SAMHSA Disaster Distress Helpline: Call or Text 1-(800)-985-5990 for crisis counseling and support in distress due to natural and human-caused disasters.

These resources provide free and confidential support.

From the Nursing Team

Nyree O'Donald, RN

December's Employee of the Month!

Nyree came highly recommended by the family of her current client, and we can see why. She has been quick to learn the new tech platforms, she is great at communicating with family and coworkers, she is detailed in her work and easy to work with.

"She is so loving and thoughtful. Weston loves when she reads and sings to him, takes him for walks outside around the house. She's always on time to work, reliable, and is flexible with my schedule. She is the sweetest, most generous, and thoughtful person I've ever met. She goes above and beyond to care for Weston and also helps me out around the house while the baby naps. I couldn't ask for a better person to care for my son! She's become part of the family. 😊"
- Client's Mother

Thank you, Nyree for all your hard work and dedication to your client!!



OFFICE CLOSURE

Please note that the COR Health Corporate office will be closed on Monday December 25th & Monday January 1st in observance of Christmas Day and New Years Day. 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!

National Handwashing Awareness Week

The first week of December is recognized as National Handwashing Awareness Week. Make sure you're practicing good hand hygiene by doing the following!

1. Wet your hands with clean water and lather with soap for 20 seconds.
2. Rinse your hands well under clean running water.

12 Ways to Have a Healthy Holiday Season

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.

- 1. Wash hands often to help prevent the spread of germs.** It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
- 2. Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
- 3. Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
- 4. Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.
- 5. Be smoke-free.** Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.
- 6. Fasten seat belts while driving or riding in a motor vehicle.** Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.
- 7. Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.
- 8. Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.
- 9. Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.
- 10. Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.
- 11. Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
- 12. Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

ClientFirst Food for Thought



Coming Together

A lot has happened this past year, and there has never been a better time to come together as a community.

But what does it mean to come together?

To me it means opening your heart and mind to diversity, accountability, and understanding.

It also means unity, equality, and inclusiveness.

Coming together is love, and there has never been a better time for it.

What does it mean to you?

Kayce Darling Senior Client Services Coordinator

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Anniversaries



Congratulations on another year!

Paul Bartlett, PSS - 13 years

Maryellen Colson, RN - 7 years

Elizabeth Cooleen, PSS - 7 years

Paul Cooleen, PSS - 7 years

Emily Gower, RN - 8 years

Charity Meserve, RN - 5 years

Ann Morrell, RN - 8 years

Ashley Richardson, RN - 2 years

Jennifer Ross, RN - 5 years

Sokhany Sieng, PSS - 2 years

Karen Sullivan, PSS - 11 years



Food Banks Feeding Maine



Another way of making a difference in the quality of life of families and children is by donating food, volunteering and financially supporting your local food bank pantries in times of greater need, such as the holiday season.

Through COR Health's "Giving Thanks" initiative, COR Health will be donating \$1,000 to Good Shepard Food Bank, which will represent approximately 3,000 meals served!

If you would like to donate, volunteer, or financially support your local food banks, below are food banks serving Mainers all year around.

- Good Shepherd Food Bank, Auburn, ME (website: <https://www.gsfb.org>)
- Project Feed Inc., Portland, ME (website: <https://www.projectfeed.org>)
- First Baptist Church Food Pantry, Portland, ME (Tel. 207.773.3123)
- St. Luke's Cathedral Food Pantry, Portland, ME (website: <https://www.stlukesportland.org>)
- Salvation Army-Bangor Food Pantry, Bangor, ME (Tel. 207.941.2990)
- Brick Church-Manna Ministries, Bangor, ME (Tel. 207.852.5635)
- Ecumenical Food Cupboard, Bangor, ME (Tel. 207.942.4381)
- Bangor Region YMCA, Bangor, ME (Tel. 207.941.2808)
- Waterville Food Bank (United Methodist Church), Waterville, ME (Tel. 207.616.0363)
- Biddeford Food Pantry, Biddeford, ME (Tel. 207.282.4771)
- Bon Appetit Meal Program, Biddeford, ME (Tel. (207.205.0995)
- Saco Food Pantry Inc., Saco, ME (Tel. 207.468.1305)

COR Health Welcomes... November Newcomers!



Esra McGeehan, BHP

Hadithi Abdulle, BHP

Robin Cameron, RN

Samia Adam, PSS

Judy Garland, CNA

Penny LeBlanc, CRMA

Jeffrey Dyke, BHP

Mikayla Goodwin, BHP

National Safe Toys & Gifts Month

With the holidays right around the corner, everyone is thinking of the perfect presents to gift their loved ones. December is National Safe Toys and Gifts Month. When it comes to toys and gifts, it is critical to remember to consider the safety and age range of the toys.

Prevent Blindness America has declared December as Safe Toys and Gifts Awareness Month. The group encourages everyone to consider if the toys they wish to give suits the age and individual skills and abilities of the individual child who will receive it, especially for infants and children under age three.

This holiday season, please consider the following guidelines for choosing safe toys for all ages:

- Inspect all toys before purchasing. Avoid those that shoot or include parts that fly off. The toy should have no sharp edges or points and should be sturdy enough to withstand impact without breaking, being crushed, or being pulled apart easily.
- When purchasing toys for children with special needs try to: Choose toys that may appeal to different senses such as sound, movement, and texture; consider interactive toys to allow the child to play with others; and think about the size of the toy and the position a child would need to be in to play with it.
- Be diligent about inspecting toys your child has received. Check them for age, skill level, and developmental appropriateness before allowing them to be played with.
- Look for labels that assure you the toys have passed a safety inspection – "ATSM" means the toy has met the American Society for Testing and Materials standards.
- Gifts of sports equipment should always be accompanied by protective gear (give a helmet with the skateboard)



- Keep kids safe from lead in toys by: Educating yourself about lead exposure from toys, symptoms of lead poisoning, and what kinds of toys have been recalled; being aware that old toys may be more likely to contain lead in the paint; having your children wash their hands frequently and calling your doctor if you suspect your child has been exposed to lead. Consult the last two websites listed below for more information.
- Do NOT give toys with small parts (including magnets and "button" batteries which can cause serious injury or death if ingested) to young children as they tend to put things in their mouths, increasing the risk of choking. If the piece can fit inside a toilet paper roll, it is not appropriate for kids under age three.
- Do NOT give toys with ropes and cords or heating elements.
- Do NOT give crayons and markers unless they are labeled "nontoxic".

COR Health wishes all our employees and staff a happy and safe holiday season!

Professional Boundaries: Gifts and Gratuities

The holiday season presents multiple opportunities for clients and family members of clients who wish to express their gratitude. It is fine to accept a modest token of appreciation, generally nominal value such as a thank you card or a picture drawn by the client.

With the exception of the holiday gift noted above, you are not to accept money, gift certificates, clothes, furniture, jewelry, gifts, loans, or gratuities of any kind from a client or a client's family. Clients want to express their appreciation and if you find yourself in this position, let the Administrator know so this matter can be handled as delicately as possible. Family members can be insistent when it comes to expressing their gratitude and it is best to have your supervisor or the Administrator step in.



COR HEALTH SOCIAL EVENTS

LAST CALL!! **2023 Annual Holiday Party**

COR Health's Holiday Party is tonight, Friday December 1st, from 6pm-10pm at Lost Valley in Auburn, ME.

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

Click [HERE](#) to rsvp!

Join COR Health at the Festival of Lights in Bangor!

On Saturday, December 2nd, COR Health will be participating in the Bangor Rotary Club Festival of Lights Parade. We will be decorating a "float" with lights, COR Health signs, banners, and live music! The COR Health float will feature some of your favorite holiday classics, as well as some other holiday music from around the world.

The parade will conclude with the official lighting of the holiday tree in West Market Square and the arrival of Santa! If you are interested in joining in on the fun, please register!

Click [HERE](#) for more info and rsvp!

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!



Compliance and Ethics Week 2023

We had an amazing Compliance and Ethics Week this year with many participants joining in on the fun with us!

A special shout out to all our winners this year!!

Josie Hill, BHP - True or False
Monica Duclos, TCM - Social
Alison Morin, Field Supervisor - Meme
Kimberly Blanchard, RN - Infection
Kathleen Foley, RN - Mystery
Chelsea Blackwell, RN - Overall Participation
Karen Sullivan, PSS - EVV Superstar

Did you find the Cuke in our November issue??

Shout out to one of our RNs, Laura Clugston, for being the first to spot the Cuke!

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FIND THE CUKE

Somewhere hidden in this newsletter is a tiny, dancing, sunglass and Christmas hat 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.