

The CORrespondent

Latest news and updates from COR Health

Meet Jacoby!

February's Client Spotlight

We are thrilled to share another heartwarming success story from our nursing department. Meet Jacoby, our newest client who just turned one year old! Jacoby's infectious smile and love for people have captured the hearts of our dedicated nursing and TCM teams.

Our ClientFirst approach ensures that Jacoby receives the highest quality care, tailored to his unique needs. Our multidisciplinary team of skilled nurses and case managers collaborate to provide comprehensive care, ensuring his safety and well-being. We understand that every child is different, which is why our teams go above and beyond to create a nurturing and comforting environment for Jacoby.

At COR Health, we believe in QualityFirst, which means we never compromise on the level of care we provide. Our nurses are available 24/7, equipped with the latest technology and knowledge to address any healthcare concerns. We take pride in our compliance with industry regulations, ensuring Jacoby receives the best care possible.

Thank you, COR Health for your dedication to making a difference in the lives of our clients. Your passion and commitment truly exemplify our core values of ClientFirst and QualityFirst!



Black History Month

February 1, 2024 – March 1, 2024

Black History month is an annual celebration of achievements by African Americans. The creation of Black History Month began back in 1915 when Carter G. Woodson, Harvard-trained historian founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to promoting and researching achievements by Black Americans and other peoples of African descent. The group sponsored a national Negro History Week in 1926, selecting the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass.

Decades later, Negro History Week grew awareness with cities, schools, and communities, and evolved into Black History Month by the late 1960s. President Gerald Ford officially recognized Black History Month in 1976, stating to the public "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor through our history." Every U.S. president thereafter as officially designated the month of February as Black History Month. Other countries around the world have also begun celebrating Black History Month, such as Canada and the United Kingdom.

Did you know?

- There are 50,087,750 of Black or African Americans alone or in combination population in the United States in 2022.
- There were 2.0 million of Black civilian veterans in the United States nationwide in 2022.
- 161,031 number of Black-owned employer businesses in the United States in 2021.

The 2024 theme for Black History Month is "Americans and the Arts" celebrating the many impacts Black Americans have had on visual arts, music, cultural movements, and more. To learn more, please visit <https://asallh.org/>

2023 W2 & 1095-C Tax Forms

W2 and 1095-C Tax Forms are now available via your ADP portal to view! Please log into your ADP portal and go to the Pay Tab to view your tax forms. If you are having any issues with viewing the forms, please reach out to Carlos Aristy via TigerConnect or phone at (207) 747-9148

2024 Employee Handbook

COR Health has released a revised version of our Employee Handbook for 2024. Please log into your ADP portal and go to the Policies Tab to view and acknowledge the new Handbook. If you have any issues viewing the Handbook, please reach out to Carlos Aristy via TigerConnect or phone at (207) 747-9148

Infection Control

With the rise in illnesses lately, COR Health would like to remind our caregivers of our COVID-19 Policy.

Please click on the below link to view the current COVID-19 Policy:

<https://acrobat.adobe.com/link/review?uri=urn:aaid:scds:US:b55356a2-583d-360e-bc9d-cfa89e61b226>

HAPPY LUNAR NEW YEAR

Lunar New Year is the beginning of the new year based on the lunar calendar or lunisolar calendar. The lunar calendars follow the lunar phase while lunisolar calendars follow both the lunar phase and the time of the solar year. The event is celebrated by numerous cultures in various ways on diverse dates.

When is Lunar New Year?

The date of *Lunar New Year* differs every year. In 2024 it occurs on February 10th. In many cultures, each year is also associated with an animal from the zodiac. Often the animals are the same across different Asian countries, including China, South Korea, North Korea, Singapore, and Cambodia. See the table below to see which animals are associated with which years.

Year / Lunar New Year Date / Animal

2024	10 February	Year of the Dragon (or Naga in Thailand)
2025	29 January	Year of the Snake
2026	17 February	Year of the Horse



How does the Chinese calendar work?

The Chinese calendar is a lunisolar calendar, which is based both on the Moon's phases and the Earth's orbit around the Sun. The traditional Chinese calendar is used for religious purposes, festivals and for agriculture. Astronomical calculations for the Chinese calendar are based on Latitude 120° E. The Gregorian calendar is also used in the People's Republic of China for administrative and commercial purposes. Unlike most other calendars, the Chinese calendar does not count years in an infinite sequence. Instead, years have names that are repeated every 60 years, corresponding to five repeats of the Chinese zodiac cycle of 12 animals.

Happy Lunar New Year to all who celebrates!!

ClientFirst Food for Thought



Loving Your Job and Loving Yourself, Too

COR Health is full to the brim of hardworking, caring employees who are all very passionate about what they do here. I, for one, can truly say that I love my job.

However, loving your job can sometimes cause you to forget to love yourself, too!

- You may feel the need to overextend yourself to a point that you cannot maintain.
- You may put extra personal pressure on yourself to do the best that you can do.

These will cause stress on you which, after time, will directly impact your ability to see yourself clearly in a light that you deserve. So, make sure you love yourself too.

- Set healthy work/home boundaries.
- Praise your company AND yourself. You're just as important.
- Be mindful of your emotions throughout the day.

If you find yourself not feeling your best, take a second to give yourself some love.

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Anniversaries



Congrats on another year!

Fozia Bouh, PSS - 4 years

Bich Dinh, Admin - 7 years

Andria Foster, RN - 2 years

Abdinoor Hussein, PSS - 9 years

Meagan Patrick, LPN - 2 years

Mary Rolfe, RN - 4 years

Stephanie Thornton, NC - 8 years

James Willigar, RN - 1 year

Holly Wilson, PSS - 1 year

Jordyn Crosby, FS - 7 years

Brianna Leet, BHP - 1 year

Willard Swift, BHP - 1 year

From the Section 28 Team

Todd Smith, BHP

February's Employee of the Month!



Todd has been with COR health for a couple years now and has shown to be reliable and available for his clients! His consistency and flexibility are appreciated. His methods of work are effective and tremendous help to his client and his family. Todd is an overall great team player, and we appreciate working with him!

Thank you, Todd, for your dedication to COR Health's ClientFirst and QualityFirst philosophy!!

COR Health Welcomes... January Newcomers!



- Jennifer Metivier, RN
- Debra Goyette, PSS
- Lucinda Turcotte, CRMA
- Toni Fortmann, CNA
- Joy Soares, RN
- Nancy Bachelder, RN
- Tiernan Nelson, RN
- Caroline Thompson, BHP
- Cecile Guhel, TCM

International Childhood Cancer Awareness Day

FEBRUARY 15th, 2024



International Childhood Cancer Day (ICCD) is a global collaborative campaign, held annually on February 15, to raise awareness about childhood cancer and its unique challenges. While demonstrating support for children and adolescents with cancer, survivors, and their families worldwide, ICCD also highlights the importance of community participation and support in tackling challenges related to childhood cancer.

“Don't stay thinking, ACT NOW!” Every year 400,000 children are diagnosed with cancer. Every year there are 400,000 children and families whose lives will change dramatically with this diagnosis. All these families will do the impossible to save their children.

Cancer is a leading cause of death for children and adolescents. The likelihood of surviving a diagnosis of childhood cancer depends on the country in which the child lives: in high-income countries, more than 80% of children with cancer are cured, but in many low- and middle-income countries, less than 30% are cured.

The reasons for lower survival rates in low- and middle-income countries include:

1. Delay in diagnosis.
2. Inability to obtain an accurate diagnosis.
3. Inaccessible therapy.
4. Abandonment of treatment.
5. Death from toxicity (side effects).
6. Avoidable relapse.



Improving access to childhood cancer care, including to essential medicines and technologies, is highly cost effective, feasible and can improve survival in all settings.

What causes cancer in children?

Cancer occurs in people of all ages and can affect any part of the body. It begins with genetic change in single cells, that then grow into a mass (or tumor), that invades other parts of the body and causes harm and death if left untreated. Unlike cancer in adults, the vast majority of childhood cancers do not have a known cause. Many studies have sought to identify the causes of childhood cancer, but very few cancers in children are caused by environmental or lifestyle factors. Cancer prevention efforts in children should focus on behaviors that will prevent the child from developing preventable cancer as an adult.

Some chronic infections such as HIV, Epstein-Barr virus, and malaria, are risk factors for childhood cancer. They are particularly relevant in low- and middle-income countries. Other infections can increase a child's risk of developing cancer as an adult, so it is important to be vaccinated (against hepatitis B to help prevent liver cancer and against human papillomavirus to help prevent cervical cancer) and to pursue other methods such as early detection and treatment of chronic infections that can lead to cancer.

Current data suggest that approximately 10% of all children with cancer have a predisposition because of genetic factors. Further research is needed to identify factors impacting cancer development in children.

National Caregivers Day

February 16, 2024

National Caregivers Day was founded in 2015 by the Providers Association for Home Health and Hospice Agencies (PAHHHA). The first year National Caregivers Day was observed was in 2016 and was proclaimed to be observed the third Friday of February every year going forward. National Caregivers Day was created to honor all the individuals who provide personal, physical, and emotional care and support to those who need it most.

There are different types of caregivers who are not just limited to the health sector. The types of caregivers are family caregivers, professional caregivers, independent caregivers, private-duty caregivers, and informal caregivers. Some of them are not always paid, which is why it is essential for us to appreciate and thank them for their long-term commitment to providing care for those in need!

5 Ways to Thank a Caregiver:



1. A thoughtful "Thank you" card
2. A warm meal
3. A fresh bouquet of flowers
4. A clean home
5. Encourage self-care

COR Health would like to recognize all our caregivers and the hard work and dedication they provide to our clients every day! We appreciate all that you do!

Leap into Fun: Celebrating the Quirkiness of Leap Year Day

Every four years, our calendar gets a little bonus day, and it's called Leap Year Day! February 29th, that elusive extra day, is a quirky phenomenon that has puzzled and amused people for centuries.

Why Do We Have Leap Year Day? The Earth's journey around the sun takes approximately 365.25 days. To keep our calendars in sync with this celestial waltz, we add an extra day every four years. This adjustment helps prevent our seasons from gradually drifting out of sync with the calendar.

Leap Year Babies: Born to Celebrate! Leap Year Day is extra special for those born on February 29th, also known as "leap day babies" or "leaplings." These folks only get to celebrate their actual birthdays every four years, which makes their birthdays a rare and unique occurrence.

Leap Year Traditions: Leap Year Day has inspired various customs and traditions worldwide. In Ireland, it's said that women can propose to men on February 29th, turning the tables on the conventional gender roles. This tradition is said to date back to the 5th century when St. Brigid complained to St. Patrick that women had to wait too long for suitors to propose.

So, there you have it - the lowdown on Leap Year Day, that extra-special date that keeps our calendars in check and provides a touch of whimsy to our lives. Whether you're celebrating a rare birthday, participating in a leap-themed event, or just taking a leap of faith in your own life, Leap Year Day is a reminder that sometimes, the best things happen when we take a leap into the unknown. Cheers to the quirkiness of our calendar and the joy that comes with an extra day of fun every four years!

COR Health Social Event!

COR Health Bowling League



The COR Health Bowling Team has taken 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. 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 or TigerConnect! Anyone is welcomed, even if you can only drop in for a few games!

On-Call Reminder

Please follow the prompting; Press 1 if you need immediate assistance (e.g. schedule change, infection control questions, calling out, incident report, etc.) or 2 for general mailbox for calls that can be returned during business hours. You need to leave a voicemail for On-call staff to return your call within 15-20 minutes. If you need a shift inputted and On-Call staff does not return your call immediately, you should use telephony until they call you back.

Did you find the Cuke in our January issue??

Shout out to one of our Admins, Carlos Aristy, Director of First Impressions, 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 wearing cucumber. Find the cuke, and the prize may be yours! Highlight or screenshot to Bich Dinh via TigerConnect for an entry in this month's Find the Cuke contest.