

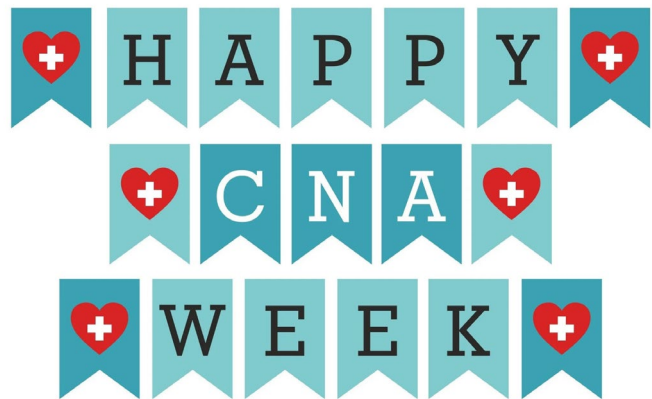
The CORrespondent

Latest news and updates from COR Health

Certified Nursing Assistants Week

June 12th - June 18th

COR Health would like to express our appreciation to our CNA staff for their outstanding dedication to providing care in facilities across the state. We recognize their hard work and commitment to the residents they serve daily. CNAs are the eyes and ears for the nurses who cannot be in every room. They monitor their residents closely and are typically the first to know when that resident is not doing well, it is their job to alert the nurse. They take vital signs, monitor food/drink intake, watch for signs of pain, provide help with bathing and dressing, they maintain skin integrity by making sure the residents are repositioned and cleaned up when the resident can't do so themselves. CNAs are more than just part of the healthcare team, to some residents they are like family and provide the human interaction that they desire. They listen to their stories, interact with them, they get to know what brings a smile to their face and what annoys them. They treat their residents as if they were a member of their family, they are frequently the person who is giving families information about their loved one. They are often the one that is holding their hand, comforting them as they pass away, and then they clean them up and make sure that even in death they are allowed their dignity. They do these things over and over every day, often with very little recognition or gratitude. The CNA job is physically, mentally, and emotionally exhausting and is not for the faint of heart. It is a calling, not for everyone, but the strongest of heart and a love of knowing that they are making people's lives better. We are grateful for the CNAs on our team and appreciate the efforts they put forth daily. Thank you all for all you do!!



Why do facilities choose Medical Staffing?

Healthcare facilities need adequate and safe levels of staffing to function well and administer care both, safely and efficiently. Adequate staffing levels ensure better care for patients, reduces caregiver fatigue, prevents burnout, and increases patient satisfaction. COR Health provides facilities with qualified and thoroughly vetted staff members; helping them save time and money, and to ensure their facility has the right personnel for the job!

Why work for COR Health Medical Staffing Agency?

We're partners! COR Health prides itself on the relationship we build with our caregivers; your success is our success! We work one-on-one with our Medical Staff to ensure proper facility placement and shift schedules. We provide flexibility, continuous support, and overall knowledge to help you get your career where you want it to be!

If you are interested in learning more about Medical Staffing and CNA work, please reach out to Bryanna Bride, via email at bbride@corhealthservices.com or TigerConnect!

June's COR Health Essentials Highlights

Consider what these Essentials mean to you and how you will live up to them in your day-to-day work.

23) Prioritize Self-Care

Be in tune and recognize your physical, emotional, and mental needs and take intentional actions to address them. **Know when to rest.** Prioritizing self-care is essential for maintaining balance, resilience, and overall well-being in the face of life's demands and challenges.

24) Raise Your Hand

Bring attention to an issue or concern. **Speak up** and communicate about issues that need attention. **Share new ideas.** Share information with all the right people.

25) Seek Assistance When Unsure

Acknowledge lack of understanding or skill. Proactively seek support from others who may have the knowledge. **Use available resources** before asking.

INFECTION CONTROL



It's that time of year again! Ticks are out - do you know how to manage them? Please visit the [CDC website](https://www.cdc.gov/ticks/) to find out more about the types of ticks to watch out for, tickborne diseases, checking symptoms and safe tick removal.

Office Closure

COR Health's office will be closed on Friday, July 4th, in recognition of Independence 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 Monday, July 7th.



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

CEWC's June Takeover! A month of cucumbers, snacks, and good vibes.

Did you know June is **National Cucumber Month**? That means it's officially time to celebrate our very own cool cucumber mascot—**CEWC** (pronounced "cuke")! He's the animated, dancing, sunglass-wearing veggie who shows up to keep things chill and cheerful around here. And June just happens to be packed with fun food holidays that CEWC is totally here for:

 National Donut Day – June 6

Round, sweet, and always appreciated—kind of like a good day in home care.

 National Egg Roll Day – June 10

Crispy on the outside, full of surprises on the inside... just like some of our workdays!

 National Fudge Day – June 16

Whether you're into chocolatey treats or just need a moment to indulge, this day is your permission slip to celebrate.

 All Month Long – National Cucumber Month

Crisp, cool, and refreshing—just like CEWC. He's here to remind us to take things in stride, stay hydrated, and maybe throw in a little dance break when things get hectic.

How to Celebrate with CEWC This Month:

-  Tell us your favorite "cool under pressure" moment—CEWC would totally approve.
-  Treat yourself to a donut, egg roll, or piece of fudge (or all three—June is a judgment-free zone).



Thanks for all the heart you put into your work every day. CEWC sees you, salutes you, and says: stay cool out there!



The day is celebrated annually to remind people about the importance of staying hydrated and its health benefits, particularly during the summer months. **Water** is essential for countless bodily functions, including temperature regulation, joint lubrication, nutrient delivery, and waste removal. It also supports cognitive function, boosts energy levels, and aids in maintaining healthy skin.

Benefits of Daily Hydration:

Temperature Regulation: Water helps the body maintain a stable temperature through sweating.

Joint Lubrication: Water acts as a lubricant for joints, reducing friction and pain during movement.

Nutrient Delivery and Waste Removal: Water transports nutrients to cells and helps remove waste products.

Organ Function: Proper hydration is essential for the proper functioning of organs, including the kidneys, which filter waste, and the digestive system.

Cognitive Function: Dehydration can impair cognitive performance, including concentration and memory.

Energy Levels: Staying hydrated helps maintain steady energy levels, preventing fatigue and lethargy.

Skin Health: Hydration contributes to healthy and elastic skin.

Preventing Dehydration: Dehydration can lead to serious health issues, including heatstroke, kidney stones, and urinary tract infections.

Digestive Health: Hydration helps with digestion and prevents constipation.

Physical Performance: Adequate hydration is crucial for athletes and active individuals to optimize physical performance.

What are the signs you are dehydrated?

- **Feeling thirsty.**
- **Dark yellow, strong-smelling pee.**
- **Peeing less often than usual.**
- **Feeling dizzy or lightheaded.**
- **Feeling tired.**
- **A dry mouth, lips and tongue.**
- **Sunken eyes.**

How can you stay hydrated? You should drink plenty of fluids such as water, diluted squash and fruit juice to stay hydrated. The key is to drink regularly throughout the day. The recommended daily fluid intake for adults is generally around 15.5 cups (3.7 liters) for men and 11.5 cups (2.7 liters) for women.

Anniversaries



- Jordan Balkansky, PSS – 15 Years
Joanna Sutton, RN – 9 Years
Parame Limvattanalert, ADON – 8 Years
Alison Morin, FS – 8 Years
Erika Webster, RN – 7 Years
Monica Duclos, TCM – 6 Years
Barbara Bilodeau, RN – 6 Years
Francine St. Hilaire, RN – 6 Years
Lauren Shorey, RN – 4 Years
Derek Volkernick, FS – 1 Year
Christine Remillard, RN – 1 Year
Brenda Beaulieu, BHP – 3 Years

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



- Cecelia Humiston, BHP
Cathy McCollett, PSS
Mavinga Yemo, PSS
Gretchen Primus, BHP
Haley Breton, DSP
Derek Tynan, BHP
Sarah Hall, RN
Karen Thompson, RN
Michelle Lebrun, RN
Sarah McCarthy, RN
Tammy-Lyn Perry, BHP

From Section 28

Marika Thomas, BHP

June’s Employee of the Month

This month we are nominating Marika Thomas as our BHP of the month. Marika has hit the ground running. She always asks questions on how to provide the best care for her client. In addition to seeking additional resources, she remains flexible in her commitment to provide quality care through active participation in supervisions and communication with the family.

Client’s mother stated “We’ve had a hard time trusting providers as we’ve been through a lot of agencies. I was very hesitant, but she is great! She has a tone and calmness about her that really works”. Great job Marika!



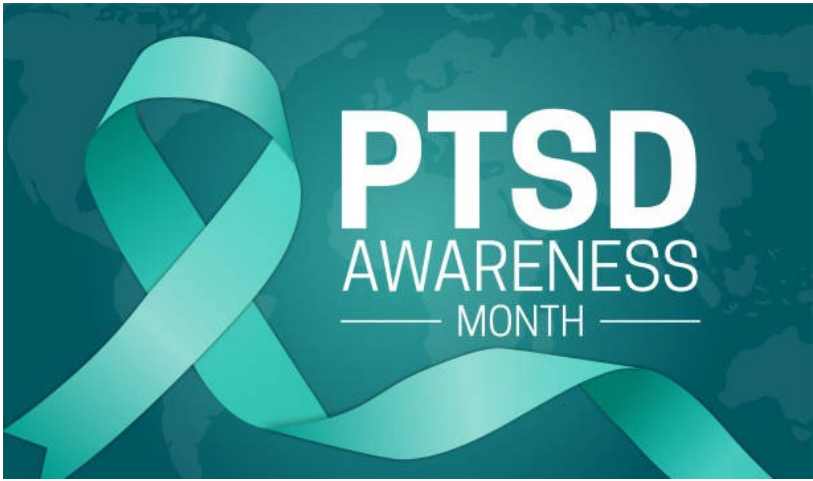
Let’s Go Green!



COR Health’s Let’s Go Green Committee, in collaboration with our CORCares Volunteer Committee, will be volunteering at Growing To Give this June!

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.

[Click Here](#) to check them out!



JUNE 27, 2025

National PTSD Awareness Day is dedicated to raising awareness about Post-Traumatic Stress Disorder(PTSD) and its impact on individuals and communities. It is observed annually on June 27th to remember and support those affected by PTSD. The five core signs of PTSD, according to a model based on research, are re-experiencing, avoidance, numbing, negative changes in thinking and mood, and hyperarousal.

- **Re-experiencing:** This involves intrusive and distressing memories, thoughts, or dreams related to the traumatic event. It can also manifest as flashbacks, where the person feels as if the trauma is happening again.
- **Avoidance:** Individuals with PTSD may avoid situations, places, objects, or people that trigger memories or feelings related to the trauma. They might also avoid thinking or talking about the event.
- **Numbing:** This involves a detachment from reality, feeling emotionally numb, or having difficulty connecting with others or expressing emotions. It can also include difficulty recalling details of the trauma.
- **Negative Changes in Thinking and Mood:** This can include negative beliefs about oneself, others, or the world, as well as feelings of guilt, shame, or loss of interest in previously enjoyable activities.
- **Hyperarousal:** This refers to heightened reactivity, such as feeling easily startled, having difficulty sleeping, being irritable or angry, or experiencing a jumpy or anxious feeling.

When interacting with someone who has PTSD, avoid dismissing their experience, pressuring them to talk, or being impatient with their healing process. It's crucial to be supportive and understanding, allowing them space to process their emotions and avoid actions that could trigger or worsen their symptoms.

STATE OF MAINE RESOURCES:

Text, Call or Chat 988 - Reach out to 988 f you are experiencing emotional distress, struggling with your mental health for any reason.
MaineHealth Behavioral Heath: 844-292-0111
Maine Crisis Line: 24/7 (888)568-1112
Peer Support Line: (866)771-9276

COR Health Social Events!

COR Health’s Annual Company Picnic ~ June 2025

Thank you for being a part of the COR Health Team! Join us for our 5th Annual Company Picnic on June 28th to kick off summer with a celebration of your hard work!

Bring your family or a friend and let’s get together at Lost Valley in Auburn to enjoy some sunshine, food, and beverages. There will be lawn games and fun for all ages and, of course, raffles! We will be raffling off COR Health apparel, Snappy Gifts, and PTO!

Click the link below to RSVP!

corhealth.site/picnic



When: Saturday, June 28th, 2025, from 11:00am - 3:00pm

Where: Lost Valley
200 Lost Valley Rd, Auburn, ME 04210



COR Health Softball

COR Health Softball season has officially kicked off, and we’re ready to hit the field strong! The teams’ games are played on Monday evenings, the regular season will last 10 weeks, and the playoff season will last 2 to 3 weeks (weather dependent). The games are played at varying fields around the Portland area at either Payson Park (Portland), Fraser Field (Westbrook), or Kiley Field (Portland)! The games rotate start times each week and either start at 6:30pm, 7:45pm, or 9:00pm! We look forward to hopefully having you a part of the COR Health Softball Team!

If you are interested in participating or want to come watch a game, please reach out to Bich Dinh via TigerConnect!

CORCONNECT APPLICATION



What is **CORConnect**? This is an automated system developed by COR Health intended to streamline many of our existing internal processes, such as our *Annual Evaluation* and *In-Service Training* process. All caregivers and corporate staff are expected to receive several notifications when due to yearly evaluation and in-service training. Helpful tech tips for all users:

- 1. Do not ignore or unsubscribe to automated notifications sent to your **PERSONAL** email.
- 2. Check your **Inbox** or **SPAM** emails for these automated notifications.
- 3. Do not use your **Kantime** login ID to access **CORConnect** training portal. **KT** login ID is not a company’s email.
- 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 immediately, you should use telephony until they call you back.

Did you find the Cuke in our May issue??

Shout out to one of our Admins, Mary-Frances Brown, 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.