

Certified Nursing Assistants Week

June 13th - June 19th

COR Health would like to express our appreciation to our CNA staff for their outstanding dedication to providing care in facilities across the state. We recognize their hard work and commitment to the residents they serve daily. CNAs are the eyes and ears for the nurses who cannot be in every room. They monitor their residents closely and are typically the first to know when that resident is not doing well, it is their job to alert the nurse. They take vital signs, monitor food/drink intake, watch for signs of pain, provide help with bathing and dressing, they maintain skin integrity by making sure the residents are repositioned and cleaned up when the resident can't do so themselves. CNAs are more than just part of the healthcare team, to some residents they are like family and provide the human interaction that they desire. They listen to their stories, interact with them, they get to know what brings a smile to their face and what annoys them. They treat their residents as if they were a member of their family, they are frequently the person who is giving families information about their loved one. They are often the one that is holding their hand, comforting them as they pass away, and then they clean them up and make sure that even in death they are allowed their dignity. They do these things over and over every day, often with very little recognition or gratitude. The CNA job is physically, mentally, and emotionally exhausting and is not for the faint of heart. It is a calling, not for everyone, but the strongest of heart and a love of knowing that they are making people's lives better. We are grateful for the CNAs on our team and appreciate the efforts they put forth daily. Thank you all for all you do!!



Why do facilities choose Medical Staffing?

Healthcare facilities need adequate and safe levels of staffing to function well and administer care both, safely and efficiently. Adequate staffing levels ensure better care for patients, reduces caregiver fatigue, prevents burnout, and increases patient satisfaction. COR Health provides facilities with qualified and thoroughly vetted staff members; helping them save time and money, and to ensure their facility has the right personnel for the job!

Why work for COR Health Medical Staffing Agency?

We're partners! COR Health prides itself on the relationship we build with our caregivers; your success is our success! We work one-on-one with our Medical Staff to ensure proper facility placement and shift schedules. We provide flexibility, continuous support, and overall knowledge to help you get your career where you want it to be!

If you are interested in learning more about Medical Staffing and CNA work, please reach out to Bryanna Bride, via email at bbride@corhealthservices.com or TigerConnect!



From the Section 28 Team

Faith Joyal, BHP

June's Employee of the Month

Faith has been working with her client for several years now. She has shown consistency, dedication as well as devotion to the family she works with. She has shown to be flexible and collaborative when going through changes that required adjustment for all parties involved. She has great communication skills and is an all-star staff. We appreciate having you on our team!!!

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.

Office Closure

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

Infection Control

Make sure you're practicing healthy hand hygiene by doing the following!

1. Wet your hands with clean running water and lather with soap for 20 seconds.
2. Rinse your hands well under clean running water.

Get ready to raise your glasses because June 23rd is National Hydration Day!

Picture this: you're at work, hustling and bustling, conquering tasks left and right like the superhero you are. Suddenly, you hit a wall—your energy levels plummet, your brain feels like it's taken a detour to the Sahara Desert, and you start seeing mirages of an oasis. What's the solution? Hydration, my friends!

Water isn't just any liquid; it's the ultimate sidekick in our quest for productivity and well-being. It keeps us energized, focused, and ready to tackle whatever challenges come our way. So, on this glorious occasion, let's make a splash by committing to staying hydrated!

Here are some tips to keep the hydration party going:

- **Water Buddies:** Find a hydration buddy and embark on a quest to conquer the eight glasses a day challenge together. Accountability and encouragement make all the difference!
- **Hydration Games:** Turn staying hydrated into a fun game! Who can finish their water bottle first? Who can come up with the most creative water-related pun? Let the hydration games begin!
- **Hydration Alerts:** Set reminders on your phone or computer to take regular water breaks. Trust us, your body will thank you later.

Remember, folks, when life gives you lemons, make lemonade, but don't forget to drink water too! Let's raise a glass (or a reusable water bottle) to National Hydration Day and keep the good vibes flowing!

Cheers to H2Ohhh-Yeah!

**National CPR and AED Awareness Week**

June 1st - June 7th

More than 350,000 people suffer from **sudden cardiac arrest (SCA)** each year and unfortunately, many individuals are not aware of the basic skills needed to perform **Cardiopulmonary resuscitation (CPR)** or use an **Automated External Defibrillator (AED)** that could help save lives during SCA emergencies. According to the **American Heart Association (AHA)**, 70% of Americans feel helpless during cardiac emergencies from not knowing how to administer CPR or from fear they would be liable due to their training being significantly lapsed.

The lack of confidence in CPR performance and the use of an AED machine is why the AHA, in coalition with the **American Red Cross** and **National Safety Council**, created a designated week to bring awareness to performing CPR and AED usage. Each year, June 1st through the 7th spotlights how lives can be saved if more individuals make an effort to learn conventional CPR, how to use an AED and basic first aid. The week serves as a reminder that anyone can learn these lifesaving techniques and that bystanders can play an essential role in saving lives during a sudden cardiac emergency and increasing cardiac arrest victims' chances by helping them immediately receive CPR.

**Why Is CPR/AED Awareness Week Important?**

- Raises Awareness around CPR/AED
- Encourages Public Involvement
- Debunks Myths around CPR/AEDs
- Gives Confidence

Some people might typically hesitate to perform hands-only CPR because they are afraid of being liable in the event, hurting the victim or worse - their skills fail. However, this week is all about debunking these types of myths and educating individuals on regulations like the *Good Samaritan Law*. This law protects individuals who attempt to provide assistance in an emergency.

CPR/AED Awareness Week emphasizes that CPR and AEDs are not just for healthcare professionals. Anyone can learn these lifesaving techniques, and by doing so, they can help make a difference and save lives.

IN AN EMERGENCY, PLEASE CALL 911 AVAILABLE 24/7.

Anniversaries

Congrats on another year!

Jordan Balkansky, PSS - 14
Years

Barbara Bilodeau, RN - 5 Years

Paul Casaba, PSS - 8 Years

Fracine St. Hilaire, RN - 5
Years

Parame Limvattanalert, ADON
- 7 Years

Lauren Shorey, RN - 3 Years

Joanna Sutton, RN - 8 Years

Erika Webster, RN - 6 Years

Kailah Malcolm, CNA - 3 Years

Benjamin Leighton, PSS - 1
Year

Stephanie Mercer, RN - 1 Year

Monica Duclos, TCM - 5 Years

Alison Morin, FS - 7 Years

Brenda Beaulieu, BHP - 2
Years



COR Health Welcomes... May's Newcomers!

Gabriella Bailey, CNA

Mary Joy Tan, RN

Marshall Goodwin, CNA

Nasem Haidar, PSS

Stephanie Riggs, CNA

Katelynn Dube, CNA

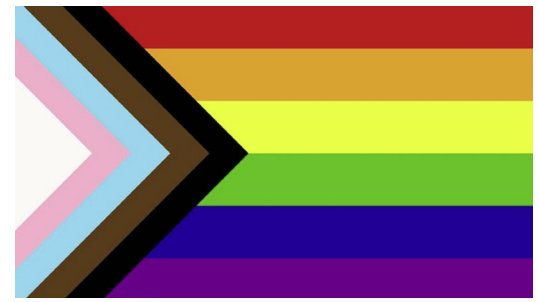
Arthur Edgecomb, RN

Lisa Paine, RN

Marcy Pepin, RN

Heidi Cook, PSS

Hanna Cline, BHP



Happy Pride! All of us here at COR Health look forward to recognizing and celebrating Pride Month. During the month of June, Maine is offering Pride events all over from Ogunquit to Presque Isle. Here are some great resources for you and your family, as well as for your clients and their families!

- [EqualityMaine](#)
- [OUT Maine](#)
- [GLADD](#)
- [The Trevor Project](#)
- [Human Rights Campaign](#)
- [PFLAG](#)
- [CDC's LGBT Health Resource Page](#)



June is Men's Health Month

Men's Health Month encourages men and boys to take charge of their health by making healthy lifestyle decisions. According to the **Centers for Disease Control and Prevention (CDC)**, 13.2% of men aged 18 and over are in fair or poor health.

Here are some tips to help men take control of their overall health and wellness.

- **Get regular checkups.** Talk to your doctor or healthcare professional about having a physical or wellness check each year. Monitor your blood pressure, cholesterol, glucose, and weight to catch potentially dangerous conditions early and get proper care, if needed.
- **Eat a healthy diet.** Choose vegetables, fruits, whole grains, high-fiber foods, and lean sources of protein. Limit foods high in saturated and trans fats and avoid foods with added sugar and sodium.
- **Be active.** Any activity is better than no activity. You can stay motivated by choosing physical activities you enjoy.
- **Avoid smoking and exposure to secondhand smoke.** Quitting smoking improves your health and reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.
- **Limit alcohol consumption.** Limiting alcohol can reduce your risk of long-term health risks.
- **Manage stress.** Taking steps to reduce stress can lower your risk of other conditions like heart disease, obesity, high-blood pressure, and depression.

HEART ATTACK - Every 40 seconds someone in the United States has a heart attack. Additionally, heart disease is the leading cause of death in males. Major signs of a heart attack include:

- Pain or discomfort in the jaw, neck or back
- Feeling weak, light-headed, or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulders
- Shortness of breath



JUNE is also **MEN'S MENTAL HEALTH MONTH**.

Men and women can both struggle with the same mental health disorder. However, due to certain factors, they can have different experiences. The male mental health stigma often causes men to ignore the symptoms of mental health issues. Thus, men's mental health awareness is important. It encourages men to seek treatment and reduce the risk of suicide.

COR Health Social Event!

COR Health’s Annual Company Picnic ~ Raffles, Food, & Fun!

Thank you for being a part of the COR Health Team! Join us for our 4th Annual Company Picnic on June 8th to kick off summer with a celebration of your hard work!

Bring your family or a friend and let’s get together at Lost Valley in Auburn to enjoy some sunshine, food, and beverages. There will be lawn games and fun for all ages and, of course, raffles! We will be raffling off COR Health apparel, Snappy Gifts, and PTO! Don’t miss out! Please click on the below link to RSVP!

<https://lp.constantcontactpages.com/ev/reg/a5f1417a-66d6-45c7-b568-5c71674a7994>

If you have any questions, please do not hesitate to contact Jordyn Crosby via TigerConnect.



When: Saturday, June 8th, 2024, from 11:00am – 3:00pm

Where: Lost Valley
200 Lost Valley Rd, Auburn, ME 04210



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!

National Diaper Bank Network

According to data from The NDBN Diaper Check 2023: Diaper Insecurity among U.S. Children and Families, 1 in 2 U.S. families cannot afford enough diapers to keep their infant or child clean, dry, and healthy. 3 in 5 parents miss work or school because they cannot afford the diapers required to leave their baby in Childcare. Without diapers, babies are more vulnerable to painful rashes, urinary tract infections, and have more trips to the doctor.

Without clean diapers:

- Babies are exposed to potential health risks and toxic stress.
- Mothers are at risk for increase maternal depression.
- Parents are unable to access childcare, which requires a daily supply of diapers.
- Parents miss school or work.

Maine’s National Diaper Banks distribute 486,336 diapers annually, helping 811 infants and toddlers monthly!

If you would like to contribute to this amazing cause, please visit the below sites!

[Jewish Community Alliance of Southern Maine](#)

[United Way of Mid Coast Maine](#)

[Maine Needs](#)

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 May issue??

Shout out to one of our admins, Nancy Colson, 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.