

Women's Equality Day

August 26th

As August 26th approaches, COR Health is excited to celebrate Women's Equality Day! This special day is dedicated to recognizing the strides women have made toward equality and the ongoing journey to achieve true equality.

Women's Equality Day is all about highlighting the achievements, contributions, and advancements of women in various fields. From groundbreaking scientists and influential politicians to inspiring activists and everyday heroes, women continue to shape our world in incredible ways.

Here are a few fun ways to join in the celebration:

1. **Read a Book by a Female Author:** There are countless amazing books written by women that can inspire and empower. Pick up a new read and dive into a story that celebrates women's voices.
2. **Support Women-Owned Businesses:** Whether it's your favorite local coffee shop or an online



store, make a point to support women entrepreneurs on this day

3. **Learn About Women in History:** Take some time to learn about the trailblazers who have paved the way for future generations. Their stories are powerful and remind us of the importance of equality.
4. **Spread Positivity:** Acknowledge the women in your life and their achievements. A simple compliment or a word of encouragement can go a long way.

Let's use this day to reflect on the progress we've made and the work still to be done. Together, we can continue to support and uplift the women in our lives and communities.

Happy Women's Equality Day!

From the Nursing Team

Arthur Edgecomb, RN

August's Employee of the Month

Although Arthur has been with COR Health for only a few months, he has already shown his level of professionalism and ClientFirst mentality to the team and clients!

He truly wants what is best for his client and has been a great advocate.

We are lucky to have you on board Arthur, you are a great asset to the COR Health family!!



Office Closure

The COR Health Office will be closed on **Monday, September 2nd**, in recognition of Labor Day!

If you need immediate assistance on this day, please call our On-Call Service at (207) 347-6106.

Flu Season is just around the corner!

Employees (full time, part time, per diem) who work in the home health department (including corporate staff) are required to either be vaccinated or provide a medical waiver by **October 15** of each calendar year. Any employee not vaccinated by October 15, will be ineligible to work until they comply. COR Health encourages vaccinations for all staff but does not require it for BHP, TCM, and PSS staff.

Please send in your vaccination record to Bich Dinh, People Services Team Leader via TigerConnect or email at bdinh@corhealthservices.com.

Infection Control:

WORLD MOSQUITO DAY

AUGUST 20, 2024

Diseases that are spread by mosquitos are Zika Virus, West Nile Virus, Dengue, Malaria, and encephalitis

Mosquito myths:

1. Mosquitos are not a health problem in the U.S.
 - Mosquito illnesses have tripled in the U.S. in the last 13 years.
2. Both males and females bite.
 - Only females bite.
3. Alcohol does not affect attractiveness.
 - Only one 12 oz beer makes you more appetizing
4. Citronella will protect you.

- It is only minimally effective.
- 5. All repellents work well.
 - DEET is really the only one that is effective. For a natural deterrent, Oil of lemon, eucalyptus, and mints work well.
- 6. Your clothing doesn't attract them.
 - Yes, they prefer dark clothing. They dislike loose-fitting, light colors
- 7. Mosquitos are in every part of the world.
 - There has never been a mosquito sighting in Antarctica. It is the only place in the world where there are no mosquitos.



National Senior Citizens Day

August 21st

Our senior citizens are pioneers of science, medicine, psychology, civil rights and so much more. Their valuable contributions to our communities create better places to live. They deserve the respect and dignity their achievements earn them.

At COR Health, we encourage you to spend time with senior citizens you know. Let them know they are appreciated and loved. It may also be a good day to volunteer at a retirement home. Share your smile with those who may not otherwise get a visiting family or friend on this day.

Fun Activities to Enjoy this National Senior Citizens Day

Taking a Nature Walk: The benefits of walking include stress relief, promoting a better night's sleep, and improved cardiovascular endurance. Being out in nature helps lower blood pressure, increase physical fitness, and speed up the recovery process.

Have a Picnic Event: Plan a picnic or cookout with them right in their backyard and invite some friends and family. Once your delicious and nutritious meal is ready, spend time talking, sharing stories, or fondly reminiscing about days gone by while enjoying your culinary creations.

Visit a museum: Taking an older veteran to a war museum will allow them to think back to when they proudly served their country. No matter what museum you choose to visit, being there can have a positive effect on your senior's physical and emotional health.

Art and Craft Projects: Doing arts and crafts can be therapeutic for older adults – starting with the fact it helps improve their motor skills.

Watch Old Movies: Watching movies is a relaxing indoor activity that will allow them to escape from life's stressors for a while.



Anniversaries

Congrats on another year!

Chelsea Blackwell, RN - 8 Years

Mary-Frances Brown, Admin - 3 Years

Khaleda Deschambault, PSS - 13 Years

Glenda Figueroa-Ramirez, PSS - 6 Years

Kathleen Foley, RN - 7 Years

Paul McMullan, Admin - 4 Years

Susan White, Admin - 11 Years

Jessie Cooper, Admin - 8 Years

Kathryn Ackerson, BHP - 1 Year

Brianna Davin, RN - 2 Years

Morgan Little, RN - 2 Years

Julia Martin, TCM - 1 Year

Nyree O'Donald, RN - 1 Year

Todd Smith, BHP/PSS - 2 Years

Marguerite Walker, RN 2 Years



Meet Riley!

August's Client Spotlight

Riley is 13 years old and will be entering 7th grade this fall! She loves Ramen noodles, Chinese food, and chocolate shakes. Her favorite place to be is home. Riley's favorite thing to do in the summer is catch frogs, go swimming and swinging. She has two goldfishes, a beta fish, and a few other fishes! Riley's interests include deer, sketching, and drawing!



COR Health Welcomes... July's Newcomers!



- Lori St. Hilaire, RN
- Anya Davis, CNA
- Lydia Grant, RN
- Samantha Saucier, BHP
- Kalisha Simpson, RN
- Lauren McKenny, Field Supervisor
- Jordan Lyerla, TCM
- Melvir Joaquim, PSS
- Sarah Lachance, CNA
- Lisa Pooler, BHP

NATIONAL FINANCIAL AWARENESS DAY

AUGUST 14TH

Are you saving for retirement but uncertain where every penny is going? Do you live from paycheck to paycheck? Whatever your financial situation may be, it is time to look at the big picture and commit to becoming more aware of your spending. Most of us like to wait until our birthday or the new year to plan our finances but today is a great time to start. August 14 is National Financial Awareness Day and a good reminder to take investing and saving seriously to build financial stability and prepare for the future. "We live in a world of financial illiteracy" which means that most of us do not possess the knowledge and skills that are necessary to make informed and effective financial decisions with our existing financial resources.



- 58% - the percentage of Americans who have less than \$1,000 saved.
- \$2,000 - the average emergency savings millennial Americans have.
- 20% - the percentage of Americans who don't save any of their annual income.
- 50% - the percentage of American households who live paycheck to paycheck.
- 32% - the percentage of U.S. families who maintain a household budget.
- \$1 Trillion - the total credit card debt held by Americans.



8 SIMPLE WAYS TO SAVE MONEY:

- ✓ **Record your expenses** - The first step to start saving money is figuring out how much you spend. Keep track of all your expenses—that means every coffee, household item and cash tip as well as regular monthly bills.
- ✓ **Include saving in your budget** - Identify nonessentials, such as entertainment and dining out, that you can spend less on. Look for ways to save on your fixed monthly expenses, such as your car insurance or cell phone plan, as well. Other ideas for trimming everyday expenses include searching for free activities, review recurring charges, Examine the cost of eating out vs. cooking at home, and wait before you buy.
- ✓ **Set savings goals (short-term & long-term)** - Emergency fund (three to nine months of living expenses), vacation or down payment for a car. Down payment on a home or a remodeling project, your child's education or retirement.
- ✓ **Determine your financial priorities** - Learning how to prioritize your savings goals can give you a clear idea of how to allocate your savings.
- ✓ **Pick the right tools** - A savings account or certificate of deposit (CD), which locks in your money for a fixed period of time at a rate that is typically higher than that of a savings account. FDIC-insured individual retirement accounts (IRAs) or 529 plans, which are tax-efficient savings accounts.
- ✓ **Make saving automatic** - Direct deposit funds/transferring funds between Checking/Savings accounts.
- ✓ **Watch your savings grow** - Review your budget and check your progress every month.



August 15th is National Relaxation Day - a day dedicated to unwinding and de-stressing. And let's be honest, we all deserve a little R&R, especially given the amazing work we do every day. Here are some fun ways to relax:

1. Couch Potato Mode: Grab a cozy blanket, your favorite snacks, and binge-watch that TV show you've been meaning to catch up on. Don't forget the remote!

2. DIY Spa Day: Light some candles, put on a face mask, and soak in a bubble bath. If you're lucky, you might even get a foot massage!

3. Nature Time: Take a leisurely stroll in the park or your backyard. Enjoy the fresh air and maybe even hug a tree - they give the best hugs!

4. Dance Party: Turn up your favorite tunes and dance like no one's watching. It's a great way to blow off steam and have some fun.

5. Read (or Pretend To): Pick up that book you've been meaning to read. Or just flip through the pages and daydream - it's the thought that counts!

Remember, relaxation is all about taking time for yourself and doing what makes you happy. This National Relaxation Day, let's all take a moment to relax and recharge. You've earned it!

Recent Happenings!

What have we been up to??

COR Health's CORCares Volunteering Team joined efforts this past July to keep the natural environment surrounding Scarborough Marsh and Trails pristine and safe for everyone enjoying the Best of Maine!

As a team, we walked several miles on a trail crossing this spectacular marsh, collecting debris and trash left behind by visitors.

We want to acknowledge our Naturalist Volunteering Team at COR Health for their dedication and respect to nature and wildlife. COR Care Volunteers: Bryanna Bride, Hanna Goulet, Nancy Colson, Carlos Aristy and Dhafir Johnson!



COR Health Social Event!

Are you ready to mix a little "play" with all that "work"? Join COR Health for a summer evening at a Portland Sea Dogs baseball game, and let's enjoy some fun, food, and fantastic company together!

Date: Friday, August 23, 2024, at 6pm

Location: Hadlock Field in Portland

Who: You + a friend or family member

Food & Drink: Free all-you-can-eat hamburgers, hot dogs, pulled BBQ chicken sandwiches, Coleslaw, beans, Coca-Cola products, Sea Dog biscuits, and adult beverages for purchase

Click the link below to learn more and register now: <https://corhealth.site/register-now--seadogs-82324>



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 July issue??

Shout out to one of our corporate members, Mary-Frances Brown, 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.