

IT'S SUMMERTIME! DON'T FORGET SWIMMING SAFETY!

1. Always swim in a lifeguarded area.
2. Never swim alone, regardless of your age or level of swimming skills.
3. Keep within your fitness and swimming capabilities
4. Be aware of weather and water conditions and heed warnings.
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HOW TO USE A LIFE JACKET (Adult & Children)

- Select the right life jacket for the type of water activity.
- Make sure it is U.S. Coast Guard approved (Check for the stamp on the life jacket)
- Make sure it fits the intended user: check for the label on the life jacket for weight and size limits
- Check buckles and straps for proper function. Discard any life jacket with torn fabric or loose straps.
- Put it on and practice swimming with it.



THINGS TO BE AWARE ABOUT WATER SAFETY

- Ensure every member of your family learns to swim so they at least achieve skills of water competency: able to enter the water, get a breath, stay afloat, change position, swim a distance then get out of the water safely.
- Employ layers of protection including barriers to prevent access to water, life jackets, and close supervision of children to prevent drowning.
- Know what to do in a water emergency- including how to help someone in trouble in the water safely, call for emergency help and CPR.

★**REMINDER FOR CAREGIVERS:** Please speak to your direct supervisor prior to bringing your client near any bodies of water while working on shift!

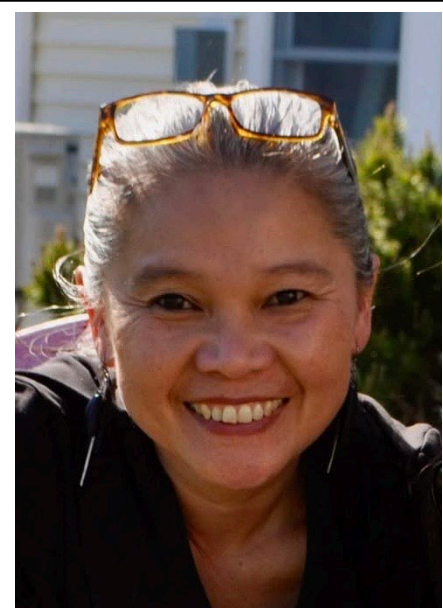
From Medical Staffing

Kingkaew Iamnumsin, CNA

July's Essentialist of the Month!

King utilizes the COR Essentials of "Be Obsessive about Organization" as she handles multiple jobs and priorities while scheduling herself for Medical Staffing positions. She looks at her schedule a head of time and plans for her shifts without being asked. She never double books herself or cancels shifts and is excellent at communicating with the corporate office.

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



Office Closure

COR Health's office will be closed on Friday, July 4th, in recognition of Independence Day. If you need immediately assistance on this day, please call our **On-Call Service** at (207) 347-6106. Our office will be back open on Monday, July 7th.

July's COR Health Essentials

26) Speak Straight, No Drama

Address issues directly with those who are involved or affected. Make clear and direct requests. Say what you mean.

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.

It's a BIG day for Maine in the realm of "Going Green!"

On June 18, 2025, the Maine House and Senate passed a bill "that aims to reduce the state's reliance on oil/gas by ensuring homes, businesses, and vehicles are powered with 100% clean, affordable electricity by 2040" (NRCM 2025). This is a huge step for the environment, as fossil fuels like coal, oil, and natural gas are major contributors to climate change. Globally, the world is on track to produce more than double the coal, oil and gas that we can burn to limit global warming by 2030.

This step made by the state of Maine says, "we (Maine) are not willing to accept the enormous burden that rising fossil fuel prices places on our working families," stated Climate and Clean Energy Director Jack Shapiro (NRCM 2025). He continued stating, "extreme weather, flooding, and rising seas made worse by climate change are threatening livelihoods and harming our communities" (Jack Shapiro, NRCM 2025).



Maine ranks among the top states in the U.S. for renewable energy, particularly in the generation of electricity from renewable sources. In 2023, Maine generated 67% of all in- state electricity via hydropower, wind, and biomass fuels. Maine continues to be in the forefront of green initiatives in the U.S., with a beautiful goal of 100% clean electricity by 2040.

[Click Here](#) to learn more!

Infection Control: UV Safety

Some exposure to sunlight can be enjoyable; however, too much could be dangerous. Overexposure to the sun's UV radiation can cause immediate effects such as sunburn and long-term problems such as skin cancer and cataracts. The UV Index provides important information to help you plan your outdoor activities to prevent overexposure to the sun's rays.

By taking a few simple precautions, you can greatly reduce your risk of sun-related illnesses. Consider the following steps:

- Limit your time in the sun between 10:00 a.m. and 4:00 p.m.
- Whenever possible, seek shade.
- Use a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of at least 30.
- Wear a wide-brimmed hat and if possible, tightly woven, full-length clothing.
- Wear UV-protective sunglasses.
- Avoid sunlamps and tanning salons.
- Watch for the UV Index daily.

SUN-RELATED SKIN DAMAGE

Skin cancer — the abnormal growth of skin cells — most often develops on skin exposed to the sun. But this common form of cancer can also occur on areas of your skin not ordinarily exposed to sunlight. There are three major types of skin cancer — basal cell carcinoma, squamous cell carcinoma and melanoma.

Anyone can get skin cancer, but people with certain characteristics are at greater risk:

- A lighter natural skin color.
- Skin that burns, freckles, reddens easily, or becomes painful in the sun.
- Blue or green eyes.
- Blond or red hair.
- Certain types and many moles.
- A family history of skin cancer.
- A personal history of skin cancer.
- Older age.



Anniversaries



- Jess Arnold, Admin - 7 Years
- Kimberly Beisaw, RN - 3 Years
- Kimberly Blanchard, RN - 4 Years
- Bryanna Bride, Admin - 4 Years
- Lisa Decker, RN - 3 Years
- Marichelle Falqueza, RN - 2 Years
- Lydia Grant, RN - 1 Year
- Carole Leach, RN - 5 Years
- Jordan Lyerla, TCM - 1 Year
- Lilyan Ray, BHP - 2 Years
- Magdalena Rone, PSS - 9 Years
- Kalisha Simpson, RN - 1 Year
- Lori St. Hilaire, RN - 1 Year

COR Health Welcomes... June's Newcomers!!



- Alicia Quirk, BHP
- Sophia Milo, BHP
- Laura Theobald, RN
- Megan Pelsinski, RN
- Crystal Davis, RN
- Nancy Collins, BHP
- Jennifer Weeks, RN
- Michaela Lahlou, RN
- Ravon Palmer, CNA

 World Brain Day 2025: Brain Health for All Ages

Date: July 22, 2025

Join us in celebrating *World Brain Day* on July 22, 2025! This year’s theme—**“Brain Health for All Ages”**—reminds us that our brains need care and support throughout every stage of life.

Brain disorders are now among the top global health challenges, yet many are preventable with the right knowledge and tools. From prenatal care and youth education to healthy aging strategies, we all play a role in promoting neurological well-being.

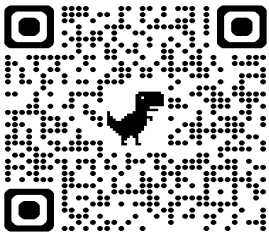
 Five Campaign Pillars:

- **Awareness:** Break the stigma and talk brain health.
- **Education:** Share knowledge that empowers.
- **Prevention:** Encourage healthy habits early.
- **Access:** Promote fair neurological care for all.
- **Advocacy:** Support policies that put brain health first.

This global initiative aligns with efforts by the World Federation of Neurology and the WHO to make brain health a worldwide priority. Together, we can support healthy brains—for children, adults, and the elderly alike.

**SHARK WEEK 2025!
BEGINS JULY 20
HOSTED BY Tom
Bergeron**

Summer’s most-anticipated television programming event, Discovery Channel’s “Shark Week,” returns for its historic 37th year on Sunday, July 20 at 8PM ET/PT. The network previously announced the upcoming Shark Week special *Dancing with Sharks* (wt) and today released the first official promo clip for the 2025 celebration. This year’s host will be Tom Bergeron. For this year’s full schedule, scan the code below!



World Hepatitis Day is observed each year in July to raise awareness of viral hepatitis, an inflammation of the liver that causes severe liver disease and liver cancer.

The date of 28th July was chosen because it is the birthday of Nobel-prize winning scientist *Dr. Baruch Blumberg*, who discovered hepatitis B virus (HBV) and developed a diagnostic test and vaccine for the virus.

The theme for 2025:” Hepatitis: Let’s Break It Down” calls for urgent action to dismantle the financial, social and systemic barriers – including stigma – that stand in the way of hepatitis elimination and liver cancer prevention. The campaign is a reminder that we must act now to expand access, integrate care, and end hepatitis as a public health threat by 2030.

Hepatitis is an inflammation of the liver, often caused by viral infections. Five main strains of the hepatitis virus – A, B, C, D, and E – are responsible for most cases. Hepatitis B and C are the most common, accounting for over 90% of hepatitis-related deaths. Chronic hepatitis infections can lead to severe health issues, including cirrhosis, liver cancer, and liver failure. According to **WHO (World Health Organization)** estimates, approximately 325 million

people worldwide live with chronic hepatitis, and over 1.3 million deaths occur annually due to hepatitis-related complications.

Causes of Hepatitis:

- **Viral Hepatitis:** Hepatitis viruses A, B, C, D, and E are the main culprits.
- **Alcoholic Hepatitis:** Excessive alcohol consumption can damage the liver and lead to inflammation.
- **Autoimmune Hepatitis:** The body's immune system mistakenly attacks the liver.
- **Toxic Hepatitis:** Certain toxins, medications, and supplements can also cause liver inflammation.

Symptoms:

Symptoms can range from mild to severe and may include fatigue, jaundice (yellowing of the skin and eyes), abdominal pain, nausea, vomiting, and dark urine. Some individuals with hepatitis may be asymptomatic, especially with hepatitis A and B infections.

Treatment and Prevention:

- Treatment depends on the cause and severity of hepatitis.
- Vaccines are available for hepatitis A and B, offering effective prevention.
- Antiviral medications can help manage chronic hepatitis B and C.
- Lifestyle changes, such as limiting alcohol consumption and avoiding certain medications, may be necessary.

🎉 Quirky July: A Month of LOLs, UFOs & Snack Attacks 🎉

July is packed with weird, wonderful, and snack-worthy holidays. Whether you're into bad puns, alien conspiracies, or just looking for an excuse to eat fries for breakfast — this month has you covered.

😄 Just for Laughs

- **International Joke Day – July 1**
Start the month strong with a groan-worthy pun, a knock-knock classic, or your most dramatic chicken-crossing-the-road delivery.
- **Emoji Day – July 17**
🙄 😏 🤩 🎮 – Use your face or your keyboard. Today’s all about expressing feelings one tiny yellow icon at a time. Challenge: can you summarize your day using only emojis?

👁️ Out of This World

- **UFO Day – July 2**
Keep your eyes on the skies and your coworkers guessing. It's the perfect day to wear tinfoil, talk about “the incident in ’97,” or sneak a plastic alien onto someone’s desk.
- **Jump Day – July 11**
A scientifically confusing but fun excuse to hop, bounce, or dramatically jump to conclusions. Great day for a literal or metaphorical leap.

🍷 Tastes Like July

Too hot to cook? July gives us plenty of excuses to embrace snacks-as-meals.

- **Fried Chicken Day – July 6**
Crispy, greasy, glorious. Forget the salad — today’s a napkin-only lunch kind of day.
- **Mac & Cheese Day – July 14**
The ultimate comfort food. Bonus if it's straight from the blue box or has a suspiciously crunchy top.
- **French Fry Day – July 12**
Curly, crinkle, shoestring, or waffle — we don’t judge.
- **Junk Food Day – July 21**
The one day your vending machine habits are considered “festive.” Live your best gas station snack life.

So, whether you're cracking jokes, watching the skies, or sneaking an extra fry, July is the perfect month to mix a little weird with a lot of fun—because ordinary is overrated.

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!



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 June issue??

Shout out to one of our nurses, Kimberly Blanchard, 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.