

Thursday,
January 2,
2025

The CORrespondent

Latest news and updates from COR Health

Issue #35

From COR Health's President

As we enter 2025, I just wanted to let the entire COR Health Team know how immensely proud of the dedication and hard work each of you in delivering upon our ClientFirst & QualityFirst commitments this past year. Our continued vision to grow COR Health and provide career opportunities, with talented individuals, has exceeded my expectations from a year ago. Some clients will never know how hard you and your COR Health team members work to bring happiness in their lives, but they do appreciate the depth of care and effort that is put forth. The knowledge that you have done something good for someone else should be a powerful reward – one which I hope you feel during the holiday season and throughout the year. There's nothing quite like it.

During the past few months, the respective COR Health department supervisors and Corporate Office staff are focused on their "To-Do Lists" with internal improvement processes relating to our Caregivers / Clients to ensure we are achieving our ClientFirst Philosophy and providing QualityFirst Service, each and every day.

Even though we may all feel comfortable with the "old way" of a certain process, COR Health is continuously evaluating how to "Be the Best" in terms of providing the best possible care and ensuring that you have the best support possible and the most efficient processes.

As you know, COR Health starts with and ends with our "Good People, Attract Good People" Principle. We are truly blessed to be building such a GREAT TEAM of engaged, energized, passionate employees who take ownership for the care provided. Through our collective belief of, "It's more than a job ~ it's a calling,"

From my family to yours, I hope that you and your family a happy and peaceful New Year's and those feelings carry into 2025.



J. Ryan Kelly
President

HAPPY LUNAR NEW YEAR!

Lunar New Year is the beginning of the new year based on the lunar calendar or lunisolar calendar. The lunar calendars follow the lunar phase while lunisolar calendars follow both the lunar phase and the time of the solar year. The event is celebrated by numerous cultures in various ways on diverse dates.

When is Lunar New Year?

The date of *Lunar New Year* differs every year. In 2025 it occurs on January 29th. In many cultures, each year is also associated with an animal from the zodiac. Often the animals are the same across different Asian countries, including China, South Korea, North Korea, Singapore, and Cambodia. See the table below to see which animals are associated with which years.

Year / Lunar New Year Date / Animal

2025	29 January	Year of the Snake
2026	17 February	Year of the Horse
2027	6 February	Year of the Goat

How does the Chinese calendar work?

The Chinese calendar is a lunisolar calendar, which is based on the Moon's phases and the Earth's orbit around the Sun.

The traditional Chinese calendar is used for religious purposes, festivals and for agriculture. Astronomical calculations for the Chinese calendar are based on Latitude 120° E. The Gregorian calendar is also used in the People's Republic of China for administrative and commercial purposes. Unlike most other calendars, the Chinese calendar does not count years in an infinite sequence. Instead, years have names that are repeated every 60 years, corresponding to five repeats of the Chinese zodiac cycle of 12 animals.



Did you find the Cuke in our December issue?

Shout out to one of our admins, Stephanie Thornton, for being the first to spot the Cuke!

To celebrate National Trivia Day this month, go to page 4 for a chance to win this month's prize!

2024 W2 & 1095-C Tax Forms

W2 and 1095-C Tax Forms will soon be 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 once available, please reach out to Carlos Aristy via TigerConnect or phone at (207) 747-9148



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

Protecting Privacy: Celebrating Data Privacy Day at COR Health

January 28 is Data Privacy Day, a reminder of the vital role we all play in safeguarding sensitive information. As a home health company, we handle highly personal client data daily. With mobile devices as a cornerstone of our client charting process, it's essential to ensure that privacy and security are always top of mind.

Here are five quick tips to keep client data safe while using mobile devices:

1. **Lock It Down**
Always use a strong password, PIN, or biometric lock on your device. This simple step can prevent unauthorized access if your device is lost or stolen.
2. **Be Wi-Fi Wise**
Avoid public Wi-Fi when accessing or updating client information. If necessary, use a secure hotspot or a VPN to protect data transmission.
3. **Update Regularly**
Keep your device's operating system and apps up to date.



These updates often include critical security patches that protect against new threats.

4. **Think Before You Click**
Be cautious of suspicious emails, links, or pop-ups. Phishing scams can trick you into revealing sensitive information or installing harmful software.
5. **Secure Your Apps**
Only use approved apps for charting and communication. Unauthorized apps may not comply with privacy regulations, putting client data at risk.

By following these steps, you contribute to maintaining the trust of our clients and upholding the standards of care that define COR Health. Let's make Data Privacy Day not just a date on the calendar but a year-round commitment to excellence and security. Happy Data Privacy Day!

NATIONAL BATH SAFETY AWARENESS MONTH



National Bath Safety Month is celebrated in January to raise awareness about the risks of bathing and to prevent injuries and drowning. It's been estimated by the CDC that approximately 250,000 individuals suffer injuries from falls in the bathroom each year, and safe to assume that a strong percentage of these take place while entering and exiting the bathtub.

Tips on how to help prevent slips, falls and other accidental when entering and existing the tub:

- ❖ Have grab bars professionally installed if you have mobility concerns.
- ❖ Something as simple as a bathmat or anti slip decal can help provide increased stability.
- ❖ Consider having a Walk-in Bath installed for added convenience.
- ❖ Always take your time when entering and exiting from your bathtub.
- ❖ Clean your tub with materials that do not leave a slippery surface when dry.
- ❖ Never be afraid to ask for assistance if entering and existing becomes difficult.

Key Bathroom Safety Tips for Seniors:

- ✓ Raised toilet seats are essential accessories that promote safety and convenience in the bathroom for seniors.
- ✓ Control and test water temperature before an older adult bathes, always check the temperature of the water in the bath or shower. The water temperature should be below 120 degrees Fahrenheit (49 degrees Celsius) to avoid burns.
- ✓ Adequate lighting is crucial in preventing accidents in the bathroom. Bright, evenly distributed light can help prevent accidents. Installing motion-sensing night lights and bathroom lighting make life easier for an older adult.

Key Bathroom Safety for Children:

- Never leave a child (ren) unattended in the bathroom, not even for a second. Drowning is often silent, and children can slip under the water without making a sound.
- Childproof the bathroom by removing hazard items like razors, hair products, and moldy bath toys.
- Consider buying a cover for the faucet and secure the toilet lids.
- Keep medications and cleaning products out of reach.

Anniversaries



Congrats on another year!

Hope Albert, RN - 9 Years

Patrick Connor, PSS -

5 Years

Hannah Verrill, RN -

3 Years

Nancy Bachelder-Savage, RN -
1 Year

Debra Goyette, PSS -

1 Year

Gretchen Keyes, RN -

2 Years

Jennifer Metivier, RN -

1 Year

Roya Hejabian, PSS - 2 Years

From Personal Care

Jennifer Bridges,
PSS

January’s Employee of the Month

We are thrilled to shine the spotlight on Jennifer Bridges, PSS, our rockstar Employee of the Month! Since hopping on board with us in August, Jen has been nothing short of phenomenal. Her unwavering dedication to her clients and her exceptional attention to their individual needs has truly set her apart.

Jen's ability to consistently go above and beyond is what makes her an indispensable part of the COR Health family. Her readiness to provide extra help whenever it's needed exemplifies the spirit of teamwork that we cherish so much. Jen has not only excelled in her role but also raised the bar for everyone around with her dedication, creativity, and team spirit. Her unwavering commitment and exceptional work ethic have made a significant impact on the clients she works with in our community.



Join us in celebrating Jen and all the amazing work she does - she's a testament to how one person's effort can make a world of difference! Thank you, Jennifer, for being such an outstanding member of our team. Your commitment is seen, appreciated, and absolutely inspiring!

COR Health
Welcomes...
December’s
Newcomers!



- Jennifer Stewart, RN
- Jenna Creamer, BHP
- John Kang, RN
- Cynthia Duncan, PSS
- Galina Segler, BHP

Infection Control: Whooping
Cough

What is it?

Whooping cough is a respiratory illness caused by a type of bacteria called *Bordetella pertussis*. The disease is only found in humans. Whooping cough bacteria attach to the cilia (tiny, hair-like extensions) that line part of the upper respiratory system. The bacteria release toxins (poisons), which damage the cilia and cause airways to swell.

Symptoms

Symptoms of whooping cough can vary for people based on their age and if they've been vaccinated or not. [Symptoms](#)

Risk factors

Age and underlying medical conditions can increase someone's risk for getting a severe case of whooping cough. It's especially important to prevent these people from getting sick.

Age

Babies younger than 1 year old are at greatest risk for getting whooping cough and having severe complications from it.

Medical conditions

People with pre-existing health conditions that may be worsened by whooping cough are at high risk for developing a severe infection. Some conditions that could be made worse by whooping cough include, but are not limited to:

- Immunocompromising conditions
- Moderate to severe medically treated asthma

How it spreads

The bacteria that cause whooping cough spread easily from **person to person** through the air. When a person with whooping cough sneezes or coughs, they release small particles with the bacteria in them. Other people can then breathe in the bacteria. These bacteria can spread when people spend a lot of time together or share breathing space.

People can be contagious for weeks

People can spread the bacteria from the start of symptoms and for at least 2 weeks after coughing begins.

Taking antibiotics early in the illness may shorten the amount of time someone's contagious.

People can unknowingly spread the bacteria

Some people have mild symptoms and don't know they have whooping cough, but they can still spread the bacteria to others. Many babies who get whooping cough are infected by older siblings, parents, or caregivers who don't know they have it.

Vaccination

The best way to prevent whooping cough is to get vaccinated. CDC recommends whooping cough vaccination for everyone.

Antibiotics

Preventive antibiotics are also known as postexposure antimicrobial prophylaxis (PEP). These are medicines given to someone who has been exposed to harmful bacteria to help **prevent them from getting sick**. Some people should receive antibiotics to prevent them from getting sick if they have been around someone with whooping cough. If you've been exposed to someone with whooping cough, talk to a healthcare provider about preventive antibiotics. A healthcare provider or health department generally decides who should get preventive antibiotics.

Testing and diagnosis

Whooping cough can be difficult to diagnose because the signs and symptoms are often similar to other respiratory illnesses. It can be helpful to know if you've been in contact with someone who has whooping cough.

Healthcare providers can diagnose whooping cough by doing a

- History of typical signs and symptoms
- Physical exam
- Laboratory test of a mucus sample from the back of the throat
- Blood test

Treatment and recovery

It's very important to **treat whooping cough early**, before coughing fits begin. Healthcare providers generally treat whooping cough with antibiotics. Further treatment in the hospital may be required if symptoms are serious.

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.

“Good People, Attract Good People”



Do you know an outstanding healthcare professional that is motivated, passionate, and believes in providing quality care to their clients? Every day, COR Health is looking for professionals to join our team and get the opportunity to provide compassionate care to clients in communities all around the state.

- ❖ Registered Nurse w/ 1+ years of experience - \$1,500
- ❖ New Grad Registered Nurse - \$750
- ❖ Certified Nurse Assistant - \$500
- ❖ Behavioral Health Professional - \$500
- ❖ Personal Support Specialist - \$200

Please contact Bich Dinh, People Services Team Leader, via TigerConnect with any Caregiver Referrals or questions and details on our respective Referral Bonuses Program.

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.

National Trivia Day!

To celebrate National Trivia Day on January 4th, solve the below trivia questions for a chance to win a Snappy prize!

1. What year was the first official home health agency established in the United States?
2. Which federal program is the largest payer for home health services in the U.S.?
3. What does **HIPAA** stand for, a regulation critical to protecting patient information?

Submit your answers to Bich Dinh via TigerConnect!