

Tuesday, April
1, 2025

The CORrespondent

Latest news and updates from COR Health

Issue #38

Let's Go Green!

Don't Rush into Spring Clean-Up



Spring is here and many of us are thinking about gardens, flowers and planting. Our **Go Green** committee has put together some tips to remember so that you can best support our important pollinators as well as an up-close look at some of those insects that are so crucial for our environment!

Begin garden clean up in late winter / early spring, after about a 10-day stretch of warm weather, until temperatures are consistently about 50 degrees F.



This will ensure overwintering insects have the chance to hatch out. Not only will you attract birds looking for those insects as well as left over seed heads, you will start the season with a healthy garden ecosystem... Click below to read more!

[Don't Rush into Spring Clean-Up](#)



Get Ready for COR Essentials Launch Week

March 31st to April 4th

The time has come to bring the COR Essentials to life! [Click here to view them now!](#) These aren't just words on a wall—they're the actions and behaviors that drive our success every day. And what better way to celebrate than a whole week of fun, creativity, and maybe even a *Secret Awesome Thing*? (Intriguing, right?) We'll be talking more about what Essentials are and why we have them.

Here's what's happening during the launch week:



Express Yourself - Pick your favorite COR Essential and create a video, poster, meme, or word storm showing what it means to you! Let's see those creative sparks fly.



Essentialist of the Week - Who lives and breathes the COR Essentials? We're recognizing one standout teammate for embodying these principles in action!



30th Essential Contest - Think we missed an Essential? Nominate your own and tell us why it belongs in the lineup!



Hear from COR Teammates - Discover what Essentials resonate most with your colleagues and why.



A Secret Awesome Thing - We can't say much but trust us... you don't want to miss it.



Daily Fun - Get ready for surprise activities, quick challenges, and a whole lot of laughter.



Participation Rewards - The more you engage, the better your chances of winning!

Mark your calendars, get involved, and let's make this launch week legendary! Stay tuned for more details—because success isn't just about what we *believe*, it's about what we *do*. [COR Essentials](#)

2025 Employee Handbook

COR Health has updated our Employee Handbook for 2025. Please log into your ADP portal and go to the Policies Tab to review and acknowledge the 2025 Employee Handbook. If you have trouble viewing/acknowledging the policy, please reach out to Carlos Aristy via TigerConnect.

Infection Control: Hand Hygiene

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

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.



NATIONAL AUTISM AWARENESS MONTH

April 1, 2025 – April 30, 2025

National Autism Awareness Month began in 1972 as National Autistic Children’s Week. The Autism Society founded the event to increase awareness, advocate awareness, and spark changes in schools, communities, healthcare facilities, and businesses.

National Autism Awareness Month raises awareness for Autism and Asperger’s syndrome during April. Autism is a complex brain disorder that often inhibits a person’s ability to communicate, respond to surroundings, and form relationships with others.

According to the World Health Organization (WHO), approximately one in 270 people in the world has autism spectrum disorder (ASD). ASD is a group of developmental disabilities that causes challenges in many areas of one’s life. Children with ASD are usually nonverbal, or they have restricted or repetitive behaviors. ASD also affects people of all racial, ethnic, and socioeconomic backgrounds.



The Autism Society of Maine will be hosting their 23rd annual fundraiser, **The Walk for Autism**, this year in Bangor and Westbrook, with the theme this year being Star Wars!

Bangor: Waterfront Park – April 27th

Westbrook: River Bank Park – May 4th

Check out their website below to learn more and support!

[The Autism Society of Maine](#)

Happy World Penguin Day! Waddle You Do to Celebrate?

On April 25th, we honor the tuxedo-clad champions of the animal kingdom—penguins! These flightless, fancy-footed birds may not be able to take to the skies, but they sure know how to make a splash. Whether they’re belly-sliding across the ice or rocking their signature black-and-white formalwear, penguins are the epitome of cool.

Fun Penguin Facts to Impress Your Friends (or at Least Confuse Them):

- Penguins propose with pebbles. That’s right—some penguins present their potential partners with the perfect rock as a sign of commitment. So, if your significant other isn’t thrilled with their last gift, maybe try a well-polished stone?
- They can drink saltwater! Penguins have a special gland that filters out salt, so they stay hydrated even in the middle of the ocean. Built-in water purification...
- They’re incredible swimmers. While penguins can’t fly in the air, they practically soar through the water, reaching speeds of up to 22 mph. Not bad for a bird that waddles on land like it just left leg day at the gym.



How to Celebrate World Penguin Day:

1. **Dress for the Occasion** – Wear your best black-and-white outfit to channel that penguin elegance.
2. **Adopt a Penguin** – Not literally (unless you own an Antarctic research facility), but you can symbolically adopt one through conservation programs that protect these amazing creatures. [WWF](#) or [OCEANA](#) or [San Diego Zoo](#)
3. **Watch a Penguin-Themed Movie** – Whether it’s *March of the Penguins*, *Happy Feet*, or *Madagascar*, there’s plenty of penguin content to enjoy.
4. **Practice Your Waddle** – It’s great exercise, and it just might make your coworkers question their life choices.
5. **Chill Out** – Take a cue from penguins and embrace the cold (or at least enjoy a frosty beverage in their honor).

No matter how you choose to celebrate, just remember—penguins may be small, but they’ve got big personality. So, let’s all channel our inner penguin today: stay cool, stick with your flock, and always keep moving forward, even if it means belly-sliding to get there..

Happy World Penguin Day!



Anniversaries



Congrats on another year!

Nelly Aleshechkina, PSS – 16 Years

Bridget McNamara, RN – 9 Years

Nahida Sayed, PSS – 16 Years

Najla Sayed, PSS – 5 Years

Kelly Bridges, TCM – 4 Years

Heather Bridges, RN – 1 Year

Abedias Chuquimbalqui, PSS – 1 Year

Lori Deshane, RN – 1 Year

Allyson Keown, BHP – 2 Years

Kyle Koroski, CNA – 1 Year

Ross McEwen, BHP – 1 Year

Karenelise Otto, RN – 1 Year

Taylor Simpson, TCM – 1 Year

Sharon Stuart-Michaud, RN – 1 Year

Brittany Tanguay, TCM – 1 Year

From the Nursing Team

Lauren Shorey,
RN

April’s Employee of the Month

I’ve worked with COR Health for almost 4 years now and I love my job! I love connecting with my clients and their families and building an encouraging relationship. I’ve been working towards my BSN for two years and I’ll be graduating this summer. I’ll also be getting married to my wonderful fiancé, Cypress, in June! I’m a dog mom to two pups, Brinkley and Sebastian, and I enjoy reading and going for runs.
- Lauren Shorey



Lauren is a great advocate for her clients and the families she works for can’t say enough good things about her! We are so lucky to have her at COR Health!

COR Health
Welcomes...
March’s
Newcomers!



Samantha Pelkey, RN

Sammi Walker, RN

Angelina Mehlman, PSS

Katherine Hubner, RN

Fernanda Caliki, PSS



The **2025 World Day for Safety and Health at Work** will focus on the impacts of digitalization and artificial intelligence (AI) on workers' safety and health.

The main goal of safety and health programs is to prevent workplace injuries, illnesses, and deaths, as well as the suffering and financial hardship these events can cause for workers, their families, and employers. The recommended practices use a proactive approach to managing workplace safety and health.

In United States, **The Occupational Safety and Health Administration (OSHA)** has the responsibility of making sure employers provide their employees a place of employment free from recognized hazards to safety and health, such as exposure to toxic chemicals, excessive noise levels, mechanical dangers, heat or cold stress, or unsanitary conditions.

There are three types of safety to consider are **physical safety**, which is freedom from physical harm; **emotional safety**, which is freedom from psychological harm; and **financial safety**, which is freedom from financial hardship.

What is PPE in safety?

Personal protective equipment, commonly referred as “PPE”, is equipment worn to minimize exposure to hazards that cause serious workplace injuries and illnesses. These injuries and illnesses may result from contact with chemicals, radiological, physical, electrical, mechanical, or other workplace hazards.

Healthcare safety precautions include hand hygiene, personal protective equipment, respiratory hygiene, and infection control. These precautions help prevent the spread of infection and protect patients, clients, staff, and families at home and the community.

In addition, all healthcare professionals and caregivers must follow Standard Precautions when providing direct care to patients (hospitals) and clients (home care). Best recommendations, whenever there is an expectation of possible exposure to an infectious material wear PPE all the time.

Other safety and health related recommendations:

- Ensure appropriate patient/client placement or transfer.
- Properly handle, clean and disinfect patient/client care equipment and medical equipment including devices. Clean and disinfect the environment appropriately.
- Handle textiles and laundry carefully.
- RNs-Follow safe injection practices.

Report work-related injuries immediately to Bich Dinh, People Services Leader at (207)560-5945, TigerConnect, or email: bdinh@corhealthservices.com.

Any potential exposure must be reported immediately to your NC (Nurse Coordinator), CSC or Tammy Polakowski, RN Infection Control at (207) 210-1295, TigerConnect or email: tpolakowski@corhealthservices.com.

After business hours, please call our On-Call Service line at (207) 347-6106.

NATIONAL WILDLIFE WEEK

April 5-9, 2025

National Wildlife Week is an annual celebration dedicated to raising public awareness about the diverse and precious wildlife that shares our planet. It’s a time when conservation efforts are emphasized, and people of all ages are encouraged to learn about the importance of protecting natural habitats and the animals that depend on them. This week serves as a reminder of the beauty and fragility of the natural world and our role in its preservation. During this week communities and conservationists participate in several activities and collaborate on impactful preservation and protection of our wildlife. These are some of the most common activities: Plant native plants, visit a wildlife refuge, participate in local clean-up efforts, build a birdhouse, and adopt an animal from a Wildlife Conservation Program.

What is the purpose of the National Wildlife Refuge?

Refuges provide essential homes for thousands of species and access to world-class outdoor adventure, from fishing, hunting and hiking to nature watching, photography and environmental education. They ease the impact of storms and flooding and give back to local economies.



What is the goal of Wildlife Conservation?

Wildlife conservation seeks to protect the diversity of life on Earth, known as biodiversity. This involves recognizing the value of every species, regardless of its size or utility to humans.

Preserving Biodiversity

At the heart of wildlife conservation lies the preservation of endangered species facing threats such as habitat destruction, poaching, and climate change. Without intervention, we risk losing the abundant biodiversity found all over our planet.

To learn more about National Wildlife, click [Here!](#)

COR Health Social Event!

COR Health’s Annual Company Picnic ~ June 2025

Thank you for being a part of the COR Health Team! Join us for our 5th Annual Company Picnic on June 28th 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!

Make sure to keep an eye out for our email to RSVP!



When: Saturday, June 28th, 2025, from 11:00am – 3:00pm

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

CORCONNECT APPLICATION



What is **CORConnect**? This is an automated system developed by COR Health intended to streamline many of our existing internal processes, such as our *Annual Evaluation* and *In-Service Training* process. All caregivers and corporate staff are expected to receive several notifications when due to yearly evaluation and in-service training. Helpful tech tips for all users:

1. Do not ignore or unsubscribe to automated notifications sent to your **PERSONAL** email.
2. Check your **Inbox** or **SPAM** emails for these automated notifications.
3. Do not use your **Kantime** login ID to access **CORConnect** training portal. **KT** login ID is not a company’s email.
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

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.

Did you find the Cuke in our March issue??

Shout out to one of our nurses, Laura Huang, for being the first to find 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.