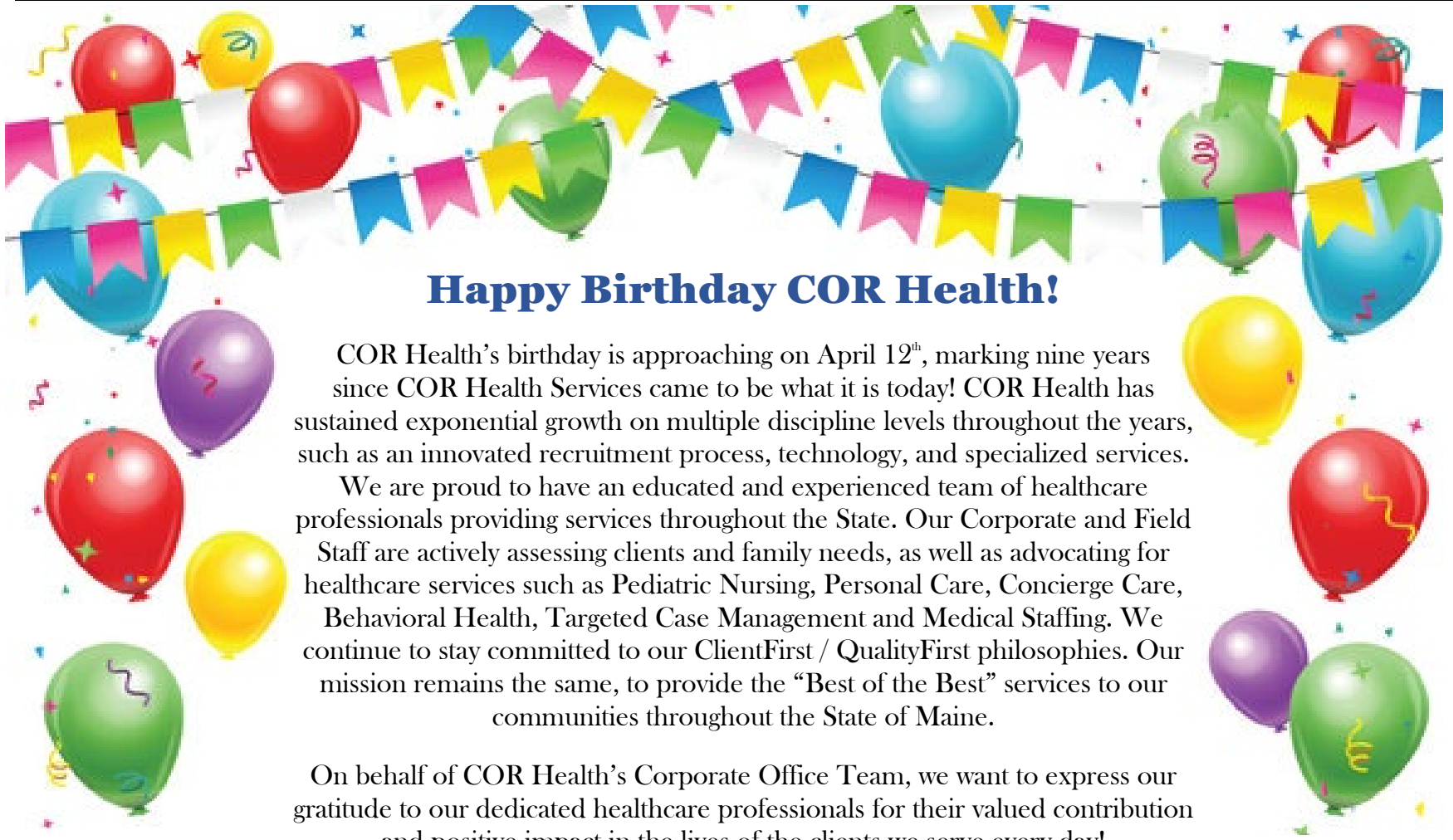


Monday, April
1, 2024

The CORrespondent

Latest news and updates from COR Health

Issue #26



Happy Birthday COR Health!

COR Health's birthday is approaching on April 12th, marking nine years since COR Health Services came to be what it is today! COR Health has sustained exponential growth on multiple discipline levels throughout the years, such as an innovated recruitment process, technology, and specialized services.

We are proud to have an educated and experienced team of healthcare professionals providing services throughout the State. Our Corporate and Field Staff are actively assessing clients and family needs, as well as advocating for healthcare services such as Pediatric Nursing, Personal Care, Concierge Care, Behavioral Health, Targeted Case Management and Medical Staffing. We continue to stay committed to our ClientFirst / QualityFirst philosophies. Our mission remains the same, to provide the "Best of the Best" services to our communities throughout the State of Maine.

On behalf of COR Health's Corporate Office Team, we want to express our gratitude to our dedicated healthcare professionals for their valued contribution and positive impact in the lives of the clients we serve every day!

From the Nursing Team

Wantana (May) Theeranthampitak, RN

April's Employee of the Month

May is such a delight to work with! She is always so friendly and kind, and incredibly understanding! She goes above and beyond for her clients and is never one to back down from a challenge. Her passion for her job shines in everything she does, and she is a tremendous asset to the COR family! Not only does COR appreciate May but look what her client has to say about her as well!

"She's been doing a great job! Along with being caring, she pays a lot of attention to detail, which is great. I never have to worry about meds or supplies because she's right on top of ordering. Also, I can always rely on her to be here on her scheduled days, and she's never been late! It's a pleasure having her here."

Thank you, May, for your ongoing exceptional work!



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.

Time to File Your Taxes!

The deadline to file your taxes is April 15th!

W2 and 1095-C Tax Forms are 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.

Did you find the Cuke in our February issue??

Shout out to one of our nurses, Kathleen Foley, 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 contest!

Get Organized Day: Embracing Chaos with Practicality

On April 26th, we celebrate Get Organized Day! Whether you're a tidy guru or a proud member of the "Where Did I Put That?" club, this is our moment. For the clutter-lovers, fear not! Get Organized Day isn't about ditching chaos; it's about adding structure to the madness. And for the brave souls diving into tidiness, today's your time to shine. Conquer that inbox, tame the cable jungle, and find the bottom of your laundry hamper!



Here are some tips:

The 10-Second Rule: If it's not found in 10 seconds, it's gone forever. Buy a replacement and move on.
Practical Tip: Designate specific places for frequently used items to minimize search time.

The "Miscellaneous" Strategy: For the unclassifiable, toss them into a "Miscellaneous" folder and pray for retrieval later.
Practical Tip: Regularly declutter and assign items to specific categories to avoid the miscellaneous black hole.

The Inbox Shuffle: Dump all unread emails into a "To be Ignored" folder. Out of sight, out of mind!
Practical Tip: Schedule regular email clean-up sessions to prioritize and respond to important messages promptly.

The Under-the-Bed Shuffle: Quick tidy? Shove everything under the bed. Who needs Feng Shui anyway?
Practical Tip: Utilize under-bed storage containers for seasonal items or things you rarely use to keep them out of sight but accessible.

The "Later" Promise: Why clean now when tomorrow beckons with new messes?
Practical Tip: Implement a daily 10-minute tidy-up routine to maintain a clutter-free space without overwhelming yourself.

Let's celebrate chaos with a side of structure. Happy Get Organized Day!

CLIENT FIRST FOOD FOR THOUGHT



SPRING FORWARD INTO SELF CARE!

With Spring right around the corner, what better way to bring in the new season with some self-care!

Here are some tips!

- Declutter - A decluttered environment supports a decluttered mind!
- Set Realistic Goals - Start off small and work your way up!
- Practice Pausing - Make time to stop and appreciate all that Spring brings!
- Be Patient - Spring takes its time, it's ok if you do too!

Well supported minds mean better supported clients!

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

Anniversaries



Congrats on another year!

Nelly Aleshechkina, PSS - 15 Years

Bridget McNamara, RN - 8 Years

Ella Rundin, PSS - 10 Years

Nahida Sayed, PSS - 15 Years

Najla Sayed, PSS - 4 Years

Kelly Bridges, TCM - 3 Years

Miranda Remick, TCM - 3 Years

Mackenzie Bowden-Damon, BHP - 5 Years

Rebecca Doggett, BHP - 1 Year

Allyson Keown, BHP - 1 Year

Earth Day

April 22, 2024



Important facts about Earth Day

- First celebrated was in 1970.
- Earth Day Is the Largest Secular Observance in the World.
- It is an important reminder that our climate change has a major impact on our planet, lives and future.
- April 22nd is also the day the spring equinox occurs throughout the rest of the world (per national geographic).
- **Why April 22nd?** The day was chosen by the original event's organizer, U.S. Senator Gaylord Nelson (for the state of Wisconsin). Earth Day was an event focused on college students. April 22nd did not interfere with Spring Break, final exams, major religious holidays such as Easter, and was late enough in spring to anticipate decent weather for outdoor activities.

COR Health Welcomes... March's Newcomers!



- Paige Lindsay, RN
- Sandra DeMoura, BHP
- Muatum Kafita, PSS
- Maurisa Clavet, PSS
- Danielle Schinn, RN
- Hannah Rittenhouse, RN
- Theresa Haggett, RN
- Louciana Bradbury, PSS
- Kingkaew Iamnumsin, CNA

DIVERSITY MONTH

WHAT'S DIVERSITY?

Diversity is any characteristic, dimension, or view that can be used to differentiate groups of people. Diversity can range from things that make us unique, like physical abilities, to things that shape how we view the world, like *culture, race, gender, or beliefs*. In modern conversations, diversity is often mentioned in the context of embracing a broad range of experiences and accepting that differences don't mean someone, or something is inferior.

Diversity is often used in parallel with the terms **equity** and **inclusion**. Used in conjunction with the terms diversity and inclusion, *equity* means recognizing that not everyone starts from the same place and that we can make accommodations to help account for imbalances.

Inclusion, as it relates to diversity and equity, refers to a sense of belonging created by a safe and welcoming environment. In a diverse, equitable, and inclusive workplace, everyone has access to opportunities—to safely speak, disagree, and contribute—as well as resources they may otherwise be excluded from, especially by circumstances they can't control.

CULTURAL DIVERSITY

Cultural diversity is synonymous with multiculturalism. *Multiculturalism* is defined as, “the view that cultures, races, and ethnicities, particularly those of minority groups, deserve special acknowledgment of their differences within a dominant political culture.”

The importance of cultural diversity can be interpreted based on these related actions:



- Recognizing that there are many cultures that exist.
- Respecting each other's differences.
- Acknowledging that all cultural expressions are valid.
- Valuing what cultures have to bring to the table.
- Empowering diverse groups to contribute.
- Celebrating differences, not just tolerating them.

Benefits Of Cultural Diversity

The world is naturally multicultural. Approaching cultural diversity with a mindset and actions that embrace this fact leads to many benefits, like:

Compassion: Communication and understanding of differences lead to increased compassion instead of judgment.

Innovation: Varied perspectives and lens of looking at the world lead to innovative thinking.

Productivity: People who come together and bring their own style of working together tend to support a more productive team.

New Opportunities: Diversity opens the door to new opportunities and the blending of ideas which would otherwise have been homogeneous.

Problem-Solving: Challenges are layered, so having people with different backgrounds can lead to better problem-solving with richness of opinions.

LET'S CELEBRATE A WORLD OF DIVERSITY AND PEOPLE

COR Health Social Event!

COR Health Softball



At COR Health we have a work hard, play hard mentality and we are looking forward to our annual COR Health Softball team to kick off the season this upcoming May! The teams' games are played on Monday evenings starting May 4, 2024, the regular season will last 10 weeks, and the playoff season will last 2 to 3 weeks (weather dependent). The games are played around the Portland area at either Payson Park (Portland), Fraser Field (Westbrook), or Kiley Field (Portland)! The games rotate start times each week and either start at 6:30pm, 7:45pm, or 9:00pm! We look forward to hopefully having you a part of the COR Health Softball Team!

If you are interested in participating or want to come watch a game, please reach out to Jordyn Crosby via TigerConnect!



COR Health is happy to announce that we are continuing our Platinum Sponsorship to The Center in Kennebunk. With that, we would like to give back to our staff and community by providing eight (8) memberships to [The Center](#) to any staff or friend/family member that is age 50 or older. The Center has many daily, weekly, and monthly events like wine tasting, knitting groups, walking clubs, and luncheons and is a great way to get out in the beautiful community of Kennebunk! First come first serve, limit one per staff inquiry.

If you are interested, please reach out to Bryanna Bride via TigerConnect!

Recent Happenings

What have we been up to?

COR CARES Volunteering Event

COR Cares Volunteering team has demonstrated once again the importance of making a difference in the local community and helping those in need.

On March 18, 2024, COR Health and a team of corporate volunteers supported **Preble Street** in washing, preparing and sorting several produces in the kitchen. As well as putting together bags with nutritional snacks and utensils. The COR Cares volunteering team enjoyed their collaboration with other volunteers in the kitchen!



Volunteers (left to right): Lindsay Banks, Section 28 Field Supervisor, Nancy Colson, CSC Personal Care, and Linda Son, LCSW. Photographer: Carlos Aristy, Director of First Impressions.

Congratulations to our COR Health Bowling Team!!

Please help us congratulate our COR Health Bowling Team who was crowned this season's Bowling Champions this past month in March! For the last few years, COR Health has been participating in the Casco Bay Bowling League. This fun opportunity is open to all employees! Keep a look out for future updates on next year's league!

