

Tuesday, Jan  
2<sup>nd</sup>, 2024

# The CORrespondent

Latest news and updates from COR Health

Issue #23

## From COR Health's President

As we enter 2024, I just wanted to let the entire COR Health Team know how immensely proud of the dedication and hard work each of you in delivering upon our ClientFirst & QualityFirst commitments this past year. Our continued vision to grow COR Health and provide career opportunities, with talented individuals, has exceeded my expectations from a year ago. Some clients will never know how hard you and your COR Health team members work to bring happiness in their lives, but they do appreciate the depth of care and effort that is put forth. The knowledge that you have done something good for someone else should be a powerful reward - one which I hope you feel during the holiday season and throughout the year. There's nothing quite like it.

From my family to yours, I hope that you and your family a happy and peaceful New Year's and those feelings carry into 2024...



J. Ryan Kelly  
President

## MARTIN LUTHER KING, JR.

He was one of the most prominent social and civil rights activist of America history. He was born January 15, 1929, Atlanta, Georgia, U.S. - died April 4, 1968, Memphis, Tennessee. Baptist minister and social activist who led the civil rights movement in the United States from the mid-1950s until his death by assassination in 1968. His leadership was fundamental to that movement's success in ending the legal segregation of African Americans in the South and other parts of the United States. King rose to national prominence as head of the Southern Christian Leadership Conference, which promoted nonviolent tactics, such as the massive March on Washington (1963), to achieve civil rights. He was awarded the Nobel Peace Prize in 1964.

Civil rights guarantee of equal social opportunities and equal protection under the law, regardless of race, religion, or other personal characteristics. Examples of civil rights include the right to vote, the right to a fair trial, the right to government services, the right to a public education, and the right to use public facilities. Civil rights are an essential component of democracy; when individuals are being denied opportunities to participate in political society, they are being denied their civil rights. In contrast to civil liberties, which are freedoms that are secured by placing restraints on government, civil rights are secured by positive government action, often in the form of legislation. Civil rights laws attempt to guarantee full and equal citizenship for people who have traditionally been discriminated against based on some group characteristic. When the enforcement of civil rights is found by many to be inadequate, a civil rights movement may emerge to call for equal application of the laws without discrimination.



Although the idea of a King national holiday did not gain significant congressional support until the late 1970s, efforts to commemorate King's life began almost immediately after his assassination. In 1968 Rep. John Conyers of Michigan introduced a King holiday bill. The idea gradually began to attract political support once the newly formed Congressional Black Caucus included the holiday in its reform agenda. Coretta Scott King also played a central role in building popular support for the King holiday campaign while serving as founding president of the Atlanta-based Martin Luther King, Jr., Center for Nonviolent Social Change (later renamed the King Center), which became one of the major archives of King's papers. Many states and municipalities have enacted King holidays, authorized public statues and paintings of him, and named streets, schools, and other entities for him. These efforts to honor King have focused more on his role as a civil rights advocate than on his controversial speeches, during his final year, condemning American intervention in Vietnam and calling for the Poor People's Campaign.



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!

## 2023 W2 TAX FORM

W2 Tax Forms will be available in January for staff to pick up at our office in Portland or have it mailed to your address. All W2 forms will be mailed by the end of January! Please be sure to review your mailing address in your ADP Portal to confirm we have the correct address to mail out your W2. If you need to update your address, please reach out to Bich Dinh via Tiger.

## Did you find the Cuke??

Shout out to one of our RNs, Kristy McLaughlin, for being the first to spot the Cuke!

### \*FIND THE CUKE\*

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.



The month of January is designated as National Blood Donor Month in the United States. Due to holiday celebrations, inclement weather, and cold and flu season, the winter months are often a time of reduced donations and an increased risk for blood shortages. National Blood Donor Month celebrates blood donors during this critical time and reminds people of the importance of donating blood.

That’s just one of the reasons that National Blood Donor Month, which has taken place each January since 1970, is such an important observance. Donating blood saves many lives and improves health for many people. According to the World Health Organization,

“Blood is the most precious gift that anyone can give to another person – the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components – red cells, platelets, and plasma.”

What's your blood type? Some examples: O positive donors are needed more often than other blood types. O negative donors are considered "universal donors." AB positive donors are "universal recipients."

If you would like to donate blood or learn more about Blood Donor Month, please visit <https://www.redcrossblood.org/>



## ClientFirst Food for Thought



### Mental Health and Winter Months

The winter months can be beautiful, magical, and full of joy and happiness. However, for a lot of people, the winter months are incredibly difficult.

During winter we all know it gets dark sooner and longer, things aren’t green and lively, and many of us experience an even more difficult time, such as struggling with loss/stress around the holidays.

So, what can you do when you can’t control the weather?

### Take The Time

Take the time to sit with and process some of what you’re feeling.

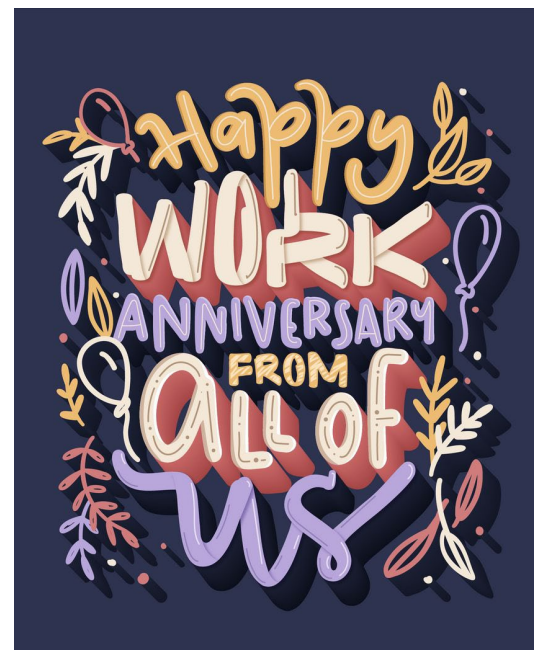
Take the time to do or practice something beneficial to your wellbeing.  
Take the time to love yourself.

Kayce Darling-Jordan Senior Client Services Coordinator

[kdarling@corhealthservices.com](mailto:kdarling@corhealthservices.com)

Tel: (207) 536-2564

## Anniversaries



Congratulations on another year!

Hope Albert, RN - 8 Years

Patrick Connor, PSS - 4 Years

Sanaz Mahmoudi, PSS - 9 Years

Hannah Verill, RN - 2 Years

Roya Hejajian, PSS - 1 Year

Josie Hill, BHP - 1 Year

Gretchen Keyes, RN - 1 Year

## Winter Safety Tips!



The “4 P’s” of winter safety are:

1. **People:** Check on family, friends, and neighbors who are vulnerable.
2. **Pets:** Bring pets inside.
3. **Pipes:** cover and insulate pipes when temperatures are expected to be freezing or below.
4. **Plants:** Bring plants inside if you can or cover them to help them stay warm.

Here are some other winter safety tips:

- **Driving:** Prepare, plan, be patient, and practice. If trapped in your car, stay inside. Limit your time outside. Wear layers of warm clothing, a wind-resistant coat, waterproof shoes, and a hat. Carry a charged cell phone.
- **Clothing:** Wear layers of loose-fitting, lightweight, warm clothing, and a hat. Mittens, snug at the wrist, are better than gloves. Cover your mouth to protect your lungs from extreme cold. Try to stay dry and out of the wind.
- **Other:** Work slowly when doing outdoor tasks. Avoid overexertion when shoveling snow and walking in snow.

## COR Health Welcomes... December Newcomers!



Christina Liberatore, BHP

Haily Keezer, RN

Jessica Swett, BHP

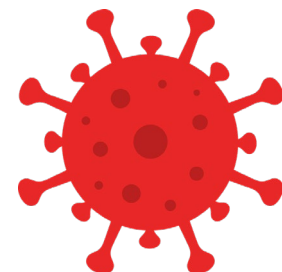
Cheyenne Nadeau, BHP

Cassandra Giguere, BHP

Habibo Ali, PSS

## COVID-19 Policy

### Situations



1. **No known COVID exposures but COVID symptoms are present**  
(applies to staff, clients, & all household contacts **and** applies to all vaccination statuses)
  - a. Immediately obtain testing. If negative, staffing may resume.
  - b. If positive follow outlined protocols below for either # 2 or # 3:
2. **HCW or their Household Contacts (Regardless of vaccine status)**
  - a. COVID Positive- 10 days out of work from date of first symptoms or date of positive test (whichever occurred first.) \*Date of positive test or + symptoms counts as day 0.
  - b. COVID Exposure with no symptoms-10 days out of work from date of exposure with no test OR 7 days out of work from date of exposure if a negative test is obtained between days 5-7. Return to work day 8 \* Date of exposure counts as day 0. Days 8-10 must wear mask. Applies to all COR Health staff.
  - c. If COVID Exposure is ongoing (example: HCW household contact is NOT able to isolate) date of exposure starts the day after the last infected person’s quarantine ends.
  - d. If a staff member has been exposed and has tested positive in the last 30 days and is asymptomatic, no need to quarantine, no test required
  - e. If a staff member has been exposed and has tested positive in the last 31-90 days, and is asymptomatic, may work after a negative test at day 1, day 3, and day 5.

\*\*Reminder to always follow masking requirements.

\*\* Any staff member that is high risk or immunocompromised may opt out of shifts with homes that have had exposures or recent positive Covid.

\*\* Any staff member that has had severe to critical illness requiring hospitalization, will be required to have a physician’s note to return to work.

### 3. **Client and/or their Client Household Members (Regardless of vaccine status)**

- a. **COVID Positive** person in household
  - i. 5 days of isolation and then follow mask requirements. If unable to mask, then 10 days of isolation before staff may return.
  - ii. All members of household must wear a mask for 10 days  
Household contacts should test on day 5 (end of initial persons isolation period) unl
  - iv. No need to pull staff if community exposure and asymptomatic, test on day 5 from exposure and wear a mask 10 days. If symptomatic, test immediately. (If testing positive, staff would then be removed)

\*\*Everyone must be asymptomatic for staffing to resume. If symptoms persist, contact Infection Control Nurse for additional instructions.

From the Personal Care Team

## Fozia Bouh, PSS

January's Employee of the month!

Fozia is a wonderful, very hard-working PSS who is an excellent Caregiver. Taking care of others comes very naturally to Fozia. We have had the privilege of having Ms. Fozia Bouh here at COR Health for 3 years. She is a wonderful asset to the company, and a wonderful advocate for her client. We have appreciated her support and attendance to PSS gatherings, and her commitment to her role and community. We applaud Fozia's dedication to improvement, such as in her EVV submissions, and she is a great representation of COR Health values. She is a strong woman of character and resilience, and we are very thankful for her!

~ Nancy J. Colson, Client Services Coordinator



## COR Health Social Event!



### COR Health Bowling League

It is that time of year, the COR Health Bowling Team is going to take the lanes again! This year there is a league on Monday nights at Broadway Bowl in South Portland, our matches would be at 7:15pm, and the league goes for about 8 weeks and starts on **January 8th**. It is always a great time, with food, drinks, and social time with your coworkers!

If you are interested in participating, please reach out to Jordyn Pomerleau via email at [jpomerleau@corhealthservices.com](mailto:jpomerleau@corhealthservices.com) or TigerConnect! Anyone is welcomed, even if you can only drop in for a few games or so!

## Recent Happenings...

What have we been up to??

### COR Health Holiday Party 2023

COR Health celebrated its annual Holiday get together on December 1<sup>st</sup>. There was food, karaoke, raffles, and lots of time spent with friends! We gave away some awesome gifts to our raffle winners. There were lots of karaoke singers and they walked away with some PTO hours for participating! We look forward to doing this again next year and hope to see everyone there!



Karaoke Participants

### Festival of Lights Parade Bangor, ME

We had a wonderful time at the Festival of Lights Parade in Bangor on Saturday, December 2<sup>nd</sup>. There were lots of singing, dancing, and establishing hope in our community!

Thank you to Assistant Director of Nursing, Tammy Polakowski for hosting the event!

