

Flu Season is coming!

Employees (full time, part time, per diem) who work in the home health department (including corporate staff) are required to either be vaccinated or provide a medical waiver by **October 1st!!** Any employee not vaccinated by October 1st, will be ineligible to work until they comply. COR Health encourages vaccinations for all staff but does not require it for BHP, TCM, and Adult PSS staff.

Please send in your Flu Shot to Carlos Aristy via TigerConnect.

Employees who decline for medical reasons are required to complete and submit a waiver signed by a physician stating they have a medical condition that would prohibit them from obtaining the vaccination.

Flu vaccines are now being distributed across the U.S. to healthcare facilities and pharmacies.

Flu (influenza) is caused by a virus **which spreads through respiratory droplets** released by the body when we breathe out - when we talk, cough or sneeze. Depending on an individual's health status or underlying risk profile, some people can get very sick from the flu virus.



1. The flu vaccine will help to lower your risk of becoming sick with flu.
2. Although the flu vaccine doesn't offer complete protection against getting the flu, it does lower your chances of getting the infection. And, if you do get flu, you'll recover faster. This means you're not infectious for as long, which helps limit the spread of infection to others.
3. If you're at a high risk of developing a serious influenza illness - like bronchitis and pneumonia - this vaccine is a must.
4. If you live with a person who is at risk, your vaccine is also a must
5. . It is still the most effective way to protect you against flu infection and its complications.

Book a visit with your healthcare provider or nearest pharmacy for your vaccine. Call them before you go to make sure they have the flu vaccine in stock.

If you have any questions, please reach out to Infection Control RN/ADON, Tammy Polakowski via TigerConnect.

September Essentials of the month

29) Practice the Human Touch

Listen for and pay attention to the things that make people unique. **Show people you care** about them as individuals and not transactions.

30) Practice Patience, Foster Growth

Not all progress fits a schedule. People need to feel safe to trust that the steps will have positive growth results. **Practice patience** to build trust. Hold steady even when outcomes aren't immediate. Give people time to grow, room to try, and the grace to come back stronger. Progress that lasts doesn't rush — it roots.

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.



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.



Each year, Americans observe **National Hispanic Heritage Month from September 15 to October 15**, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

Hispanic Heritage Month has been a big celebration in the U.S. for more than 40 years. The observance started in 1968 under President Lyndon Johnson's administration as a one-week

celebration called Hispanic Heritage Week. Years later, President Ronald Reagan proposed extending this celebration into a month-long event. It was enacted into law on Aug. 17, 1988, officially designating the 30-day period starting on September 15 to October 15 as **National Hispanic Heritage Month**.

What does Hispanic mean?

While many people use Latino(a) and Hispanic interchangeably these two words mean different things. A Hispanic person is someone who comes from or is a descendant of a Spanish-speaking country. Latino(a) is used when referring to someone who comes from Latin America or is a descendant from any Latin American country.

People use this celebration to show the importance of Hispanics in the U.S. by donating to Hispanic charities, eating food from any of the countries that are being celebrated, learning from their cultures, and honoring influential Hispanics who have made an impact on society.



COR HEALTH – Let’s Go Green! – September 2025 Newsletter

Plants Are Good for you!

House plants **help improve air quality on your home!** They naturally filter the air by **absorbing harmful toxins** like VOCS (volatile organic compounds) from paints, cleaning products, and furniture.

Studies have shown that simply being around plants can **lower stress levels, blood pressure, and heat rate!**

Plants can **boost mood, reduce feelings of fatigue, and even alleviate symptoms of anxiety and depression!**

Some plans like lavender and jasmine, are known for their calming properties and **can promote better sleep!**

Many houseplants are relatively easy to care for, making them a **low-effort way to enjoy the benefits of nature indoors!**

Offices with plants have shown a positive impact on **productivity, concentration, and morale!**

Anniversaries



Congrats on another year!

Tess Gosselin, TCM - 1 Year

Michele Howard, Admin - 13 Years

Afshin Mahmoodi, PSS - 12 Years

Jordan Merrick, PSS - 1 Year

Peter Prescott, BHP - 2 Years

Malerie Purcell, Admin - 3 Years

Jenna Richmond, RN - 4 Years

Madison Shirland, RN - 1 Year

Kerri Walchli, TCM - 5 Years

Michelle Wilbur, RN - 4 Years



From Personal Care

Khaleda Deschambault, PSS

Essentialist of the Month!

“Khaleda Deschambault truly embodies this COR Health Essential. As a busy mom and dedicated caregiver, she consistently demonstrates the importance of planning ahead and staying organized. Khaleda communicates regularly with her supervisor to ensure shifts run smoothly and is proactive in planning around her family’s school and life events. By anticipating changes and preparing in advance, she prevents issues before they arise and ensures quality care remains uninterrupted. Her ability to balance the unexpected while keeping everything on track makes Khaleda an outstanding example of what it means to “Be Proactive, Plan Ahead.” For this reason, I am proud to recognize her as our Essentialist of the Month.” – Malerie Purcell, Client Coordination Supervisor



COR Health welcomes... August Newcomers!!



- Olivia Westura, RN
- Aubree Harris, RN
- Alyssa Hall, RN
- Melody Smith, RN



Wednesday, September 17, 2025

World Patient Safety Day is an opportunity to raise public awareness, foster collaboration between stakeholders and mobilize global action to improve patient safety.

This year, the theme is “Safe care for every newborn and every child”, with the slogan “Patient safety from the start!”, recognizing the vulnerability of this age group to risks and harm caused by unsafe care.

The World Health Organization calls for urgent action to eliminate avoidable harm in pediatric and newborn care, building on the efforts of previous campaigns on *safe childbirth*, *prioritizing patient safety*, *health worker safety*, *medication safety*, *patient and family engagement* and *diagnostic safety*. **World Patient Safety Day 2025** aims to drive meaningful improvements and reaffirm every child's right to safe and quality care.

Objectives of World Patient Safety Day 2025:

- Raise global awareness of safety risks in pediatric and newborn care in all health care settings, emphasizing the specific needs of children, families and caregivers.
- Mobilize governments, health care organizations, professional bodies and civil society to implement sustainable strategies for safer care for newborns and children, as part of broader patient safety and quality initiatives.
- Empower parents, caregivers and children in patient safety by promoting education, awareness and active participation in care.
- Advocate for strengthening research on patient safety in pediatric and newborn care.

Newborn safety in a hospital setting is a top priority, with protocols in place to protect babies from potential harm. These include measures like infant protection systems, designated staff for baby transport, and strict rules about baby handling and location. Parents play a crucial role by actively participating in their baby's safety and following hospital guidelines.



Hospitals Key Safety Measures:

Infant Protection Systems: Hospitals often use electronic security systems like the **Cuddles Infant Protection Solution** to safeguard newborns. These systems use bands or tags on babies and perimeter controls to alert staff if a baby is moved outside a designated area or if the band is tampered with.

Hospital Staff and Baby Transport: Only authorized staff, like nurses or doctors, should transport babies for procedures or tests. Babies should always be transported in their bassinets or cribs, never carried in arms. Staff should wear visible identification badges and be prepared to show them if requested.

Parental Responsibilities and Room Safety: Always keep your baby in sight at all times, even when using the bathroom. Place the bassinet or crib on the side of the bed away from the door. Never leave your baby unattended in the room. If you need to leave the room, ask a family member or nurse to watch your baby. Follow safe sleep practices, ensuring the baby's head is turned to the side and not covered. If you feel sleepy or plan to sleep, place the baby in the crib. Be aware of potential hazards like choking hazards from balloons (even deflated ones) or toys with small parts.

🍕🌐👋 **September: The Month of Random Awesomeness**

September’s calendar is jam-packed with days you never knew you needed. Buckle up, because this month’s calendar has something for everyone (yes, even you, pizza-loving Trekkies).

Start with **World Coconut Day** 🥥 (Sept 2) — great for piña coladas, less great for head injuries.

On **Cheese Pizza Day** 🍕 (Sept 5), keep it simple... until **Pepperoni Pizza Day** 🍕🌶️ (Sept 20) rolls in with the spicy upgrade.

Beam yourself into **Star Trek Day** 🚀👋 (Sept 8) and practice your Vulcan salute between bites.

Channel your inner pioneer for **Johnny Appleseed Day** 🍏 (Sept 26).

Then take it to the logical extreme on **Eaten Apple Day** 🍏😋 (Sept 28) — because nothing says “celebration” like leftovers.

World Dream Day 😴💭 (Sept 25) is your official excuse for an afternoon nap.

And **Hobbit Day** 🧝🏠 (Sept 22) means second breakfast is mandatory.

If you manage to honor all of these, you’ve unlocked September’s secret title: **Master of Very Specific Holidays** 🏆🎉.



COR Health Sea Dogs Season Games!

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 Carlos Aristy via TigerConnect if you are interested in attending a game. Tickets are first come first serve!

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 August 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 Jess Arnold via TigerConnect for an entry in this month’s Find the Cuke contest.