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The CORrespondent

Latest news and updates from COR Health

Issue #36

Random Acts of Kindness Week 2025: Because Who Doesn't Love a Good Surprise?



Random Acts of Kindness Week (February 9-15, 2025) is here, and we're ready to spread some good vibes, laughter, and maybe even a few awkwardly sweet moments. Kindness isn't just for February—it's a year-round opportunity to boost moods, spread joy, and feel like a superhero.

Why Should We Care About Kindness?

Kindness is contagious! Do something nice for someone, and they'll likely pay it forward. Plus, it's scientifically proven to reduce stress, improve your mood, and even help you sleep better. So, it's not just about doing good—it's about feeling good, too.

Fun Ideas for Random Acts of Kindness Week

- **Leave a Compliment Bomb:** Drop a compliment on someone's day. Compliment a colleague's new haircut or that random person who always has a smile. It's like giving them a little sunshine boost. ☀️
- **Send a Surprise Email:** You know that one person you've been meaning to thank or check in on? Send them a quick note. It could be a shout-out for their awesome work or just a "hey, you're awesome" message. It's the digital version of a high-five.
- **Hold the Door:** A simple gesture that says, "I've got your back." Plus, you get to flash your best "I'm thoughtful" smile.

The Ripple Effect

Kindness doesn't have to be grand to make an impact. Whether it's a smile or a quick note, small acts of kindness create big ripples. So, this Random Acts of Kindness Week, let's make kindness a habit—and change the world one act at a time. Check out the [2025 Kindness Calendar](#)

Now go out there and spread some joy! 🌈

From Section 28

Karen Stone, BHP

February's Employee of the Month

Karen shows dedication and pride working in this field. Her knowledge shows how great of a Behavioral Health Professional she is. She is truly an asset to COR Health!

Thank you, Karen, for all you do, we appreciate you!



2024 W2 Tax Form

W2 Tax Forms are available via your ADP portal to view! Please log into your ADP portal and go to the Pay Tab to view your tax forms. If you have any issues with viewing the forms, please reach out to Carlos Aristy via TigerConnect or phone at (207) 747-9148

COR Essentials

Get ready for something big! In the next couple of months, we'll be unveiling the *COR Essentials*. This exciting new initiative is designed to drive and sustain high-performing culture and empower you to thrive in your role. Stay tuned for more details – we can't wait to share what's coming your way!

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.



Black History Month

February 1, 2025 – March 1, 2025

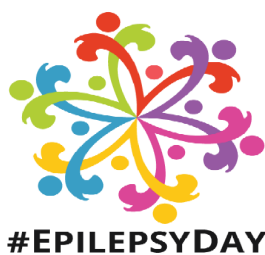
Black History month is an annual celebration of achievements by African Americans. The creation of Black History Month began back in 1915 when Carter G. Woodson, Harvard-trained historian founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to promoting and researching achievements by Black Americans and other peoples of African descent. The group sponsored a national Negro History Week in 1926, selecting the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass.

Decades later, Negro History Week grew awareness with cities, schools, and communities, and evolved into Black History Month by the late 1960s. President Gerald Ford officially recognized Black History Month in 1976, stating to the public “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor through our history.” Every U.S. president thereafter as officially designated the month of February as Black History Month. Other countries around the world have also begun celebrating Black History Month, such as Canada and the United Kingdom.

Did you know?

- There are 50,087,750 of Black or African Americans alone or in combination population in the United States in 2022.
- There were 2.0 million of Black civilian veterans in the United States nationwide in 2022.
- 161,031 number of Black-owned employer businesses in the United States in 2021.

The 2025 theme for Black History Month is “African Americans and Labor.” To learn more, please visit <https://asalh.org/>



International Epilepsy Day

Second Monday in February

The Epilepsy Foundation is proud to join the epilepsy community in recognizing the **second Monday in February** as **International Epilepsy Day**.

What is International Epilepsy Day?

The day provides a platform for people with epilepsy to share their experiences and stories with a global audience.

Despite being one of the world's oldest known medical conditions, public fear and misunderstanding about epilepsy persist, making many people reluctant to talk about it. That reluctance leads to lives lived in the shadows, lack of understanding about individual risk, discrimination in workplaces and communities, and a lack of funding for new therapies research. For many people living with epilepsy, the misconceptions and discrimination can be more difficult to overcome than the seizures themselves.

International Epilepsy Day seeks to raise awareness and educate the general public on the facts about epilepsy and the urgent need for improved treatment, better care, and greater investment in research.

Facts in Tweet-size Bites

- 65 million people around the world live w/ #epilepsy
- 3.4+ million people in the U.S. live w/ #epilepsy
- 1 in 26 people in the U.S. will develop epilepsy at some point in their lifetime
- 150,000 new cases of #epilepsy is diagnosed in the U.S. each year
- One-third of people w/ #epilepsy live w/ uncontrolled #seizures because no available treatment works for them
- For 6 out of 10 people w/ #epilepsy the cause is unknown
- 4 out of 10 people w/ #epilepsy in the industrialized world do not receive appropriate treatment
- 8 out of 10 people w/ #epilepsy in developing nations do not receive appropriate treatment



Anniversaries



Congrats on another year!

Andria Foster, RN - 3 Years

Bich Dinh, Admin - 8 Years

Meagan Patrick, LPN -
3 Years

Mary Rolfe, RN - 5 Years

Stephanie Thornton, Admin -
9 Years

Jordyn Crosby, Admin -
8 Years

Michelle Hamor, RN - 1 Year

James Willigar, RN - 2 Years

Infection Control: Handwashing Awareness



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.

COR Health Welcomes... January’s Newcomers!



- Leah Cammilleri, BHP
- Emily Henderson, CNA
- Kadhim Hasan, PSS
- Madison Beevers, CNA
- Marika Thomas, BHP

AMERICAN HEART MONTH FEBRUARY 2025



American Heart Month is celebrated in February to raise awareness about heart health and encourage people to take action to prevent heart disease.

Why is American Heart Month important?

- Heart disease is a leading cause of death in the United States.
- Heart disease kills 1 in 3 women.

What can you do to prevent heart disease?

- **Eat healthy:** Eat a healthy diet low in sodium and saturated fat.
- **Be active:** Get at least 30 minutes of moderate exercise each day.
- **Manage your weight:** Stay at a healthy weight for you.
- **Check your numbers:** Get your blood pressure and cholesterol checked by your doctor.
- **Educate others:** Tell your friends and family about heart disease and how to stay healthy.

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste.

Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contacting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called “pacemakers”. When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart.



Heart disease can cause a variety of symptoms, including chest pain, shortness of breath, fatigue, and swelling in the legs.

Chest pain: Discomfort that feels like pressure, tightness, squeezing, or aching.

Shortness of breath: Unexplained shortness of breath, shortness of breath during activity or at rest, and shortness of breath at night when trying to sleep.

Fatigue: Severe fatigue, also known as “vital fatigue” and fatigue that interferes with daily activities.

Swelling: Ankles, feet, legs, abdomen, or neck veins. Swelling that may cause bloating and/or quick weight gain.

Other symptoms include heart palpitations, dizziness, light headedness, nausea or vomiting, heartburn, coughing or wheezing and cold sweats.

If you have any of these symptoms, you should get them checked out by a doctor immediately.

COR Health Social Event!

COR Health Bowling League!

The COR Health Bowling Team is taken the lanes again! This year, there is a league on Monday nights at Broadway Bowl in South Portland, our matches will be at either 5:45pm or 8:00pm, and the league goes for about 7 weeks and starts on January 6th! It is always a great time, with food, drinks, and social time with your coworkers!

If you are interested in participating, please reach out to Jordyn Crosby via TigerConnect!

Anyone is welcomed, even if you can only drop in for a few games!



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.

Dill Pickle Dip



February is Super Bowl Month! The day will be full of excitement waiting for the game to begin, but everyone knows the best part of day is the food! Be the MVP of game day with this perfect snack!

Click on the link below for the recipe!

[DILL PICKLE DIP RECIPE](#)

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 solve the trivia questions in January??

Shout out to one of our nurses, Kristy McLaughlin, for being the first to solve the trivia questions!

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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.