

2024



Issue #33

The Gift of Comfort



Megan "Meggy" Nicole Brooks

Thursday December 7, 2006 - Saturday September 7, 2024

In a small, close-knit town, there lived a bright and spirited girl named Megan. Despite her special needs, Megan's laughter and joy were infectious, touching the hearts of everyone she met. Though she couldn't speak, she touched many lives and taught many valuable lessons. Her days were filled with adventures such as kayaking and going to Acadia National Park. She loved music, people watching, pinwheels and cheesecake. She thrived with the love of her family and friends. Megan's room was her sanctuary, where she spent time dreaming of her next adventure.

On September 7, 2024, Megan's light dimmed unexpectedly, leaving her family and community in deep sorrow. The loss was profound, but the memories of her vibrant spirit continued to shine brightly in the hearts of those who knew her.

Megan's parents, in their grief, found solace in the thought of helping another child in need. They decided to donate Megan's medical bed to a little girl named Bethany, who also had special needs. The gift of Megan's bed was a blessing beyond words as this bed was not only comfortable, but able to perform many functions that would provide Bethany the best care.

Though Megan was no longer physically present, her spirit lived on through Bethany, who now had a safe and cozy place to rest and dream.

Megan's legacy of love and generosity continued to inspire the community, reminding everyone that even in the face of loss, there is always room for kindness and hope.

~~ On behalf of our community, we would like to extend our heartfelt gratitude to the Guernsey family for their generous donation of Abby's bed. They were the original owners. When Abby passed, they knew that they wanted Megan to have it. Their kindness and support have made a significant difference in the lives of those we serve. Katie has been instrumental in seeing that medical equipment is passed along to deserving families.

The contribution is not just a donation; it is a beacon of hope and a testament to the power of community. Thanks to their generosity, we are better equipped to provide essential care and support to those in need.

We would also like to take this opportunity to encourage others to follow this inspiring example. Donations of medical equipment, no matter how big or small, can have a profound impact. If you or someone you know is interested in making a donation, please do not hesitate to reach out.

Thank you once again for your incredible support. Together, we can continue to make a positive difference.



When the bed arrived at Bethany's home, it brought with it a sense of hope and comfort. Bethany's eyes sparkled as she lay in the bed, feeling the love and warmth that had once surrounded Megan. The bed became a symbol of connection between the two girls, a bridge of compassion and kindness.

*Bethany in her new bed

Infection Control: Handwashing Awareness

Make sure you're practicing good hand hygiene by following these steps!

- 1. Wet your hands with clean running water.
- 2. Lather your hands by rubbing them together with soap.
- 3. Scrub your hands with soap for at least 20 seconds!
- 4. Rinse your hands well under clean, running water.

Office Closure

The COR Health Office will be closed on Thursday, November 28th & Friday, November 29th, in recognition of Thanksgiving! If you need immediate assistance on this day, please call our On-Call Service at (207) 347-6106.

The **CORrespondent**

2024 Compliance and Ethics Week

This will be COR Health's **7th** annual celebration of Compliance and Ethics Week! It is November 3^{nt} through the 9^{th} and is a week dedicated to recognition and education.

Our goals during Compliance and Ethics Week include:

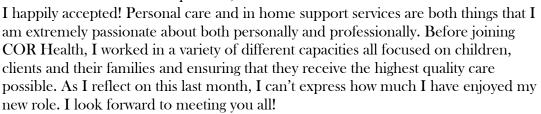
- Recognition training, information, and recognizing compliance success
- Awareness getting folks thinking about compliance and ethics
- Reinforcement demonstrating importance of compliance and ethics and what it means to COR Health
- And, of course, FUN!

COR Health's Compliance & Ethics Week Committee, also known as CEWC, has been hard at work putting together an EPIC line up of activities and contests for the week. This year's theme is THE WRITE STUFF.

Malerie Purcell, Client Coordination Supervisor

Dear COR Health PSS staff and families,

For those of you who I have not yet had the pleasure to meet I wanted to take this opportunity to introduce myself. I have been a part of the COR Health team for the last two years where I worked as the Client Service Coordinator for our pediatric/adult nursing clients. In September I was offered the chance to take over the Home Care Department from Nancy Colson as the new Client Coordination Supervisor, which



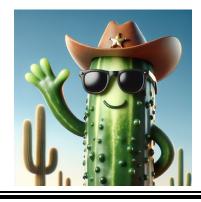
As we approach the new year I just wanted to touch on a few reminders:

<u>Transportation</u> during PSS services only includes trips to and from a laundry facility and grocery shopping one time per week, and only in the PSS's vehicle. Family, friends, and/or public transportation should be utilized for support with getting to and from appointments. If an appointment falls during scheduled PSS services, give us a call and we can try to reschedule PSS services to work around appointments.

Here is a sneak peek at the week's events:

- Tune in to daily videos on various documentation compliance topics
- Share your creative side with our Meme contest
- Keep a look out for fun Daily Documentation Puzzles

There will be lots of prizes! Also, participation has its rewards AND there will be an *additional* prize for the person that participates the most over the course of the week! Stay tuned for details – we'll be sending daily Tigers including a link to our CEW website!



Anniversaries



Congrats on another year!

Erika Brooks-Whidden, RN - 8 Years

Lisa Andrews, BHP – 5 Years

Lindsay Banks, FS - 3 Years

Tammy Tozer, RN - 7 Years

William Bushey, PSS - 2 Years

Mikayla Goodwin, BHP - 1 Year

Kerri Kowalski, RN - 2 Years





<u>Attendance</u> From time to time, it may be necessary for you to be absent from work due to emergencies, illnesses, or other personal matters. Whenever you know you will be late, need to leave early, or cannot otherwise meet the requirements of your schedule, you are required to request this time off from your supervisor as far in advance as possible, no later than 2 hours before your scheduled session, so that staffing and scheduling can be adjusted. If during business hours, contact your supervisor. If after hours, contact on call at 207-347-6106.

Telephony

All COR Health employees are responsible for using telephony should you experience any issues with your schedule not being in or issues with not being able to log into the Kantime portal. The number for telephony is (855) 963-3269, and your clinician ID is located on the back of your badge. Should extenuating circumstances occur and you are not able to use telephony please contact On-Call. The On-Call number is (207) 347-6106 and can be reached during non-business hours each day from 5p-830a.

Welcomes... October's Newcomers!



Kaylie Rhodes, CNA Madison Shirland, RN Makenna Delaney, CNA Divine Crawford, CNA Samantha Gilman, BHP Andie Stinson, BHP

The **CORrespondent**

Friday, Nov 1, 2024

From Medical Staffing

Julie Mooney, CNA

November's Employee of the Month



Julie Mooney has shown great tenacity and hard work since the beginning of her employment as a CNA in Medical Staffing. She continues to show up, do her best, and advocate for herself and others. She has a "get it done" attitude and never gives up when the job gets tough. She has shown incredible dedication to her employment and the facilities she works at. She tries new facilities and is even working as much as she can while in nursing school. Thank you, Julie, for your work ethic, I cannot wait to see what else you accomplish!

Bryanna Bride, Medical Staffing Supervisor

Emergency Preparedness



It's that time of year where we start seeing storms come through Maine. COR Health has an Emergency Plan that directs preparedness and response activities which includes communication to all employees and clients. When you receive these communications, please take actions that prepare both you and your family as well as your clients. This could include ensuring stock of food, water, medications, and supplies.

DIABETES AWARENESS MONTH



November is **National Diabetes Awareness Month**, a time when communities across the country seek to bring attention to diabetes. This year's focus is on taking action to prevent diabetes health problems. Diabetes Awareness Month begins on November 1 and leads up to World Diabetes Day on November 14.

November is the birthday of Dr. Frederick Banting, who discovered insulin in 1921.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 38 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.

PREVENTING DIABETES HEALTH PROBLEMS:

• Know your risk for developing diabetes - You are more

- Take small steps toward healthy habits *Lifestyle habits* such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you prevent diabetes or manage your diabetes ABCs. You don't have to do it all at once. Start slow and build healthier habits from there.
- Take your medicines on time even if you feel healthy.
- Take care of your mental health Managing diabetes can be hard. If you feel down, sad, or overwhelmed, learn about healthy ways to cope with stress. Consider talking to a mental health counselor or joining a support group.
- Work with your health care team.

Diabetes must be managed 24/7, and for children with diabetes, that includes time spent at school or schoolsponsored activities like field trips and extracurricular activities, in childcare programs, and at summer camp or recreational programs.

Federal law gives students the right to receive the diabetes care they need to be safe and participate in school activities just like any other child. Schools should provide the following:

- Trained staff to monitor blood glucose (blood sugar)
- likely to develop type 2 diabetes if you have overweight or obesity; are age 35 or older; have a family history of diabetes; are African American, American Indian, Asian American, Hispanic or Latino, or Pacific Islander; are not physically active; or have prediabetes.
- Manage your blood glucose, blood pressure, and cholesterol levels - Preventing diabetes or managing diabetes as soon as possible after diagnosis may help prevent diabetes health problems. You can start by managing your diabetes ABCs.
- A is for the A1C test that health care professionals use to measure your average blood glucose levels. Some people with diabetes also use devices to track their blood glucose throughout the day and night.
 B is for blood pressure.
 C is for cholesterol.

- levels and administer insulin and glucagon.
- Trained staff to provide diabetes care during field trips, extracurricular events, and all school-sponsored activities.
- Capable students are permitted to self-manage their diabetes anytime, anywhere.

National Support: AMERICAN DIABETES ASSOCIATION 1-800-DIABETES (800-342-2383)



Friday, Nov 1, 2024

The **CORrespondent**

Issue #33

COR Health Social Event!

COR Health's Annual Holiday Party!

COR Health's Annual Holiday Party is right around the corner! Join us this year where we'll be enjoying the sights of Freeport at the historic Harraseeket Inn. Bring a friend or family member and enjoy an unforgettable evening with your COR Health Team. There will be food, drinks, raffles, and, of course, karaoke! Participate for epic prizes or sit back and enjoy the entertainment!

Date: Friday, December 6th at 6pm

Location: Harraseeket Inn, 162 Main St, Freeport, ME 04032

Who: You + a friend or family member

Attire: Festive encouraged!

CORCONNECT APPLICATION



What is **CORConnect**? This is an automated system developed by COR Health intended to streamline many of our existing internal processes impacting daily onboarding responsibilities, training and compliance for all of us. **CORConnect** was first introduced in early March 2024 to change the previous *Annual Evaluation* and *In-Service Training* process. All caregivers and corporate staff are expected to receive several notifications when due for yearly evaluation and inservice training.



Click below to RSVP if you haven't already!

https://link.corhealth.site/widget/form/FbK8YrujNL31RZGG1v <u>UM</u>

Helpful Tech Tips for CORConnect:

- 1. Do not ignore automated notifications sent to your PERSONAL email address.
- 2. Check your SPAM email for these notifications.
- 3. Do not unsubscribe to these notifications.
- 4. Users must have an active PERSONAL email address.
- 5. If you have a new PERSONAL email address or need tech support, please notify immediately your supervisor or People Services.
- 6. Check for periodic software updates on your mobile device or computer.

On-Call Reminder

To reach On-Call after business hours, please dial (207) 347-6106 and 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.

To Our COR Health Community

As Thanksgiving approaches, we want to take a moment to express our heartfelt gratitude for each of you. Your dedication, resilience, and commitment to our shared goals make a difference every day. This season, we're especially thankful for the hard work you put into making our team strong and our organization successful. Your efforts and teamwork do not go unnoticed, and we're proud to have you as part of our team.

COR Health would like to wish you a restful and joyful Thanksgiving with your loved ones. May this holiday be filled with warmth, happiness, and gratitude!



Did you find the Cuke in our October issue??

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

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