

Monday,
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The CORrespondent

Latest news and updates from COR Health

Issue #37



Get Ready for COR Essentials Launch Week

March 31st to April 4th 🎉

The time has come to bring the COR Essentials to life! [Click here to view them now!](#) These aren't just words on a wall—they're the actions and behaviors that drive our success every day. And what better way to celebrate than a whole week of fun, creativity, and maybe even a *Secret Awesome Thing*? (Intriguing, right?) We'll be talking more about what Essentials are and why we have them.

Here's what's happening during the launch week:



Express Yourself - Pick your favorite COR Essential and create a **video, poster, meme, or word storm** showing what it means to you! Let's see those creative sparks fly.



Essentialist of the Week - Who lives and breathes the COR Essentials? We're recognizing one standout teammate for embodying these principles in action!



30th Essential Contest - Think we missed an Essential? Nominate your own and tell us why it belongs in the lineup!



Hear from COR Teammates - Discover what Essentials resonate most with your colleagues and why.



A Secret Awesome Thing - We can't say much but trust us... you don't want to miss it.



Daily Fun - Get ready for surprise activities, quick challenges, and a whole lot of laughter.



Participation Rewards - The more you engage, the better your chances of winning!

Mark your calendars, get involved, and let's make this launch week legendary! Stay tuned for more details—because success isn't just about what we *believe*, it's about what we *do*. [COR Essentials](#) 🚀

🥜 Happy Peanut Butter Lover's Day! 🥜

Whether your team crunchy or team smooth, today is your day! March 1st is **Peanut Butter Lover's Day**, a time to celebrate that glorious, nutty spread that makes everything better—toast, apples, cookies, spoons... (yes, just straight from the jar, no judgment here).

Peanut Butter Fun Facts:



The average American eats **7 pounds** of peanut butter per year!



A peanut isn't actually a nut—it's a **legume**, like lentils and beans.



It takes **540 peanuts** to make a 12-ounce jar of peanut butter.



Peanut butter was once considered **military rations** during WWII.

Ways to Celebrate:

✓ **Try a new recipe** - Peanut butter energy bites, Thai peanut noodles, or check out this [page of recipes!](#)

✓ **Hold a PB taste test** - Compare different brands, styles, or even mix-ins (honey, cinnamon, or—gasp—chocolate)!

✓ **Test your PB skills** - How many PB crackers can you eat in a minute without water?

Enjoy the day—spread the love (and the peanut butter)!



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.

Infection Control: Optimizing Environmental Cleaning Practices

Optimizing cleaning practices in a healthcare setting means implementing strategic methods to thoroughly clean and disinfect all surfaces. Click on the link below to learn key strategies for optimizing environmental cleaning practices in healthcare!

[Optimizing Environmental Cleaning Practices](#)

RED CROSS MONTH is celebrated every *March* to honor the people who support the **AMERICAN RED CROSS**. The month recognizes volunteers, donors, and others who help the *Red Cross* provide humanitarian services.

During this month, there are different ways to recognize the mission of this global organization:

- Donating money, blood, and platelets.
- Volunteering time to help the Red Cross.
- Taking lifesaving skills courses, such as first aid, CPR lifeguard, or EMR certification.
- Raising awareness of the Red Cross’s mission and humanitarian work.
- Honoring local community heroes who help their neighbors in times of crisis.
- Helping people affected by different disasters.

RED CROSS Community Programs:

Disaster Relief helps families find safe places to stay and provides meals and snacks.



Home Fire Response helps families affected by home fires.

Health Care and Blood Drives is the country’s largest supplier of blood and blood services.

Military Support provides services and home comforts to military members and their families

DAYLIGHT SAVING TIME DAY



On Sunday, March 9, 2025, clocks will spring forward one hour across most of the United States. Gradually adjust your bedtime a few nights before the time change by going to sleep 15-20 minutes earlier each night to ease the transition and minimize the disruption to your sleep cycle; this helps your body adapt to the new schedule without feeling overly tired on the day of the time change.

Other helpful strategies include:

- **Get enough sleep:** Aim for at least 7 hours of sleep the night before the time change.
- **Adjust your daily routine:** Shift mealtimes and other activities slightly earlier to match your new sleep schedule.
- **Avoid naps:** Limit daytime naps on the day of the time change.
- **Consider relaxation techniques:** Practices like deep breathing or meditation can help manage stress related to the time change.
- **Expose yourself to natural light:** Wake up with natural sunlight to help regulate your circadian rhythm.

We lose an hour of sleep when the clock “spring forward” and are turned ahead at 2:00 a.m. for one hour when daylight time begins. Hawaii and parts of Arizona do not participate in daylight saving time. The Navajo Nation is the lone exception in Arizona. The territories of American Samoa, Guam, Northern Mariana Islands, Puerto Rico and the U.S. Virgin Islands also do not participate.

We all lose an hour of sleep when going to DST, as the day is only 23 hours long. In the fall when DST ends, clocks “fall back” an hour on Sunday, November 2, 2025, at 2:00 a.m.

4 Tips to adjust your baby’s sleep when the clocks go forward:

1. Make a gradual change to the evening bedtime routine of 10 minutes early and keep adding 10 minutes the next day.
2. Stick to your daily routine.
3. Beneficial extended naps.
4. And be patient - it should not take too long for your baby to adapt to the new times.

Anniversaries



Congrats on another year!

Maurisa Clavet, PSS - 1 Year

Isaiah Deschambault, PSS - 12 Years

Muatum Kafita, PSS - 1 Year

Hannah Rittenhouse, RN - 1 Year

Danielle Schinn, RN - 1 Year

Linda Son, LCSW - 3 Years

Lisa Starostecki, RN - 6 Years

Wantana Theerathampitak, RN - 4 Years

From Medical Staffing

Kyle Koroski, CNA

March's Employee of the Month



Kyle is a great advocate for himself and others, always striving to do the right thing, always. He has excellent communication, is flexible and willing to help where needed.

Thank you for being a great CNA Kyle, keep up the good work!!

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



Stephanie Malm, RN

Teresa Gime, PSS

Carson Hoffman, BHP

Wilfred Goguen, BHP

Crystal Bourassa, PSS

Monica Raymond, RN

Chris Irakoze, PSS

Kimberly Lewis, PSS



What is National Nutrition Month?

Each year during March, we celebrate **National Nutrition Month** by promoting the importance of making informed food choices while developing both healthier eating and physical activity habits. *National Nutrition Month* serves as an opportunity to remind the public and the media that *Registered Dietitian Nutritionists (RDNs)* and *Nutrition and Dietetics Technician Registered (NDTRs)* are the most valuable and credible sources of timely and scientifically based food and nutrition information.

This year, the National Nutrition Month theme is **"Food Connects Us."** Food is a connecting factor for everyone. It strengthens our bonds socially, economically, and culturally. Food is like a language that we all can understand. Food is much more than just a source of nourishment for survival, it connects all of us regardless of background, culture, or language. Food helps us feel connected whether it's from a family/friend gathering, or experiencing a new cuisine, or volunteering at food assistance programs within our communities to help those experiencing food insecurity.

Here are some ways to celebrate how - **"Food Connects Us"** socially:

- Host a potluck with family or friends.
- Volunteer to help with community dinners at local food banks or soup kitchens.
- Start new food traditions with family or friends.
- Connect with local food providers from grocery stores, community agencies, or farmers to get involved.

"Food Connects Us" by allowing us to learn more about others. It allows us to create a sense of togetherness. Through the sharing of food, memories, stories, and laughter we can improve mental, physical, and overall well-being.



COR Health Social Events!



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

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

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!

Make sure to keep an eye out for our email to RSVP!

Congrats to the COR Health Bowling Team!

The COR Health Bowling Team took the lanes again this year at Broadway Bowl in South Portland!

Our team rolled their way to an impressive 2nd place finish in this season’s league! A huge shoutout to all the players for their dedication – next season, we’re aiming for the top spot!



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 February issue??

Shout out to one of our admins, Mary-Frances Brown, for being the first to find 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.