



Wednesday
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The CORrespondent

Latest news and updates from COR Health

Issue #44

Happy Halloween! Help Keep Trick or Treaters Safe this Halloween

Halloween is just weeks away. Fast becoming one of the most popular holidays in this country, masses of little superheroes, cartoon and television characters will soon be out in their neighborhoods for trick or treat fun. The [American Red Cross](#) has ten tips parents can follow to help keep the kids safe while enjoying the festivities.

1. Trick-or-treaters need to see and be seen.
 - Use face makeup instead of masks which make seeing difficult.
 - Give trick-or-treaters a flashlight to light their way.
 - Add reflective tape to costumes and trick-or-treat bags.
 - Have everyone wear light-colored clothing.
2. Use flame-resistant costumes.
3. Make sure adults know where the kids are going. A parent or responsible adult should accompany young children door-to-door.
4. Be cautious around animals, especially dogs.
5. Walk, don't run.
6. Only visit homes that have a porch light on. Accept treats at the door – never go inside.
7. Walk only on the sidewalks, not in the street.
 - If no sidewalk is available, walk at the edge of the roadway, facing traffic.
 - Look both ways before crossing the street, and cross only at the corner.
 - Don't cut across yards or use alleys.
 - Don't cross between parked cars.
 - Drivers – use extra caution. The youngsters may forget to look both ways before crossing.



8. A grown-up should check the goodies before eating.
 - Make sure to remove loose candy, open packages and choking hazards.
 - Discard any items with brand names that you are not familiar with.

If you are planning to welcome trick-or-treaters to your home, follow these safety steps:

9. Light the area well so young visitors can see.
10. Sweep leaves from your sidewalks and steps. Clear your porch or front yard of obstacles someone could trip over.

October COR Essentials of the month

- 1) **Always Ask Why.** Be curious and question policies and procedures. Healthy debate creates better solutions and understanding. No better question than “Why?”, never stop asking it.
- 2) **Be Dedicated to Improvement.** Be conducive to change, don't follow the status quo, just because we've always done it this way doesn't mean it's set in stone. Don't be satisfied with the way it's always been done. Work on something to improve every day, always ask, “What can be done better?”
- 3) **Be Gracious About Feedback.** No one is perfect, learning and growth is ongoing. Be open minded, there's not just one approach that's right. It's not personal, we're all on the same team, we're all focused on the same goal. Think before you speak – question how your actions and words will be perceived by others, how would you feel if someone said it to you?



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

Requesting Time Off

Plan ahead! Make sure to submit your time off request two weeks in advance to provide adequate time for office staff to find coverage for your client(s) and for PTO approval.

Follow this [Attachment](#) to learn how to properly request PTO through your ADP portal.

If you have any issues submitting a request through ADP, please reach out to Carlos Aristy.





This month we recognize pharmacists and pharmacy teams for the important role they play in keeping us healthy. Pharmacists don’t just fill prescriptions—they provide care, guidance, and access to services that make a real difference.

Pharmacists help by:

- Giving vaccines and safely providing medications
- Offering counseling and advice on conditions like asthma, diabetes, and heart disease
- Helping patients overcome barriers to care
- Expanding their role to test and treat for common illnesses in many states

Building a relationship with your local pharmacist can make care easier, faster, and more personal.

Did you know?

- 89% of Americans live within 5 miles of a pharmacy.
- Pharmacies are more common and open longer hours than physician offices.
- Patients see their pharmacist twice as often as their doctor.
- In many states, pharmacists can now test and treat for flu, strep, COVID-19, RSV, and other minor illnesses.
- More than 700,000 pharmacists, technicians, and students are serving communities nationwide.

This October, thank a pharmacist—you probably see them more than you realize!

Let’s Go Green! October 2025



Fall is here! As the beautiful Autumn season approaches, temperatures are dropping, and the leaves are falling to the ground. It is tempting to want to rake up the leaves in your yard, but here are some reasons to reconsider:

1. **Habitat for Wildlife:** Fallen leaves provide a natural habitat for various insects, amphibians, and small mammals during winter months. Raking them up can disrupt these ecosystems and reduce biodiversity in your yard.
2. **Soil Enrichment:** When left to decompose, leaves can break down and enrich the soil with valuable organic matter. This improves soil structure, moisture retention, and nutrient content, benefiting your garden or lawn.
3. **Fertilization:** As leaves decompose, they release nutrients back into the soil, acting as a natural fertilizer for your plants and trees.
4. **Environmental Impact:** Burning leaves releases carbon dioxide and other pollutants into the atmosphere, contributing to air pollution and climate change. Composting or mulching leaves is a more environmentally friendly option.
5. **Erosion Control:** A layer of leaves can help protect the soil from erosion, particularly on slopes or hilly areas. They act as a natural barrier against heavy rain and wind.
6. **Time and Energy Savings:** Raking leaves can be a time-consuming and physically demanding task, especially if you have a large yard with many trees. Allowing leaves to naturally decompose can save you time and energy. [SOURCE](#)

Anniversaries



Congrats on another year!

Hannah Averill, RN - 6 yrs

Janie Ballew, RN - 2 yrs

Laura Huang, RN - 5 yrs

Kristy McLaughlin, RN - 2 yrs

Madison Shirland, RN - 1 yr

Michelle Thibault, RN - 10 yrs

Elizabeth Tilton, RN - 7 yrs

Brenda Burke, RN - 7 yrs

Tammy Polakowski, ADON - 7 yrs

Carlos Aristy, Corporate - 11 yrs

Tiffany Smith, CNA - 3 yrs





COR
Essentialist of
the Month!

From Section 28

Ross McEwen,
BHP



After this family had many attempts with previous services, Ross jumped into a complex situation ambitiously. His display of COR Essential #2-Being dedicated to improvement is shown daily with the work he does with his family. This client's family has expressed to his supervisor after failed attempts with other services, they were hesitant with low expectations. After working with Ross, this family has referred to him as " a huge help ". Great work Ross!

COR Health
welcomes... September
Newcomers!!

- Brittany Plummer, RN
- Nichole Plummer, RN
- Jenny Craig, BHP
- Michele Meilo, BHP
- Holly Anderson, BHP
- Nessa Robbins, CNA
- Rebecca Versluis, CNA
- Yahouba Katou, BHP
- Javier Mata, BHP
- Ashten Allen, RN
- Meaghan Couillard, CNA
- Elizabeth Lammers, RN
- Laura Clifford, Corporate



Mental Illness Awareness Week occurs during the first week of October and this year, it is observed from October 5 to 11. Millions of people live with a mental illness, and it not only affects them but also those around them – family, friends, or coworkers.

Mental Illness Awareness Week is run in collaboration with the National Alliance of Mental Illness (N.A.M.I). NAMI’s goals are to raise awareness of mental illnesses, fight discrimination, and provide support through Mental Illness Awareness Week (M.I.A.W.). This has become a dedicated time for mental health advocates across the country to come together as one unified voice. During this week events are held to promote community outreach and public education concerning mental illnesses. Events include art/music events, educational sessions, advertising campaigns, health fairs, prayer services, movie nights, candlelight vigils, and benefit runs.

M.I.A.W. coincides with similar campaigns in early October such as World Mental Health Day, National Depression Screening Day, and National Day Without Stigma.

5 FACTS ABOUT MENTAL ILLNESS

- 1. Your mental health can change over time - Mental health is dependent on many factors and this means that a person’s mental health can change over time due to circumstances.
- 2. Mental health problems are very common - In the U.S., statistics reveal that there are about one in 20 people with a serious mental illness.
- 3. There is no single cause - Several factors can contribute to the risk of suffering from a mental illness.
- 4. Children can also have mental health issues - About 50% of children show the first signs of mental health disorders before 14 years old, and three-quarters of mental health disorders begin before age 24.
- 5. There are hundreds of mental health illnesses - There are more than 200 types of mental illness.

WHY MENTAL ILLNESS AWARENESS IS
IMPORTANT

- It highlights a taboo topic.
- It highlights real-world experiences.
- It saves lives.

STATE OF MAINE MENTAL HEALTH
RESOURCES

- Spurwink Services- Adult Behavioral Health – Portland, Lewiston, and Biddeford
- Maine Medical Center Mental Health Inpatient Program P6 – Portland
- Saint Mary’s Regional Medical Center Behavioral Health Services - Lewiston





October: The Month Our Sweet Tooth and Carb Cravings Take Over

Forget pumpkins and spooky costumes—October is secretly a month-long food festival. If you’ve ever needed an excuse to indulge in sugar or carbs (who doesn’t?), the calendar is on your side this month.

We kick things off on **October 1 with National Homemade Cookie Day**, rolling right into **National Dessert Day on October 14**. Translation: calories don’t count when there’s a holiday label involved. Feel free to test every cookie recipe you’ve ever pinned on Pinterest—strictly for research purposes, of course.

But wait—before you think October is only for sugar lovers, it’s also **National Pasta Month** with **National Noodle Day on October 6** thrown in for good measure. Clearly, the carb gods decided October was their season to shine. So whether you’re twirling spaghetti, slurping ramen, or debating if mac and cheese counts as a noodle dish (spoiler: it does), you’re celebrating properly.

And just when you think you can’t possibly fit another bite... along comes **National Apple Month** and its oddly specific cousin, **National Applejack Month**. That’s right—whether it’s apple pie, apple cider, or the cereal that made your childhood Saturday mornings extra sugary, October’s got you covered. Basically, if it starts with “apple,” it has a day.

To top it off, October 31 isn’t just Halloween—it’s also **National Caramel Apple Day**. As if the universe wanted to make sure we wrapped up the month by gluing our teeth together with sticky caramel and apple goodness.

So, to recap: October gives us cookies, caramel, noodles, pasta, and apples. It’s basically a giant buffet disguised as a calendar. The only real question is—will your Halloween costume still fit by the 31st?



COR Health’s Annual Holiday Party!

COR Health’s Annual Holiday Party is right around the corner! An official invitation will be sent out soon to RSVP, but for now, enter a lottery to win a **FREE** hotel room for the night! [CLICK HERE TO ENTER](#)

Enter by October 17th. Don’t miss out! Rooms are limited! Lottery winners will be picked on October 20th.

Date: Friday, December 12th at 6pm

Location: Harraseeket Inn, 162 Main St, Freeport, ME 04032

Who: You + a friend or family member

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 September issue??

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

FIND THE CUKE HALLOWEEN EDITION

Somewhere hidden in this newsletter is a tiny, costume wearing cucumber. Find the cuke, and the prize may be yours! Highlight or screenshot to Jess Arnold via TigerConnect for an entry in this month’s Find the Cuke contest.

