

## IT'S SUMMER AGAIN! DON'T FORGET SWIMMING SAFETY!

1. Always swim in a lifeguarded area.
2. Never swim alone, regardless of your age or level of swimming skills.
3. Keep within your fitness and swimming capabilities
4. Be aware of weather and water conditions and heed warnings.
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### HOW TO USE A LIFE JACKET (Adult & Children)

- Select the right life jacket for the type of water activity.
- Make sure it is U.S. Coast Guard approved (Check for the stamp on the life jacket)
- Make sure it fits the intended user: check for the label on the life jacket for weight and size limits
- Check buckles and straps for proper function. Discard any life jacket with torn fabric or loose straps.
- Put it on and practice swimming with it.



## Happy Independence Day!

Independence Day is a federal holiday in the United States commemorating the Declaration of Independence, which was ratified by the Second Continental Congress on July 4<sup>th</sup>, 1776, establishing the United States of America.

COR Health would like to wish everyone a happy and safe 4<sup>th</sup> of July with friends and family celebrating our independence!



### THINGS TO BE AWARE ABOUT WATER SAFETY

- Ensure every member of your family learns to swim so they at least achieve skills of water competency: able to enter the water, get a breath, stay afloat, change position, swim a distance then get out of the water safely.
- Employ layers of protection including barriers to prevent access to water, life jackets, and close supervision of children to prevent drowning.
- Know what to do in a water emergency- including how to help someone in trouble in the water safely, call for emergency help and CPR.

★**REMINDER FOR CAREGIVERS:** Please speak to your direct supervisor prior to bringing your client near any bodies of water while working on shift!



### Office Closure

The COR Health Office will be closed on **Thursday July 4<sup>th</sup>**, and **Friday, July 5<sup>th</sup>**, in recognition of Independence Day! If you need immediate assistance on these dates, please call our On-Call Service at (207) 347-6106.

### Requesting Time Off

Plan ahead! With warmer weather here 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.



As we believe Good People Attract Good People, we value our caregiver's feedback. [Click Here to Leave a Google Review!](#)

From Medical Staffing

## Deniel Kennedy, CNA

### July's Employee of the Month!

Since I took over Medical Staffing, Deniel has always impressed me with her communication, documentation, and overall easy-going attitude. She always continues to work hard and schedule shifts in advance!

- Bryanna Bride, Supervisor

Here is what her facility, Southridge, has to say!

“Deniel is a very strong CNA. She’s always positive, friendly, easy going, very flexible, doesn’t complain; if she does complain, you need to listen to her. She is punctual, honest, kind. She handles difficult situations with grace and dignity. Works well with all staff. Residents adore her. She’s amazing. I wish we could steal her from you! Congratulations on hiring her!”



Thank you for all your hard work and dedication Deniel!!

## Infection Control: Dealing w/ Brown Tail Moths

The Maine Department of Agriculture, Conservation and Forestry reports in July 2021, that: “Most areas of Maine especially along the coast and inland that have significant host tree populations are at risk. In 2021 [overwintering brown tail moth webs](#) were found in every county in Maine. Highest populations, as reflected by mapped damage by aerial survey, are found in Androscoggin, Cumberland, Kennebec, Knox, Lincoln, Sagadahoc and Waldo Counties.”

Per the Maine CDC: “The Brown-tail moth caterpillar has tiny poisonous hairs that cause dermatitis similar to poison ivy on sensitive individuals.



People may develop dermatitis from direct contact with the caterpillar or indirectly from contact with airborne hairs. The hairs become airborne from either being dislodged from the living or dead caterpillar or they come from cast skins with the caterpillar molts. Most people affected by the hairs develop a localized rash that will last for a few hours up to several days but on some sensitive individuals the rash can be severe and last for several weeks. The rash results from both a chemical reaction to a toxin in the hairs and a physical irritation as the barbed hairs become embedded in the skin. Respiratory distress from inhaling the hairs can be serious. Caterpillars are active from April to late June. Hairs remain toxic throughout the summer but get washed into the soil and are less of a problem over time.”

As we work outside with clients in these infested areas, the tiny hairs go unnoticed until someone develops a rash. The hairs drop and catch on many objects. They can be transported on many items and animals, from humans to pets and from cut wood to anything moved from place to place, like plants or outdoor toys. Treatment that involves over the counter or pharmacist-compounded medications will need physician orders, if you are a nurse helping a client. The rash can be very uncomfortable, and prevention is your best resource!

## Anniversaries



Congrats on another year!

Jess Arnold, Admin - 6 Years

Kimberly Blanchard, RN - 3 Years

Bryanna Bride, Admin - 3 Years

Alicia Labrie, RN - 7 Years

Carole Leach, RN - 4 Years

Magdalena Rone, PSS - 8 Years

Kimberly Beisaw, RN - 2 Years

Lisa Decker, RN - 2 Years

Marichelle Falqueza, RN - 1 Year

Dhafir Johnson, Admin - 1 Year

Lilyan Ray, BHP - 1 Year



## SHARK WEEK 2024! BEGINS JULY 7 HOSTED BY JOHN CENA

Wondering what to expect this year?

One of the highlights of this week-long event will be the premiere of **Belly of the Beast Pt. 2**, an intense and eye-opening show that delves into the world of great white shark feeding frenzies. You can also look forward to **Monster Hammerhead: Species X**, a captivating exploration of a potential new species of hammerhead sharks! Plus, **Great White Serial Killer: Sea of Blood**, a gripping tale of a great white shark wreaking havoc in a local village.



### What's the best way to avoid a shark attack?

Stay out of the water!

## COR Health Welcomes... June's Newcomers!



Ella Moya, BHP

Sara Palin, BHP

Shannon Gray, RN

Mary Havtan, RN

Nevaeh LaPlanche, PSS

Alyssa Carlisle, CNA

Devora Wharton, CCA

Christine Remillard, RN

Samantha Valle, BHP

Angelica Rios, PSS

## FRENCH AMERICAN HERITATE MONTH

*Bonjour!* French American Heritage Month is an annual observance that takes place throughout July in the United States. The month-long celebration aims to honor the historical ties between France and America, as well as the invaluable impact of French immigrants and their descendants on American culture, history, and society.

The French have played a pivotal role in shaping the history of the United States. From the early explorers and fur traders who arrived in North America to the crucial support provided during the American Revolution, France's influence on the nation's birth cannot be overstated.

In the 18th century, figures like the Marquis de Lafayette and Rochambeau were instrumental in supporting the American cause for independence. Lafayette became an iconic figure in the fight for freedom and democracy, forging a lasting friendship with George Washington that symbolized the strong bond between the two nations.

### French Cultural Contributions to American Society

Beyond politics and history, French American Heritage Month recognizes the significant cultural contributions made by French immigrants and their descendants. The rich tapestry of French heritage can be witnessed across various aspects of American life:

- **Language and Literature:** The French language has left a lasting imprint on American culture, from culinary terms like "à la carte" and "soufflé" to everyday phrases like "bon appétit" and "au revoir." French literature and philosophy have also had a profound influence on American thinkers and writers.
- **Art and Architecture:** French artistic movements, such as Impressionism, have inspired American artists, while iconic French architecture styles have influenced American cityscapes, especially in New Orleans.
- **Cuisine:** French gastronomy is celebrated worldwide, and the United State is no exception. French culinary



techniques, pastries, wines, and gourmet delights have found a permanent place in American kitchens and restaurants. French chefs and restaurants bolstered the popularity of French cuisine and made the first yeast breads in North America while bringing technical farming skills that vastly improved American rice and wines.

- **Fashion and Design:** *Paris*, the fashion capital of the world, has consistently influenced American fashion trends, with designers like **Coco Chanel**, **Yves Saint Laurent**, and **Christian Dior** inspiring generations of American couturiers. Imported French attire gained popularity in the early nineteenth century, particularly items such as gloves and lace.
- **Engineering:** Pierre L'Enfant became a city planner for George Washington and was responsible for the layout of the nation's capital. And in 1876, plans were drafted to create the Statue of Liberty, a joint effort between France and the United States.

*French American Heritage Month* is a time to celebrate the rich cultural heritage and historical connections between France and the United States. It serves as a reminder of the shared values, ideas, and profound contributions that have shaped both societies.



## COR Health Social Events!

### 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!



### Portland Sea Dogs Game – Join the fun!

COR Health is a Portland Sea Dogs Sponsor, for the past several years, to promote COR Health awareness that enables us to grow and expand our respective services throughout Maine.

An additional benefit of the Sponsor opportunity was that COR Health has 2 Portland Sea Dog season tickets, which enables us to provide to our COR Health Staff some time to enjoy with a family member or friend!

Below is the link to the 2024 Sea Dogs Season

[Click Here for Sea Dogs Schedule!](#)

Please email us at [info@corhealthservices.com](mailto:info@corhealthservices.com) if you are interested in joining us with a friend / family member for a specific Sea Dogs Game this season and we will let you know if the tickets are available.

### 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 June issue??

Shout out to one of our nurses, Laura Clugston, 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.



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!