

Thursday,
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The CORrespondent

Issue #39

Latest news and updates from COR Health

Nurses Appreciation Week!

Join us in celebrating **National Nurses Week 2025** from **May 6-12!**

We will be hosting special trainings May 5-9. This week is dedicated to recognizing and honoring the incredible work of nurses, and we want to take a moment to acknowledge the 84 amazing nurses here at COR Health, including our dedicated nurse coordinators. Your hard work, compassion, and expertise are key to helping us achieve our ClientFirst and QualityFirst philosophies.

To show our appreciation, we're hosting an optional, hands-on training session at the COR Health office on May 5th, from 10-1 to help brush up on trach and G-tube skills. Our nurse coordinators will also be available for any Kantime questions you may have, so be sure to take advantage of this opportunity.

Throughout Nurses Week, we'll be sending out daily videos to remind our nursing team of key policies and procedures, as well as providing helpful tips for charting and orders.

And don't forget—follow us on Facebook during Nurses Week! We'll be posting special content to celebrate our nurses, and there will be a participation prize for those who interact with our posts. Thank you, nurses, for all that you do!



Behavioral Health Appreciation Week!



COR Health is excited to celebrate Behavioral Health Professionals Week from May 12-18!

Our Behavioral Health Professionals play a crucial part amongst our Section 28 department – they are the driving force for our service, touching lives of so many. BHPs are trained, dedicated professionals that are the backbone of treatment delivery, supporting children, teens, and young adults living with emotional disorders, developmental disabilities, mental illness, and other cognitive and functional limitations. Their daily works includes implementing a treatment plan that includes goals on behavior management, safety, social functioning, communication, independent living, and daily living skills. This work also includes documenting the goals that are worked on, parental involvement, methods, and the status of skill retention and development.

Thank you to all our Behavioral Health Professionals for the incredible work you do every day. Your compassion, dedication, and strength make a real difference in the lives of so many children. You are seen, valued, and deeply appreciated – not just this week, but always! We are grateful for you and the hard work you offer.

*“To the world you may be one person, but to one person you may be the world.”
-Dr. Seuss*

Infection Control

Make sure you're practicing healthy hand hygiene by doing the following!

1. Wet your hands with clean running water and lather with soap for 20 seconds.
2. Rinse your hands well under clean running water.

Office Closure

COR Health's office will be closed on Monday, May 26th in recognition of Memorial Day. If you need immediately assistance on this day, please call our **On-Call Service** at (207) 847-6106. Our office will be back open on Tuesday, May 27th.



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

May Magic: Lightsabers, Wizards, Yoda, and... Pizza!



Something about May makes the universe feel just a little more magical (and delicious). Maybe it's the hum of a lightsaber in the air, the distant sound of a sorting hat making life decisions, or the irresistible smell of melted cheese. Either way, May is the time to embrace your inner wizard-warrior and boldly go where no pizza

party has gone before. It all starts with a spark on May 2nd—the anniversary of the Battle of Hogwarts. Dust off your wands, raise your butterbeer, and celebrate the bravery, magic, and friendships that make the wizarding world so special. Just a couple days later, we jump galaxies on May the 4th, Star Wars Day, when Jedi and Sith alike unite to honor the Force. And if you're not done yet, May 5th is your golden ticket to Talk Like Yoda Day. Wisdom share, you must. Confuse your boss, you will.

Then, just when you think your robe-wearing, spell-slinging, droid-loving heart can't take any more, May 17th arrives: National Pizza Party Day. Because even Chosen Ones, Dark Lords, and droids need carbs. It's the perfect excuse to call your housemates, coworkers, or fellow rebels together for a celebration that spans both galaxies and great toppings.

So, this May, whether you're casting spells or dodging stormtroopers, don't forget the true meaning of it all: friendship, imagination, and extra cheese.

Celebrate boldly, and may the slice be with you!



“We Care. for Everyone”

National EMS Week 2025 is scheduled for May 18-24. This annual event is a time to recognize and celebrate the contributions of EMS professionals, including EMTs and paramedics, who provide critical services in communities across the United States. The American College of Physicians were influential in establishing EMS week when President Ford declared it in 1974.

The National Association of Emergency Medical Technicians (NAEMT) and the American College of Emergency Physicians (ACEP) are key organizations involved in promoting and supporting EMS Week nationwide.

EMS systems and providers are an integral component of each state’s emergency response system and are also a critical element of our nation’s disaster and mass casualty response infrastructure.

In the last 10 years, EMS has been vital to emergency medicine and to saving lives. Medical emergencies and situations faced by all medical practitioners require quick problem solving and years of training. As the field expands, EMS will always be front line when it comes to emergencies and emergency medicines. At present, 25,000 EMS Week planning guides are given out free of charge to fire departments, EMS services, rescue squads, volunteers and emergency departments all over the US.

We love EMS professionals because they plan, adapt and respond to care for everyday citizens. They save lives and are vital to our society. In turn, it is fundamental that we show appreciation for them too, by celebrating EMS week enthusiastically!

Managing stress as an EMS professional can be overwhelming. Maine EMS has partnered with the Maine Department of Health and Human Services’ Office of Behavioral Health to make the Warm Line / Front Line available to all EMS professionals and their families across the State of Maine. This is a confidential and professional resource for healthcare professionals who may need some help or guidance. The resource is available seven (7) days a week from 08:00 (8 AM) to 20:00 (8 PM) and help line: (207) 221-8196 or text “Frontline” to 898-211.

Anniversaries



Congrats on another year!

Michelle Breton, RN – 5 Years

Erica Daigneault, BHP – 2 Years

Danh Danh, PSS – 12 Years

Diona Diffin, PSS – 10 Years

Stephanie MacIsaac, RN – 8 Years

Lisa Paine, RN – 1 Year

Mary Joy Tan, RN – 1 Year

COR Health Welcomes... April’s Newcomers!



Kylie Stuflick, CNA

Chelsea Heath-Douglas, RN

Taylor Gelman, CNA

Angela Bonnell, RN

Amanda Gauthier, RN

Brooklynn Alberts, RN

Caitlyn Witwicki, RN

From Personal Care

Teresa Gime, PSS

May’s Employee of the Month



We're thrilled to celebrate an exceptional member of the COR Health PSS family, Teresa Gime. Since joining us in January, Teresa has exemplified what it means to be dedicated. Her unwavering support to her clients and our mission makes her stand out as a truly essential part of our team. During our "Essentials" launch week, Teresa was one of the shining star winners, embodying everything the COR Health vision stands for. Her contribution is not only appreciated—it's invaluable.

Thank you, Teresa, for bringing your best self to work each day and for being a true embodiment of the values we hold dear at COR Health. Here's to many more months (and years!) of your invaluable contributions!

Did you miss Earth Day??



What is Earth Day?

When was it? April 22nd

How long has it been around? First Earth Day was celebrated in 1970. Where? In the US by a Senator of Wisconsin.

Why? Raise public awareness and support environmental protection.

Small ways to contribute? Turn off the lights, plant a tree, conserving water, reducing waste, and supporting local.

Remember these tips this Spring when you start your Spring clean-up!

[Don't Rush into Spring Clean-Up](#)



May is officially designated as **National High Blood Pressure Education Month** in the United States. This month is a time to raise awareness about the dangers of high blood pressure (hypertension), also known as *the silent killer*, and to encourage individuals to take steps to manage their blood pressure. High blood pressure affects a significant portion of the adult population in the US, with some individuals remaining unaware of their condition.

Risk factor for serious conditions: Uncontrolled hypertension can lead to serious health problems like stroke, heart attack, and kidney failure.

Focus on prevention and control: **May is a time to emphasize the importance of preventative measures like adopting a healthy diet, staying physically active, managing stress, and avoiding smoking.**

What BP level is stroke level?

A blood pressure reading of 180/120 mm Hg or higher is considered stroke-level and requires immediate medical attention. This reading is also classified as a hypertensive crisis. Any blood pressure reading consistently above this level, or above 140/90 mm Hg with stroke symptoms, should prompt immediate medical attention.

- **Normal Blood Pressure:** *Less than 120/80 mm Hg.*
- **Elevated Blood Pressure:** *120-129 systolic / less than 80 diastolic.*

- **Stage 2 Hypertension:** *140 or higher systolic / 90 or higher diastolic.*
- **Hypertensive Crisis:** *180 or higher systolic / 120 or higher diastolic.*

What is the number one food that causes high blood pressure?

While many factors contribute to high blood pressure, salt and processed foods are often cited as the most significant dietary culprits. Excessive sodium intake can raise blood pressure, while processed foods are frequently high in sodium and added sugars, further exacerbating the issue.

What is the number one fruit to lower blood pressure?

While several fruits can contribute to lowering blood pressure, a 2023 study published in *the American Journal of Clinical Nutrition* identified **wild blueberry** powder as the number one fruit for managing blood pressure. Specifically, it found that 61 healthy older adults who consumed 26 grams of wild blueberry powder for 12 weeks experienced reduced systolic blood pressure and increased blood vessel dilation. However, **EatingWell** also notes that **bananas** and other fruits like **avocados**, **cantaloupe**, **oranges**, and **dried apricots** are also known for their positive impact on blood pressure due to their potassium content.

Benefits of peanut butter in managing high blood pressure: It's a good source of magnesium, which helps relax blood vessels, and it also contains protein and healthy fats, which can contribute to improved cardiovascular health.

What is the best vegetable to lower blood pressure?

For naturally lowering blood pressure, **leafy greens** like **kale**, **spinach**, and **collard greens** are excellent choices. These vegetables are rich in magnesium and nitrates, which can help relax blood vessels and promote better blood flow, contributing to lower blood pressure.

May’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.

21) Make QualityFirst Personal

Always ask yourself “is this my best work”? Take personal responsibility and ownership in your work. Care deeply about the outcome.

22) Practice Blameless Problem Solving

Shift the focus from finding someone to blame for a problem to **understanding why** the problem occurred and how it can be prevented in the future. Use those lessons to improve so we **don’t make the same mistake twice**.

COR Health Social Event!



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!

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

Did you find the Cuke in our April issue??

APRIL FOOLS!! There was no Cuke in our April issue!

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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.