

## Flu Season is coming!

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.

Employees who decline for medical reasons are required to complete and submit a waiver signed by a physician stating they have a medical condition that would prohibit them from obtaining the vaccination.

Flu vaccines are now being distributed across the U.S. to healthcare facilities and pharmacies.

Flu (influenza) is caused by a virus **which spreads through respiratory droplets** released by the body when we breathe out - when we talk, cough or sneeze. Depending on an individual's health status or underlying risk profile, some people can get very sick from the flu virus.



1. The flu vaccine will help to lower your risk of becoming sick with flu.
2. Although the flu vaccine doesn't offer complete protection against getting the flu, it does lower your chances of getting the infection. And, if you do get flu, you'll recover faster. This means you're not infectious for as long, which helps limit the spread of infection to others.
3. If you're at a high risk of developing a serious influenza illness - like bronchitis and pneumonia - this vaccine is a must.
4. If you live with a person who is at risk, your vaccine is also a must
5. . It is still the most effective way to protect you against flu infection and its complications.

Book a visit with your healthcare provider or nearest pharmacy for your vaccine. Call them before you go to make sure they have the flu vaccine in stock.

If you have any questions, please reach out to Infection Control RN/ADON, Tammy Polakowski via TigerConnect.

## Let's Fight It... Right After This Coffee Break

September 6th is Fight Procrastination Day! Yes, that's right—a whole day dedicated to tackling that little voice in your head that says, "Why do it now when you can do it tomorrow?"

But let's be honest, we've all had those moments where "just one more episode" turns into a Netflix marathon, or when cleaning out the junk drawer suddenly feels like the most urgent task on your to-do list. Procrastination is sneaky like that.

Action Items:

1. **The Two-Minute Rule:** If it takes less than two minutes, do it now. Whether it's replying to that email, tidying your desk, or resisting the urge to check social media "real quick," just knock it out. You'll be surprised how much you can accomplish in those tiny time windows.
2. **Break It Down:** Big tasks can be overwhelming, so break them into smaller, more manageable steps. Instead of "write the report," try "draft the introduction" or "outline the key points." It's like eating an elephant—one bite at a time (though let's keep it vegetarian, okay?).
3. **Set a Timer:** Give yourself a set amount of time to work on something—say, 25 minutes—and then take a break. This is the essence of the Pomodoro Technique, but you can call it whatever you like, as long as it gets you moving. Plus, you can look forward to that well-earned break!
4. **Public Accountability:** Tell a coworker, friend, or even your dog what you plan to accomplish today. Saying it out loud makes it real, and nobody likes to let down their dog.
5. **Reward Yourself:** Promise yourself a treat once you've completed a task. Whether it's a snack, a walk outside, or five minutes of cat videos, rewards make the work a little sweeter and procrastination a little less tempting.

Remember, procrastination is just a fancy way of making life harder for your future self. So why not give Future You a break and tackle that to-do list today? After all, as they say, "Someday is not a day of the week." But September 6th? That's the day we finally fight back! So, let's roll up our sleeves and get started—right after we finish reading this article, of course.

## Celebrate National Self-Awareness Month with a Smile

Did you know that September is National Self-Awareness Month? That's right—it's the perfect time to turn the spotlight inward and ask yourself some big questions like, "Do I really need five different apps to remind me to drink water?" or "Am I procrastinating right now, or is this *productive* procrastination?" Self-awareness is like the Swiss Army knife of personal growth—whether you're trying to become a better team player, communicate more effectively, or just figure out why you keep forgetting your lunch on the counter.

Action Items:

1. **Take a Personality Test:** Start with a little fun! Whether it's the Myers-Briggs, the Enneagram, or even a BuzzFeed quiz on "What Kind of Sandwich Are You?"—you'll learn something about yourself. Plus, it's a great conversation starter.
2. **Reflect on Feedback:** Got some constructive criticism recently? Instead of rolling your eyes, roll up your sleeves and dive into it. What can you learn? It's like finding treasure...
3. **Start a Self-Awareness Journal:** Jot down your thoughts, feelings, and that one time you accidentally replied-all to an email. Regular reflection can help you see patterns in your behavior, like how you always make coffee at 2:30 p.m.—coincidence? We think not.
4. **Mindfulness Moments:** Before your next obligation, take a minute to breathe deeply, clear your mind, and mentally prepare.

Remember, self-awareness isn't about being perfect; it's about understanding yourself better so you can make those small, meaningful changes. So, this month, let's all commit to getting to know ourselves a little better. Who knows, you might just discover something new!

## NATIONAL FOOD BANK DAY

September 3, 2024

**National Food Bank Day** is celebrated on the first Friday of September each year. In 2024, it will be on September 6. The day was created in 2017 by St. Mary's Food Bank and National Day Calendar to recognize the contributions of food banks and to commemorate the establishment of St. Mary's Food Bank in 1967. Food banks are a vital part of ensuring that people and families have access to the food resources they need every day, as millions of Americans live in food-insecure households.

**Food banks** across the country help some of the 42 million men, women, and children who struggle with putting food on the table. The reasons range from illness to job loss and a general change in circumstances - circumstances that can happen to any one of us. Many food banks offer educational opportunities that help people change their situation and begin anew. Often, those who have benefited from the programs return to volunteer and contribute to the very food bank that staved off hunger to do the same for others.

According to the **United States Department of Agriculture (USDA)**, nearly one in four children in Maine experience food insecurity, which means they don't have reliable access to enough affordable, nutritious food. This is higher than the state's overall food insecurity rate of nearly one in five, which ranks Maine 18th in the country and second in New England. In some counties, like Piscataquis and Somerset, the rate of child food insecurity is even higher, at 20% or more.

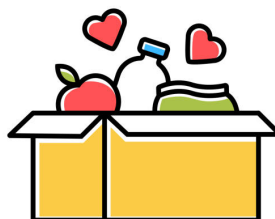
In many cases, school meals are often the only nutrition that food insecure children have, and that the expiration of pandemic-era funding for free school meals could make the situation worse.

**Here are some ways to help fight child hunger in Maine:**

- ❖ Volunteer at some local food banks and pantries.
- ❖ Organize a food drive.
- ❖ Support projects that help schools provide food.

### MAINE BUSINESSES FIGHTING HUNGER:

1. *Good Shepard Food Bank of Maine*
2. *The Locker's Project*
3. *Hannaford*
4. *Shaws*
5. *Maine Community Foundation*
6. *United Way*



### Maine Food Banks:

**Portland/South Portland:** The Root Cellar, South Portland Food Cupboard, Salvation Army Food Pantry, Project Feed Inc., Stroudwater Food Pantry, Wayside Food Programs, Prebble Street, Captains Cupboard Food Pantry

**Bangor:** Ecumenical Food Cupboard, Salvation Army-Bangor Food Pantry, Brewer Area Food Pantry, Meals on Wheels, Patten Community Food Cupboard, Clifton Community Food Bank

**Augusta/Waterville:** Augusta Food Bank, Clinton Community Food Bank, Fayette Baptist Church Pantry, Chelsea Food Bank, Salvation Army-Augusta, China Community Food Pantry

## Meet Bethany!

### September's Client Spotlight



Meet Bathany! Bethany is our newest client. She is 8 years old and will be entering third grade in a couple of weeks. She lives with her mom and brother Ethan. She loves animals and has a bunny named Luna. Her favorite things are spending time with family, being outside, and watching *The Incredible Dr. Pol*.



Congrats on another year!

Afshin Mahmoodi, PSS - 11 Years

Michele Howard, Admin - 12 Years

Jeanette Kenfield, RN - 6 Years

Jenna Richmond, RN - 3 Years

Michelle Wilbur, RN - 3 Years

Faith Joyal, BHP - 2 Years

Chelsey Morton, CNA - 2 Years

Peter Prescott, BHP - 1 Year

Malerie Purcell, Admin - 2 Years

Kerri Walchli, TCM - 4 Years

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



Mishka Francis, CNA

Jennifer Bridges, PSS

Karen Stone, BHP

Devyn Grace, RN



**Childhood Cancer Awareness Month** is celebrated in September, and in 2024, many events are planned for participation. The month is a time to honor those with pediatric cancer and raise awareness about the disease, which is the leading cause of death by disease for children under 14.

Worldwide, about 400,000 children and adolescents develop cancer each year, only half of whom are diagnosed. The World Health Organization (WHO) aims to cure at least 60% of children with six of the most common cancers by 2030.

Nearly 10% of children with cancer develop the disease because they inherited a genetic mutation.

15,780

Each year in the U.S., estimated 15,780 children aged 0-19 are diagnosed with cancer. Approximately 1 in 285 children in the U.S. will be diagnosed with cancer before their 20<sup>th</sup> birthday.

### UNDERSTANDING CANCER:

Cancer is a disease where cells grow in an unhealthy way. In the body, chemical signals control how cells grow and divide. When cells become damaged or old, they die. Healthy cells take their place.

In cancer, the chemical signals do not work properly. Cancer cells grow and multiply when they should stop. Cancer cells can push out healthy cells and make it hard for the body to function as it should.

### HOW HEALTHY CELLS BECOME CANCER CELLS:

Every cell gets information from genes. Cancer begins with a change within the genes of a single cell. These changes are called mutations. Most mutations are harmless. But sometimes these mutations change the control of cell growth.

Lifestyle and environmental factors do not cause pediatric cancers as they do with some adult cancers. Childhood cancers result from gene mutations that happen by chance. Mutations usually happen as mistakes when cells divide.

**Viruses cause some mutations. These viruses include human papillomavirus (HPV) and the hepatitis B and C viruses.**

**Children sometimes inherit gene mutations from their parents.**

**Types of childhood cancer:** Leukemia, brain and spinal cord tumors, Lymphoma, Neuroblastoma, Osteosarcoma, Ewing sarcoma, Retinoblastoma and Rhabdomyosarcoma.

The **American Childhood Cancer Organization** encourages everyone to **Go Gold** during September in honor and in memory of kids with cancer.

**MAINE** statewide healthcare treatment and patient/family support providers: **MaineHealth-Maine Children's Cancer Program, Northern Light Cancer Care, Maine Center for Cancer, New England Cancer Specialist (Dana-Farber), Maine Cancer Foundation and Make-A-Wish Foundation.**



From Personal Care

## Maurisa Clavet, PSS

September's Employee of the Month!

“Maurisa is new to the Home Care role but excels in the care she provides to both of her clients! We are very blessed to have her as a part of our team!  
-- Personal Care Department ~ Nancy J. Colson



Left: Maurisa Clavet, right: Nancy Colson



## 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.

## Star Trek Day!

People around the world mark Star Trek Day on September 8<sup>th</sup> to celebrate the legacy of one of the best stories, films, and TV shows in history. The series introduced audiences to a universe of hope, inclusion, and diversity, and has captivated fans for decades. For many, Star Trek is more than just a show, it's a source of inspiration and a way to connect with like-minded people. The first "Star Trek" convention was organized in 1972, which was attended by thousands of fans, surprisingly. This attested to the success of the show and originality of its premise. A few ways to celebrate Star Trek Day:

1. Binge watch the series - Star Trek is considered one of the greatest media franchises in the world. It offers amazing stories and an expansive universe. Watching the series and its productions is one of the best ways to celebrate this special day.
2. Host watching parties - Watching parties are incredibly popular amongst loyal Trekkies. It is one of the best ways to share your passion for this series, as well as to discover the great stories it offers.
3. Attend the convention - Attending a convention will put you at the forefront of the celebration.



**“TO SAY YOU HAVE NO CHOICE IS A FAILURE OF IMAGINATION”**

## COR Health Social Event!!

**Join us on COR Health's annual sailing trip aboard a classic Maine schooner!**



Are you ready to mix a little play with all that work? Join COR Health for a couple of hours on the water, the perfect way to experience the beauty of the rugged coastline, complete with lighthouses, seals, seabirds, and good company.

*Pack some food, bring your favorite wine or beer, and sit back and relax as we sail through the pristine waters of Casco Bay.*

**Saturday, September 21st, 2024, from 11:45am - 2pm**  
**Ocean Gateway Pier**  
**14 Ocean Gateway Pier, Portland, ME 04101**

[Click Here to RSVP!](#)

### **Did you find the Cuke in our August issue??**

Shout out to one of our TCMs, Kelly Bridges, 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.