



National Immunization Awareness Month is celebrated every *August* to highlight the importance of vaccination for people of all ages. It's a time to encourage individuals to talk to their healthcare providers about staying up to date on recommended vaccines to protect themselves and their communities from preventable diseases.

- Vaccines protect individuals from serious and sometimes deadly diseases.
- Vaccinations help prevent the spread of diseases to vulnerable populations, like infants, the elderly, and those with weakened immune systems.
- Vaccines are a safe and cost-effective way to prevent illness and death.

Healthcare workers should be up to date on several recommended vaccinations to protect themselves and their patients and clients. These include vaccines for **influenza**, **COVID-19**, **tetanus**, **diphtheria**, **pertussis (Tdap)**, **measles**, **mumps**, **rubella (MMR)**, **hepatitis B**, and **varicella (chickenpox)**. Additionally, some healthcare workers may need **meningococcal vaccine** depending on their specific work environment.

INFLUENZA

Influenza, commonly known as the flu, is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can range from mild to severe and, in some cases, can be fatal. The flu is distinct from the common cold and the "stomach flu".

Key characteristics of Influenza:

Cause: Influenza viruses (Flu A and B viruses are responsible for seasonal flu epidemics more commonly known as the flu season).

Symptoms: Fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue. Some people may also experience vomiting and diarrhea, especially children.

Contagious period: Individuals can be contagious for about a day before symptoms appear and for 5-7 days after becoming sick, or even longer in some cases.

Transmission: Primarily through respiratory droplets produced when coughing or sneezing, but also possibly through touching contaminated surfaces.

Prevention: **Vaccination is the primary way to prevent influenza and reduce its severity.**

As a reminder of all the required field staff and corporate staff, the flu season is just around the corner! As a State of Maine's Public Health Mandate for all healthcare professionals and caregivers, COR Health will be requiring proof of flu vaccine administration and submission clinical documentation to *People Services*. Please check your local pharmacy for vaccine availability (mid-September), online appointment scheduling or contact your primary care provider for additional information.



Office Closure

COR Health's office will be closed on Monday, September 1st, in recognition of Labor Day. If you need immediate assistance on this day, please call our **On-Call Service** at (207) 347-6106. Our office will be back open on Tuesday, September 2nd.

Requesting Time Off

Plan ahead! 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.



As we believe Good People Attract Good People, we value our caregiver's feedback. [Click Here to Leave a Google Review!](#)

Lets Go Green!

COR Health’s Let’s Go Green Committee, in collaboration with our CORCares Volunteer Committee, had the opportunity to volunteer at Growing to Give last month!

Growing To Give is a climate-friendly, volunteer-driven, nonprofit farming operation in Brunswick, ME. Their mission is to grow certified-organic vegetables for donations to those in need while practicing, teaching, and promoting climate-friendly farming.

It was quite impressive to hear about what they have accomplished for the community out there! The COR Health team was able to assist with removing weeds from the garden and help get a bed ready for planting vegetables!

If you would like to learn more about this great organization and how you can support, please [Click Here](#) to visit their site!



Infection Control: How to Properly Fill Out a COVID-19 Screening Form

As we continue to prioritize health and safety, accurately completing COVID-19 screening forms remains a vital step in preventing the spread of illness. Here's a quick guide to ensure your COVID-19 form is filled out thoroughly and responsibly.

Step-by-Step Guide to Completing the COVID-19 Form

- 1. **Read Each Question Carefully**
 - COVID-19 forms typically ask about symptoms, recent exposure, travel history, and testing status.
 - Take your time to understand each question before answering.
- If you check “No” to all questions, you may proceed as usual.
- If you check “Yes” to any question, additional documentation is required.

What to Do If You Answer “Yes” to Any Question

If you’ve checked “Yes” to any of the screening questions, here’s what you should include:

- If you or your client are experiencing symptoms such as fever, cough, or fatigue, indicate whether a COVID-19 test has been taken. Include the date and result and contact your Nurse Coordinator. If no test has been done, specify whether the symptoms are ongoing or part of a diagnosed non-COVID condition, such as seasonal allergies.
- If you or your client have had recent exposure to a confirmed COVID-19 case, note the date of exposure and whether you or your client have taken a COVID-19 test since. Include the result and any quarantine measures you’ve followed.
- If you or your client have tested positive for COVID-19, provide the date of the test, the result, and whether the illness is ongoing, resolved, or under medical care. Contact your Nurse Coordinator.
- Why This Matters!
- Providing accurate documentation helps protect others from potential exposure, ensures timely medical follow-up, supports contact tracing efforts, and maintains transparency and trust in shared spaces.
- Final Tips
- Always update your form if your health status changes. If you’re unsure how to answer a question, consult your Nurse Coordinator or the IC Nurse. Keep a copy of your test results or medical documentation handy in case follow-up is needed.
- By taking a few extra minutes to complete your COVID-19 form properly, you’re playing a crucial role in keeping everyone safe. Let’s stay vigilant, informed, and compassionate.

Anniversaries



Congrats on another year!

Chelsea Blackwell, RN – 9 Years
Jessie Cooper, Admin – 9 Years
Khaleda Deschambault, PSS – 14 Years
Morgan Little, RN – 3 Years
Julia Martin, TCM – 2 Years
Paul McMullan, NC – 5 years
Kathleen Rush, RN – 8 Years
Todd Smith, BHP – 3 Years
Marguerite Walker, RN – 3 years
Susan White, Admin – 12 years

COR Health Welcomes... July’s Newcomers!



Laurie Pearson, RN
Schyler Dorr, RN
Elisabeth Malaspina, RN
Katherine Howarth, CNA
Lily Lund, RN
Josephine Wood, PSS
Alice Wahlman, BHP
Danica Peaslee, RN
Katherine Seagers, BHP
Heidi Harper, RN
Marian Toro, RN

From the Nursing Team

Marichelle Falqueza, RN

August’s Essentialist of the Month!



Marichelle is a shining example of the COR Essential “Be on time” as she is consistently clocking in and clocking out on time, to the minute, every shift. She also hasn’t missed a shift or called out. Marichelle also demonstrates the COR Essential “Be proactive, plan ahead” by giving advance notice of schedule changes needed to accommodate client appointments or ensuring she has time available for longer hospital visits.

Thank you, Marichelle, for all your hard work and dedication!!

August Essentials of the month

27) **Take Pride in Your Work**
Demonstrate attention to detail. Have a desire to make a positive impact, providing **QualityFirst** and **ClientFirst** care. Be trustworthy, reliable, and show **integrity** to promote the **reputation** of COR Health.

28) **Celebrate Different Perspectives**
Embrace different perspectives as sources of strength, learning, and growth. Create an environment where individuals feel valued, respected and **empowered** to express their **viewpoints**.

29) **Practice the Human Touch**
Listen for and pay attention to the things that make people unique. **Show people you care** about them as individuals and not transactions.



World Lung Cancer Day in 2025 will be observed on **Friday, August 1st**. *This annual global observance aims to raise awareness about lung cancer, advocate for increased research funding, and emphasize the importance of prevention and early detection.*

World Lung Cancer Day was established in 2012 by the **Forum of International Respiratory Societies (FIRS)** in collaboration with other health organizations, including the **International Association for the Study of Lung Cancer (IASLC)** and the **American College of Chest Physicians (CHEST)**. Its purpose is to shed light on a disease that, despite its prevalence and mortality, may not receive as much public awareness as other forms of cancer.

The observance of this day aims to:

- **Increase Awareness:** Educate the public about the causes, risk factors, symptoms, prevention, and treatment options for lung cancer.
- **Promote Early Detection:** Stress the significance of early detection through screening, which can significantly improve survival rates.
- **Encourage Research:** Highlight the need for continued research and funding for innovative treatments and potential cures.
- **Support Those Affected:** Offer a platform for recognizing and supporting patients, survivors, and their families, fostering a sense of community.
- **Reduce Stigma:** Challenge the stigma often associated with lung cancer and emphasize that the disease can affect anyone, regardless of their smoking history.

Early symptoms of lung cancer can be subtle and may not always be present. Some common early signs include:

- **Persistent cough:** A cough that lasts for more than 3 weeks or worsens over time.
- **Shortness of breath:** Difficulty breathing, especially during exertion.
- **Wheezing:** A high-pitched whistling sound when breathing.
- **Chest pain:** Pain or discomfort in the chest, especially when coughing or breathing deeply.
- **Hoarseness:** A change in voice quality.
- **Fatigue:** Feeling tired or weak without an obvious reason.
- **Unexplained weight loss:** Losing weight without trying.
- **Loss of appetite:** Reduced interest in eating.
- **Recurring lung infections:** Frequent bouts of pneumonia or bronchitis.
- **Pain in the shoulder or back:** Pain that radiates to the shoulder or back, especially on one side.
- **Headaches:** Persistent or severe headaches.
- **Drooping eyelids:** A drooping eyelid on one side of the face.

It's important to note that these symptoms can also be caused by other conditions, such as chronic bronchitis or asthma. If you experience any of these symptoms, it's essential to consult a healthcare professional for an evaluation. Early detection and treatment are crucial for improving the chances of successful lung cancer treatment.

Lung cancer screening aims to detect lung cancer at an early stage, when it's more treatable, and is typically recommended for individuals with a high risk of developing the disease. The primary screening method is a low dose computed tomography (LDCT) scan, which uses X-rays to create detailed images of the lungs. Screening is generally recommended for those aged 50 to 80 who have a 20 pack-year smoking history and currently smoke or quit within the past 15 years. For more information on Lung Cancer contact the **AMERICAN CANCER SOCIETY** 800.227.2345

📅 August Is... Weirdly Wonderful!

Because who doesn't want to celebrate lizards, fajitas, and the emotional fallout of Pluto's demotion?

August isn't just about sunburns and back-to-school ads. It's packed with delightfully random recognition days that give us every excuse to pause, laugh, snack, and appreciate the quirky corners of life (and each other). Here's your guide to this month's unexpectedly awesome observances:

🌌 August 24 - Pluto Demoted Day

In 2006, Pluto lost its status as a planet. Some say it was science. We say it was *rude*. Let this be your cosmic reminder: even if others don't see your full greatness, you're still *orbiting, glowing*, and doing your thing. Planet or not, Pluto is powerful—and so are you.

😴 August 10 - National Lazy Day

Permission granted: move slowly, sip something iced, and stare thoughtfully into the distance. Lazy Day is here to remind us that resting isn't slacking—it's recharging. Celebrate with a guilt-free pause. (Even five minutes counts.)

🐘 August 12 - World Elephant Day

Elephants are smart, social, and fiercely loyal. Basically, the role model we didn't know we had. Take a moment to honor the wise, calm energy you bring to your team—even if you're secretly a hot mess on the inside. 🐘 📦

😄 August 16 - Tell a Joke Day

I made a pun about the wind... But it just *blew right past* everyone. Lighten the mood, share a laugh, and remind everyone why humor belongs at work. (Bad puns 100% allowed.)

🌮 August 18 - National Fajita Day

Life is better with sizzling snacks. Whether you're team chicken, steak, or veggie, this is your cue to spice up lunch—and maybe invite a coworker to join you. Bonus points if it involves guac.

Stay wild, stay witty, and remember: Even if you feel like a demoted Pluto some days, you're still a star in our galaxy. 🌟

COR Health Sea Dogs Night & Season Games!

There is no better way to spend a summertime evening than a Sea Dogs Baseball Game and an ALL YOU CAN EAT free buffet of hamburgers, hot dogs, pulled BBQ chicken sandwiches, coleslaw, beans, assorted Coca-Cola products and Sea Dog biscuits. The evening will provide you an opportunity to socialize with other COR Health Staff. You will be able to bring a friend, family member, etc.

Date: Friday, August 22, 2025, at 5:30pm

Location: Hadlock Field in Portland

Who: You + a friend or family member

Click the link below to learn more and register now:
<https://corhealth.info/seadogs>

COR Health is a Portland Sea Dogs Sponsor, for the past several years, to promote COR Health awareness that enables us to grow and expand our respective services throughout Maine. An additional benefit of the Sponsor opportunity was that COR Health has 2 Portland Sea Dog season tickets, which enables us to provide to our COR Health Staff some time to enjoy with a family member or friend!

[Click Here for the Sea Dogs Schedule!](#)

Please reach out to Bich Dinh via TigerConnect if you are interested in attending a game. Tickets are first come first serve!



PORTLAND
Sea Dogs

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 July issue??

Shout out to one of our admins, Michele Howard 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.