

Tuesday, Oct 1, 2024

The CORrespondent

Issue #32

Latest news and updates from COR Health

Help Keep Trick or Treaters Safe this Halloween



Halloween is just weeks away. Fast becoming one of the most popular holidays in this country, masses of little superheroes, cartoon and television characters will soon be out in their neighborhoods for trick or treat fun. The American Red Cross has ten tips parents can follow to help keep the kids safe while enjoying the festivities.

1. Trick-or-treaters need to see and be seen.
 - Use face makeup instead of masks which make seeing difficult.
 - Give trick-or-treaters a flashlight to light their way.
 - Add reflective tape to costumes and trick-or-treat bags.
 - Have everyone wear light-colored clothing.
2. Use flame-resistant costumes.
3. Make sure adults know where the kids are going. A parent or responsible adult should accompany young children door-to-door.
4. Be cautious around animals, especially dogs.
5. Walk, don't run.
6. Only visit homes that have a porch light on. Accept treats at the door – never go inside.
7. Walk only on the sidewalks, not in the street.
 - If no sidewalk is available, walk at the edge of the roadway, facing traffic.
 - Look both ways before crossing the street, and cross only at the corner.
 - Don't cut across yards or use alleys.
 - Don't cross between parked cars.

- Drivers – use extra caution. The youngsters may forget to look both ways before crossing.

8. A grown-up should check the goodies before eating.
 - Make sure to remove loose candy, open packages and choking hazards.
 - Discard any items with brand names that you are not familiar with.

If you are planning to welcome trick-or-treaters to your home, follow these safety steps:

9. Light the area well so young visitors can see.
10. Sweep leaves from your sidewalks and steps. Clear your porch or front yard of obstacles someone could trip over.



HAPPY HALLOWEEN!!

Indigenous Peoples' Day

October 14th, 2024

Indigenous Peoples' Day is a holiday in the United States that honors and celebrates the history, culture, and contributions of Native American peoples and other Indigenous communities. It serves as a counter-celebration to Columbus Day, which commemorates the arrive of Christopher Columbus to the Americas in 1492. Indigenous Peoples' Day seeks to acknowledge the impact European colonization on Indigenous populations, including the displacement, violence, and cultural erasure they experienced.

There are many meaningful ways to celebrate Indigenous Peoples' Day, whether through education, support for Indigenous communities, or participating in cultural events. Here are several ways to honor the day:

1. Read books, watch documentaries, or attend lectures that focus on Indigenous peoples' history, cultures, and contributions.



2. Participate in local events like cultural festivals, art shows, or storytelling circles that showcase Indigenous traditions.
3. Explore indigenous cuisine by preparing foods or attending community meals that celebrate Indigenous culinary traditions.
4. Share educational resources with friends and family to spread awareness about the significance of the day.
5. If possible, visit local museums or cultural centers that feature Indigenous history and artifacts.

Celebrating Indigenous Peoples' Day is an opportunity to deepen your understanding of Indigenous cultures, stand in solidarity with Indigenous communities, and contribute to the ongoing efforts for justice and equity.

FLU SHOTS ARE DUE TODAY!!!

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 1st!! Employees hired after this date will be required to show proof of immunization before onboarding. Any employee not vaccinated by October 1st, 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 Flu Shot to Bich Dinh, People Services Team Leader via TigerConnect.



National Case Management Week

October 13-19, 2024



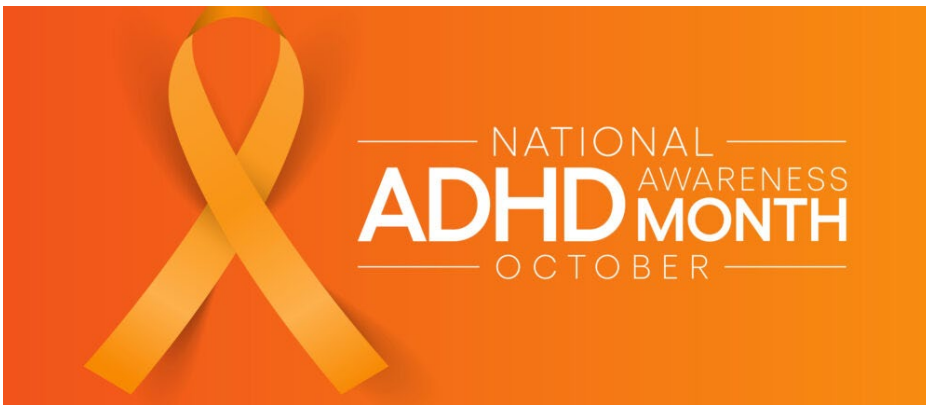
A Special Thank You to Our Targeted Case Managers!

We want to take a moment to express my heartfelt gratitude for the incredible work you do each and every day. As targeted case managers, you are the backbone of our care team, ensuring that our clients' needs are met with compassion, professionalism, an unwavering commitment, and advocacy to their overall well-being.

Your ability to navigate complex situations, provide individualized support, and advocate for our clients is nothing short of remarkable. Whether it's coordinating service plans, addressing concerns, or lending a listening ear, you consistently go above and beyond to make a difference in the lives of those we serve.

We recognize the emotional and mental demands of your role, and we want you to know how much your dedication is appreciated. You are the heart of what we do here, and without your tireless efforts, we would not be able to provide the level of care and support our clients deserve.

Thank you for your resilience, your empathy, and your unwavering commitment to excellence. You are truly making a lasting impact on the lives of our clients and their families as are truly grateful for all you do!



ADHD is one of the most common mental health conditions affecting children and adults. But it is often misunderstood. ADHD Awareness Month's goal is to correct these misunderstandings and highlight the shared experiences of the ADHD community. Attention-deficit/hyperactivity disorder (ADHD) Symptoms of ADHD include inattention (not being able to keep focus), hyperactivity (excess movement that is not fitting to the setting) and impulsivity (hasty acts that occur in the moment without thought).

ADHD is a neurodevelopmental disorder that typically begins in childhood and can continue into adulthood. Symptoms of ADHD can vary by age and stage of development. For example, in young children, hyperactivity and impulsivity are most common, while in adolescence, inattention and restlessness may become more prominent.

ADHD can be managed with a combination of medication and behavior therapy. There is no known cure, but a medical professional can help improve symptoms.

Some other facts about ADHD include:

- ADHD can be mistaken for other issues, like emotional or disciplinary problems.
- ADHD can run in families and may have a genetic component.
- Most adults with ADHD don't know if they have it or aren't receiving treatment.
- Some ADHD traits can be strengths in certain jobs.

5 Fast Facts:

- Males are almost three times more likely to be diagnosed with ADHD than females.
- During their lifetimes, 13 percent of men will be diagnosed with ADHD. Just 4.2 percent of women will be diagnosed.
- The average age of ADHD diagnosis is 7 years old.
- Symptoms of ADHD typically first appear between the ages of 3 and 6.
- ADHD isn't just a childhood disorder. About 4 percent of American adults over the age of 18 deal with ADHD on a daily basis.

Anniversaries



Congrats on another year!

Janie Ballew, RN - 1 Year

Carlos Aristy, Admin - 10 Years

Hannah Averill, RN - 5 Years

Robert Banks, PSS - 4 Years

Brenda Burke, RN - 6 Years

Laura Clugston, RN - 4 Years

Kristy McLaughlin, RN - 1 Year

Malinda Paulson, RN - 1 Year

Michelle LaRue, RN - 7 Years

Tiffany Smith, CNA - 2 Years

Tammy Polakowski, ADON -
6 Years

Michelle Thibault, RN - 9 Years

Elizabeth Tilton, RN - 6 Years

☕ Happy International Coffee Day! ☕



On October 1st, we celebrate the magical bean juice that transforms us from groggy zombies into semi-functional humans! Whether you're a one-cup wonder or a "don't talk to me until my third espresso" type, coffee is the real MVP of mornings.

But let's be honest — coffee isn't just a drink; it's a lifestyle. It's the liquid hug that consoles us when we're staring blankly at our to-do list. It's the reason we get out of bed, even when our pillows beg us to stay. And the reason we believe we can conquer anything—even that mountain of laundry we've been avoiding. And let's not forget the complex ritual of ordering it: Is it half-caf, double shot, soy-milk-latte-with-a-splash-of-vanilla kind of day? We've all been there!

So, raise your mugs high and toast to the drink that fuels our productivity, powers our procrastination, and keeps us just this side of a socially acceptable caffeine addiction.

Remember, behind every successful person is a significant amount of coffee!

Cheers to the brew that gets us through! ☕ ✨

COR Health Welcomes... September's Newcomers!

Esther Ogunrinde, TCM

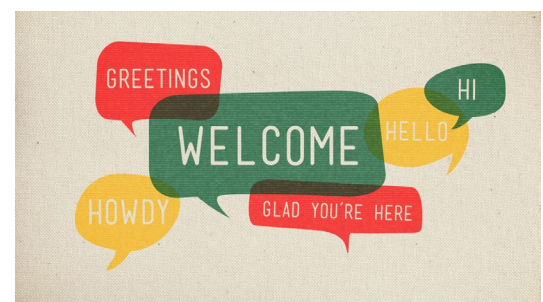
Jennifer Allen, TCM

Tess Gosselin, TCM

Gabriel Candido, PSS

Christine Lavoie, BHP

Jordan Merrick, PSS



NATIONAL CHILD HEALTH DAY

National Child Health Day is celebrated on the first *Monday* of **October** each year to raise awareness and promote the health and well-being of children. In 2024, Child Health Day will be on October 2. This day is a vital reminder of the unique healthcare needs of children and the importance of ensuring that they grow up healthy, happy, and with the promise of a bright future.

The day serves as a call to action for individuals, families, communities, and policymakers to:

- Prioritize children's health and future.
- Ensure children have access to quality healthcare, nutrition, education, and safe environments.
- Advocate for policies that prioritize children's healthcare, education, and safety.

Here are some ways to celebrate National Child Health Day:

- Get children their flu and COVID booster shots
- Schedule routine checkups for children
- Make sure vaccinations are up to date
- Schedule routine dental checkups
- Add healthy activities to children's routines
- Set an example by showing children healthy habits
- Inspect children's toys to make sure they are age-appropriate
- Share tips for helping children live a healthy lifestyle
- Go for a walk, play in a park, or do yard work
- Join a school wellness committee or PTO
- Cook together
- Have a screen-free evening

Child Regular Check-Ups for Healthy Condition

Children should have regular checkups with a doctor or nurse to ensure they are healthy and developing normally. The frequency of checkups depends on the child's age, but generally includes:



- **First few weeks:** A visit within the first 3–5 days of life.
- **Infancy:** Checkups at 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, and 18 months.
- **Toddlerhood:** Checkups every 3–4 months from 1–2 years old, every 6 months from 2–3 years old, and once a year after 3 years old.
- **School age:** Checkups annually until the child turns 21.

During checkups, a doctor or nurse will:

- Assess the child's physical and emotional development.
- Provide guidance and immunizations.
- Perform any necessary tests.
- Listen to the child's heart, breath, and stomach sounds.
- Measure the child's height, weight, and head size.
- Take the child's temperature.
- Check the child's eyes and hearing.
- Perform a physical exam.

Checkups are also a good time to discuss any concerns or questions about the child's development.

COR Health Clothing Drive!

Do you have any unwanted or unused clothes? Or are you gearing up to clean out your closet? If so, consider donating to COR Health's Clothing Drive!

Starting September 1st through November 1st, COR Health is teaming up with Maine Needs to gather gently used clothing of all sizes to give back to the community. Maine Needs is a nonprofit organization that continuously supports individuals and families with unmet material items.

Collection bins are located in various locations throughout Southern Maine. For a full list of drop-off sites to donate, please visit the link below:

<https://docs.google.com/spreadsheets/d/11pMhvv2VrXCRvX-U-L-yL5QKotBBzHYp93fK-LnVA/edit?usp=sharing>



COR Health Social Event!

COR Health's Annual Holiday Party!

COR Health's Annual Holiday Party is right around the corner! An official invitation will be sent out soon to RSVP, but for now, enter a lottery to win a FREE hotel room for the night!

Enter by October 15th. Don't miss out! Rooms are limited! Lottery winners will be picked on October 17th.

Date: Friday, December 6th at 6pm

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

Who: You + a friend or family member



Click on the below link to enter the lottery!

<https://link.corhealth.site/widget/form/FbK8YrujNL31RZGG1vUM>



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 in-service training.

Helpful Tech Tips for all:

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 email address.
5. If you have a new email address or need tech support, please notify immediately your supervisor or People Services.
6. Check for software updates on your mobile device or computer.

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 September issue??

Shout out to one of our Clinical Supervisor, Linda Son, 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.