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The CORrespondent

Latest news and updates from COR Health

Issue #25



Irish Heritage Month is an annual observance originating in the United States, where it is known as Irish American Heritage Month. It has received official recognition from governments in the United States and Canada. It was first celebrated by proclamation of the President and Congress in the United States to honor the achievements and contributions of Irish Americans. The heritage month is in March to coincide with Saint Patrick's Day, the Irish national holiday on March 17. Heritage Months are usually proclaimed by nations to celebrate centuries of contributions by a group to a country.

Congress passed a subsequent law to designate March 1992 Irish American Heritage Month. They did the same for the years 1993-1996 too. But since 1997, presidents have simply issued proclamations declaring its observance. The first proclamation in 1991 was issued by the 41st president, George H. W. Bush, who has Irish ancestors from county Down. He spoke of the 300,000 Irish natives who had emigrated to the US prior to the birth of the nation in 1776. Irish Americans not only helped to win America's Independence but also helped to fashion a system of government for our young nation.

The joint resolution which first brought it into law referred to influential Irish figures from American history, including James Hoban, who designed the White House; Charles Thomson, the Secretary of the Continental Congress and the eight Irish signatories of the Declaration of Independence.



Saint Patrick's Day is a Catholic religious holiday that honors the saint, who introduced Christianity to Ireland in the early fifth century. It has developed in the United States as a celebration of all things Irish. With large ethnic Irish populations, Boston and New York City both claim the world's first Saint Patrick's Day parade, while Philadelphia claims to be the second oldest behind New York City. In New York City, it occurred on March 17, 1762, featuring Irish soldiers serving in the British military protecting the Colonies during the French and Indian War. In 1948, President Harry S. Truman, of Scottish descent, attended the New York Saint Patrick's Day parade and gave a speech to attendees. This was a proud moment for the many Irish whose ancestors had to fight stereotypes and prejudice to find acceptance in the United States. In 1960 John F. Kennedy was elected as the first Irish American Catholic President; in 1961 he was in New York to review the Saint Patrick's Day Parade.



Down Syndrome is a condition in which a person has an extra chromosome. Chromosomes are small "packages" of genes in the body. They determine how a baby's body forms and functions as it grows during pregnancy and after birth. Typically, a baby is born with 46 chromosomes.

Babies with Down syndrome have an extra copy of one of these chromosomes, chromosome 21. A medical term for having an extra copy of a chromosome is 'trisomy.' Down syndrome is also referred to as Trisomy 21. This extra copy changes how the baby's body and brain develop, which can cause both mental and physical challenges for the baby.

Some common physical features of Down syndrome include:

- A flattened face, especially the bridge of the nose
- Almond-shaped eyes that slant up
- A short neck
- Small ears
- A tongue that tends to stick out of the mouth.
- Tiny white spots on the iris (colored part) of the eye
- Small hands and feet
- A single line across the palm of the hand (palmar crease)
- Small pinky fingers that sometimes curve toward the thumb
- Poor muscle tone or loose joints
- Shorter in height as children and adults

To learn more about Down Syndrome, please visit <https://www.worlddownsyndromeday.org/>

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

Requesting Time Off

Plan ahead! With warmer weather around the corner and everyone planning vacation, make sure to submit your time off request two weeks in advance to provide adequate time for office staff to find coverage for your client(s) and for PTO approval.

Follow this [Attachment](#) to learn how to properly request PTO through your ADP portal.

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

Ramadan

Beginning March 10th - April 9th

What Is Ramadan?

Ramadan commemorates the month during which Muslims believe the prophet Muhammed was given the first revelations of the Quran, the holy book of Islam, from the angel Gabriel. It's an extremely important month in the Muslim year. During this time, Muslims fast during daylight hours (no food or drink—even water—permitted from dawn to sunset) and strive to avoid any impure thoughts or immoral behavior. Participating in this observance is one of the five pillars of Islam, meaning that it is required for all healthy adult Muslims.

What is the Purpose of Ramadan?

This holy month is a time for introspection. Muslims are encouraged to be thankful for what they have and to remind themselves of others who are less fortunate. Ramadan is also intended to bring Muslims closer to their faith and to Allah ("God").

When is Ramadan?

Ramadan occurs during the ninth month of the twelve-month Islamic calendar, which follows the phases of the moon. This calendar doesn't align with the Gregorian calendar used by much of the world, so observance of this holy period doesn't start or end on the same day each year. In fact, it begins 11 days earlier every Gregorian calendar year and eventually passes through all calendar months over time.



Ramadan ends in a festival called Eid-al-Fitr, or the Festival of Breaking the Fast. Muslims celebrate and give thanks for the strength Allah imparted in them during fasting. Children receive presents and new clothes, and young girls may decorate their hands with henna.

What are the rules for eating and fasting during Ramadan?

Eating times. Fasting Muslims eat a pre-dawn meal called suhur and a post-sundown meal called iftar. For iftar, dates and water or milk are often consumed before the dinner itself. Everyone is also allowed to snack and hydrate between dusk and dawn. At sunrise, the fasting day begins again.

Fasting exceptions. Only healthy adults are required to fast during Ramadan. Children, the elderly, those mentally or physically incapable of fasting, pregnant or breastfeeding women, and travelers are not expected to fast.

CLIENT FIRST FOOD FOR THOUGHT



DELIBERATE POSITIVITY

Have you been struggling to stay positive?

With all the stressful things going on in the world and in our daily lives, it can sometimes feel almost impossible to remain positive, especially when you feel everything is going wrong.

So, how can you help change this?

Be deliberately positive!

Instead of saying phrases like: "I HAVE to work today." or "It's ONLY Wednesday."

Try saying: "I GET to work today!" or "It's ALREADY Wednesday!"

You may not be able to control your day, but you can control how you look at it!

Kayce Darling-Jordan
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Anniversaries



Congrats on another year!

Isaiah Deschambault, PSS
11 Years

William Joson, RN
3 Years

Lisa Starostecki, RN
5 Years

Wantana Theerathampitak,
RN
3 Years

Nancy Colson, Admin
2 Years

Linda Son, Admin
2 Years

Daphne Labbe, TCM
1 Year

Ashley Bouffard, CNA
1 Year



From Medical Staffing

Kailah Malcolm, CNA

March's Employee of the Month!

Since I took over Medical Staffing, Kailah has illustrated excellent communication, professionalism, and is often requested by facilities. She exemplifies the COR Health values by her dependability and flexibility, important traits when working agency staffing. She frequently picks up additional shifts and is quick to respond for shift inquiries. I have heard nothing but great things about her from the facilities she works at. Keep up the great work Kailah, I am lucky to have you on my team!

- Bryanna Bride, Supervisor

COR Health welcomes... February's Newcomers!



Sacid Abdullahi, PSS

Jennifer Potter, RN

Alonda Pescatore, CNA

Julie Mooney, CNA

Jessica Withee, RN

Michelle Hamor, RN

Elizabeth Pagan Rivera, PSS

Nicholas Powers, RN

Comments from Facilities:

"Kailah always looks professional, always prepared for situations, positive attitude, gets along well with all staff, the residents love her, did I say love her... she has an infectious laugh!"

"She is a very kind and sweet person, not just to her residents, but to staff as well. You can tell she cares and loves her job. Reliable and always willing to go the extra mile!"

National Vaccination Day

March 16th 2024

Mark your calendars for March 16, because it's National Vaccination Day! This day is not only a reminder to get vaccinated and protect us from preventable diseases, but it also celebrates the incredible impact vaccinations have had on public health over the years. Did you know that smallpox, one of the deadliest diseases in history, was eradicated thanks to widespread vaccination efforts? It's just one example of how vaccines have saved countless lives and continue to do so. So, let's give a big round of applause for this life-saving medical advancement and make sure we stay up to date with our shots!

National Vaccination Day Timeline



1796

First Successful Vaccination

Edward Jenner successfully demonstrated the process of vaccination using cowpox to protect against smallpox.

1885

Rabies Vaccine Development

Louis Pasteur developed the first successful vaccine for Rabies.

1955

Polio Vaccine Invented

Jonas Salk developed the first effective vaccine for Polio.

1974

Expansion of Immunization Program

World Health Organization (WHO) launched the Expanded Program on Immunization to ensure that all children have access to routinely recommended vaccines.

1995

Hepatitis A Vaccine Approved

The Food and Drug Administration (FDA) approved the first Hepatitis A vaccine in the United States.

2020

COVID-19 Vaccine Development

Multiple COVID-19 vaccines were developed and began distribution in record time amid the global pandemic.

5 Miraculous Facts for National Vaccination Day

1 Vaccines have curbed child mortality rates globally

According to UNICEF, currently, immunizations save 2-3 million lives every year. They have significantly reduced child mortality rates worldwide, especially from diseases like measles and polio.

2 Vaccines eradicated smallpox

Smallpox is the first and only disease that has been eradicated by human effort. This was made possible in 1980 through a worldwide vaccination campaign led by the World Health Organization.

3 Vaccines contribute greatly to herd immunity

Herd immunity occurs when a high percentage of the population is vaccinated. It is critical to shutting down disease transmission thereby providing protection to individuals who cannot get vaccinated, such as newborns or those who are severely immunocompromised.

4 Vaccine development requires rigorous safety tests

Before being approved and distributed, vaccines go through an intense process of research and testing for years, often including three phases of clinical trials, to ensure safety and efficacy.

5 Vaccines have large economic benefits

By preventing sickness, vaccines reduce healthcare costs and increase economic productivity. According to the CDC, child immunizations in the US will save nearly \$295 billion in direct costs and \$1.38 trillion in societal costs.

Meet Sebastian!

March's Client Spotlight



Click the video above to meet Sebastian!

Sebastian is a fun loving 5-year-old who loves spending time with his family. When he's not at school, his favorite place to be is the trampoline park. He is growing up fast, and learning all about the things that are important to his self-care!

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

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 Crosby via email at jcrosby@corhealthservices.com or TigerConnect! Anyone is welcomed, even if you can only drop in for a few games!

Recent happenings

What have we been up to??

CORCares ~ Volunteering

Recently, a group of COR Health staff was able to spend some time at Maine Needs, located in Portland. Maine Needs is a grassroots organization, powered by a growing collective of volunteers. They help individuals and families in Maine who are starting life over from scratch meet their basic material needs by providing donated clothing, hygiene products, household items, and other necessities. Our staff had an amazing time coming together and donating a few hours to this great organization helping Mainers get back on their feet!

To learn more about Maine Needs, please visit the link below!

<https://www.maineneeds.org/>



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 February issue??

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

~ ~ ~

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.