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The CORrespondent

Latest news and updates from COR Health

Issue #34

National Safe Toys & Gifts Month

With the holidays right around the corner, everyone is thinking of the perfect presents to gift their loved ones. December is National Safe Toys and Gifts Month. When it comes to toys and gifts, it is critical to remember to consider the safety and age range of the toys.

This holiday season, please consider the following guidelines for choosing safe toys for all ages:

- Inspect all toys before purchasing. Avoid those that shoot or include parts that fly off. The toy should have no sharp edges or points and should be sturdy enough to withstand impact without breaking, being crushed, or being pulled apart easily.
- When purchasing toys for children with special needs try to: Choose toys that may appeal to different senses such as sound, movement, and texture; consider interactive toys to allow the child to play with others; and think about the size of the toy and the position a child would need to be in to play with it.
- Be diligent about inspecting toys your child has received. Check them for age, skill level, and developmental appropriateness before allowing them to be played with.
- Look for labels that assure you the toys have passed a safety inspection – “ATSM” means the toy has met the American Society for Testing and Materials standards.
- Gifts of sports equipment should always be accompanied by protective gear (give a helmet with the skateboard)



- Keep kids safe from lead in toys by: Educating yourself about lead exposure from toys, symptoms of lead poisoning, and what kinds of toys have been recalled; being aware that old toys may be more likely to contain lead in the paint; having your children wash their hands frequently and calling your doctor if you suspect your child has been exposed to lead. Consult the last two websites listed below for more information.
- Do NOT give toys with small parts (including magnets and “button” batteries which can cause serious injury or death if ingested) to young children as they tend to put things in their mouths, increasing the risk of choking. If the piece can fit inside a toilet paper roll, it is not appropriate for kids under age three.
- Do NOT give toys with ropes and cords or heating elements.
- Do NOT give crayons and markers unless they are labeled “nontoxic”.

Professional Boundaries: Gifts and Gratuities



The holiday season presents multiple opportunities for clients and family members of clients who wish to express their gratitude. It is fine to accept a modest token of appreciation, generally nominal value such as a thank you card or a picture drawn by the client.

With the exception of the holiday gift noted above, you are not to accept money, gift certificates, clothes, furniture, jewelry, gifts, loans, or gratuities of any kind from a client or a client’s family. Clients want to express their appreciation and if you find yourself in this position, let the Administrator know so this matter can be handled as delicately as possible. Family members can be insistent when it comes to expressing their gratitude and it is best to have your supervisor or the Administrator step in.

To Our COR Health Community

As the year draws to a close, COR Health would like to take a moment to express our heartfelt gratitude for all the hard work, dedication, and creativity you’ve brought to our organization this year. Each of you has played an invaluable role in our successes, and we couldn’t be more proud of what we’ve accomplished together. This holiday season, we hope you take the time to relax, recharge, and enjoy special moments with your loved ones. You’ve deserved it!

Thank you for being part of this amazing team. We look forward to seeing all that we’ll achieve together in the new year.

Wishing you and your families a joyful holiday season and a happy, healthy New Year!

Office Closure

The COR Health Office will be closed on **Wednesday, December 25th & Wednesday, January 1st**, in recognition of Christmas & New Year’s Day! If you need immediate assistance on this day, please call our On-Call Service at (207) 347-6106.

COR Health’s 7th annual Compliance and Ethics Week was a hit!

The Compliance and Ethics Week Committee (CEWC) brought us a great line up of daily puzzles, content, and fun. We covered documentation and all The Write Stuff from objectivity to grammar to timeliness. Remember, if you didn’t document it, it didn’t happen! Take a look at the week’s activity on the CEWC website <https://corhealth.site/cewc-home-page>

Thank you to all who participated. We hope you had fun and maybe learned something along the way! Lastly, a big shout out to CEWC for making this week happen – Bryanna Bride, Jordyn Crosby, Linda Son, Mary-Frances Brown, and Tammy Polakowski!

Congratulations to all our participation winners:

Daily Puzzle Participation: Chelsea Blackwell, RN

Social Medica Participation: Steph Thornton, NC

Daily Video Participation: Kathleen Rush, RN

Our MEME Winner: Barbara Bilodeau, RN

This Week’s Documentation Superstar: Lisa Andrews, BHP

Overall Participation Award: Mary Joy Tan, RN



INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

The annual observance of the International Day of Persons with Disabilities (IDPD) was proclaimed in 1992, by the United Nations (UN) General Assembly resolution 47/3. This date is celebrated on the 3rd of December around the world, IDPD mobilizes support for critical issues relating to the inclusion of persons with disabilities, promotes awareness-raising about disability issues and draws attention to the benefits of an inclusive and accessible society for all. UN agencies, civil society organizations, academic institutions and the private sector are encouraged to support IDPD by collaborating with organizations for people with disabilities to arrange events and activities.

The estimated one billion people living with disabilities worldwide face many barriers to inclusion in many key aspects of society. As a result, people with disabilities do not enjoy access to society on an equal basis with others, which includes areas of transportation, employment, and education as well as social and political participation.

The International Day of Persons with Disabilities has the intention of promoting empowerment and helping to create real opportunities for people with disabilities. This enhances their own capacities and supports them in setting their own priorities. Empowerment involves investing in people in jobs, health, nutrition, education, and social protection. When people are empowered, they are better prepared to take advantage of opportunities, they become agents of change and can more readily embrace their civic responsibilities.

There are many organizations in the State of Maine working to address the unique needs associated with different disabilities, including but not limited to physical, intellectual, and developmental disabilities, and mental illness.

The Maine state disability protection and advocacy (P&A) agency is Disability Rights Maine (DRM). This agency is part of the nation’s federally funded P&A system. It provides help to people with disabilities in Maine to expand and defend their rights, including supporting self-advocacy groups and legal assistance.

Anniversaries



Congrats on another year!

Paul Bartlett, PSS – 14 Years

Elizabeth Cooleen, PSS – 8 Years

Paul Cooleen, PSS – 8 Years

Emily Gower, RN – 9 Years

Charity Meserve, RN – 6 Years

Ann Morrell, RN – 9 Years

Ashley Richardson, RN – 3 Years

Sokhany Sieng, PSS – 3 Years

Karen Sullivan, PSS – 12 Years

Haily Keezer, RN – 1 Year

From the Nursing Team

Haily Keezer, RN

December’s Employee of the Month



Haily is articulate and a great asset to COR Health. She always goes above and beyond when caring for her client. We are all lucky to have her!
-Nursing Team

Haily is competent and compassionate, and we love how well she has bonded with our son and he with her. She continually goes above and beyond as she cares for him. We are truly blessed to have her on Jacob’s care team!
-Client/Family

COR Health Welcomes... November’s Newcomers!



Chantel Morey, CNA

Michaela Redpath, RN

Annabelle Clifford, BHP

Marina Gilman, BHP



7 Winter Wellness Tips to Stay Healthy

There are several ways you can boost your immune system and avoid getting sick this winter.

- 1. **Limit the spread of germs** - Remember to cover your mouth and nose when you cough or sneeze. If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow. Wash your hands regularly using soap and warm water and scrub for at least 20 seconds. If you can’t wash your hands, use alcohol-based hand sanitizer.
- 2. **Stay hydrated**- Drinking enough water each day boosts your immune system and helps you fight viruses. Aim to drink enough water to equal two-thirds of your body weight in ounces every day. Up to 60% of our bodies are made of water. We lose water constantly through our skin, urine, waste and sweat – even when we breathe. Water intake has many benefits, including:
 - **Regulating internal body temperature**
 - **Metabolizing food and regulating hunger**
 - **Lubricating joints**
 - **Flushing bodily waste**
 - **Producing adequate saliva**

If you don’t drink enough water, you can become dehydrated, which can lead to impaired kidney function, unbalanced electrolytes and other complications. An excess of water can be lethal, especially to those with heart disease or electrolyte abnormality. The best bet is to clear with your physician what level of water intake is most appropriate for your body and activity level.

- 3. **Up your vitamin D intake**- Low vitamin D levels can make you susceptible to illnesses and negatively affect your mental health. Boost your levels by getting in the sunshine and eating foods high in vitamin D, like mushrooms and salmon.

- 4. **Manage dry skin**- Cold air and low humidity can cause dry, itchy skin. Protect your skin by wearing lip balm, using a humidifier in your room, limiting your time in the shower or bath and immediately applying lotion after you dry off.
- 5. **Stay rested**- A lack of sleep can lower your immune system. Maintaining a consistent sleep schedule and getting seven to nine hours of sleep per night lets your body recover and protect against sickness.
- 6. **Get vaccinated**- Immunizations are an important strategy to help prevent the spread of respiratory illnesses such as seasonal flu.
- 7. **See a provider when you’re sick!**

WINTER HEALTH TIPS

- 1. Warm up with stretching and light activities before your exercise routine.
- 2. Layer up for warmth. ...
- 3. Try activities like snowshoeing, cross country skiing, or ice skating.
- 4. Explore the outdoors and enjoy your natural surroundings.
- 5. Let your friends and family know where you will be before you go out.



HOW TO ENJOY WINTER (EVEN IF YOU HATE IT)

- ✓ Get outside whenever you can.
- ✓ There's no such thing as bad weather, only bad clothing.
- ✓ Write a list of things that are positive about winter.
- ✓ Improve your winter hot drink selection.
- ✓ Eat seasonally during winter.
- ✓ Read books to make you feel good about winter.
- ✓ Watching those shows under a cozy blanket.
- ✓ Spending weekend afternoons baking treats and trying out new recipes.
- ✓ Going for walks on crisp frosty ground after weeks of wading through the autumn mud.
- ✓ Putting bird feeders out in the garden and watching them with a cup of tea.
- ✓ Decorate for Christmas.

LAST CALL!!

COR Health’s Annual Holiday Party!

COR Health’s Annual Holiday Party is this Friday! 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!



Click below to RSVP if you haven’t already!

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

National Handwashing Awareness Week



The first week of December is recognized as National Handwashing Awareness Week. 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.

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 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

Did you find the Cuke in our November issue??

Shout out to one of our Nurse Coordinators, Paul McMullan, 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.

