

July & August 2019

FUN TIMES AHEAD!

GET READY FOR
OUR ANNUAL

S U M M E R
P I C N I C

Pull out your sunscreen and polish up your best jokes...it's CCOR Summer Picnic time! This year's celebration will be back at Ellison Park and promises to

be better than ever. In addition to past favorites like ice cream and lawn games, the Event Committee has plenty of new and exciting features up their sleeves. Guests will be able to test their skills on a fun obstacle course and enjoy a fully catered BBQ-style meal provided by Deliciously Different. (Sorry, Chris, you'll have to leave your spatula at home this year.) To add to the festivities there will also be a professional facepainter, balloon animal artist, and dazzling magician. So, bring the kids and some lawn chairs, and join in the fun with your CCOR family! And yes, there will be popcorn.

August 17, 11 a.m. - 3 p.m.
Ellison Park: Orchard Grove
More Details to Follow



CCOR OFFICE BULLETINS

Holiday Closures



CCOR Offices will be closed

July 4 & 5 in celebration of Independence Day
and **September 2** for Labor Day.

Enjoy your holidays!

Note from the Finance Department:

Remember our work week is now Sunday to Saturday. Make sure you use the new time sheets.

Welcome to CCOR!

Ashley Aponte, Geneva Office Coordinator
Mandy Armstrong, Marketing Support Specialist
Mark Auberger, Client Services Consultant
Constance Brown, Care Manager
Kenneth Eno, CDPAP Coordinator
Ayla Martinez, HR Assistant
Mary Vacchetto, Care Team Admin
Mary Wojciechowski, Marketing Specialist
Alma Zarate-Torres, Care Team Admin

Congratulations on Your New Positions!

Kourtney Deisenroth, Health Homes Care Manager
Elaine Gebhard, Patient Services Manager of Western NY
Marilyn Gonzalez, CDPAP Coordinator
Jessica LaVarnway, Care Management Supervisor
Sandy Lyons-Jackson, Chief Clinical Officer

Donate for Denim

Since October of 2018, CCOR has transformed office denim days into rewarding charitable incentives. Each month brings a new and creative opportunity to support a heartfelt cause. As the program continues, we encourage our employees to dig even deeper into their (denim) pockets to help give back to the community.

Donate for Denim Recap:

In April, we raised \$221 for **Rock Steady Boxing** which uses a non-contact boxing-based fitness curriculum to help give Parkinson's patients a fighting chance at a better quality of life.

In May, we raised \$230.47 for the **National Stroke Association**, an organization dedicated to reducing the impact of stroke by developing compelling education and treatment programs.

In June, we came to the rescue of a family in need and raised over \$240 to help them through a difficult time.

Congratulations, team, on raising money for these worthy organizations!

Denim Down the Line:

In July, we will be raising money for **Food Link**, which fights hunger and builds healthier communities by stocking food pantries across New York State.

In August, we will be donating to the **House of Mercy**, a grassroots homeless shelter and advocacy center that operates 24/7 and has promised never to close its doors to those in need.

What's YOUR favorite charity?

If it means a lot to you, it means a lot to us. Contact Marie Candelora at mcandelora@CCORhome.com with your charity suggestions.

we took a walk on the Pink side



On Sunday, May 12,
our CCOR team walked all over breast cancer!
For the third year in a row we participated in the Breast Cancer Coalition of Rochester Pink Ribbon Walk & Run with an enthusiastic team.

Though the sky gave us a bit of rain, we still gave it our all.



Thank you to our CCOR pink team!

SAFETY CORNER

WARM WEATHER TIPS By Sandy Lyons-Jackson

With the arrival of higher temperatures and humidity, the need to take precautions to prevent heat-related illnesses rises with the temperatures. Individuals with a history of dehydration, cardiovascular and/or pulmonary disease are particularly vulnerable to heat-related illnesses and complications. The following measures should be taken to prevent heat-related illnesses:

- Use fans and air conditioners. A bowl of ice cubes in front of a fan helps to cool as well.
- Drink cool beverages. Keep cool drinks within reach of clients. Popsicles are a nice treat, too.
- Ensure clients are dressed appropriately for the weather.
- For food choices, choose cool fruits, sandwiches, and salads.
- Encourage clients to sit in the shade to cool down and rest.
- Slant blinds to limit amount of direct sunlight from streaming in through windows.
- Encourage use of sunscreen when clients are out in the sun.

Signs and Symptoms of Heat-Related Illness:

Monitor for the signs and symptoms of heat illness.

- Gradual weakness, nausea, anxiety, excess sweating, fainting
- Appearance and Signs: skin is pale, grayish and clammy
- Advancing signs that are more serious (medical emergency): headache, weakness, and sudden loss of consciousness
- Hot, red, dry skin, little sweating, very high temperature and hard, rapid pulse

If in doubt, please call CCOR and ask to speak with a nurse to assist.

Please remember the above applies to everyone. Be safe and enjoy your summer!

Interested in joining the Safety Committee to help with their initiatives? The committee meets about six times a year and has openings. Contact Sandy Lyons-Jackson at 585-546-1600 for more information.

STAFF APPRECIATION

Ice Cream Social

Friday, July 12
1:00-3:00



At your local
CCOR office



aide

OF THE MONTH

APRIL

Steffanie Hagins



Steffanie Hagins is a responsible, reliable aide and a mother of a two year old son. She first discovered her love of home care from looking after her grandmother. Steffanie

has worked in the health care field for five years, working at CCOR for the past nine months. At CCOR, she's happy to have found a company that appreciates the hard work of its staff. "When you come into this field," she says, "do it because you want to serve people in need."

MAY

Eric Glenn



Even though Eric Glenn has only been with CCOR for a few months, his hard work and passion for helping people earned him Aide of the Month for May. As a father of two boys, Eric is no stranger to keeping busy, and his flexible approach to each situation keeps him at his best. He appreciates the training and support he gets from the CCOR staff. In his free time, Eric works as a local DJ.

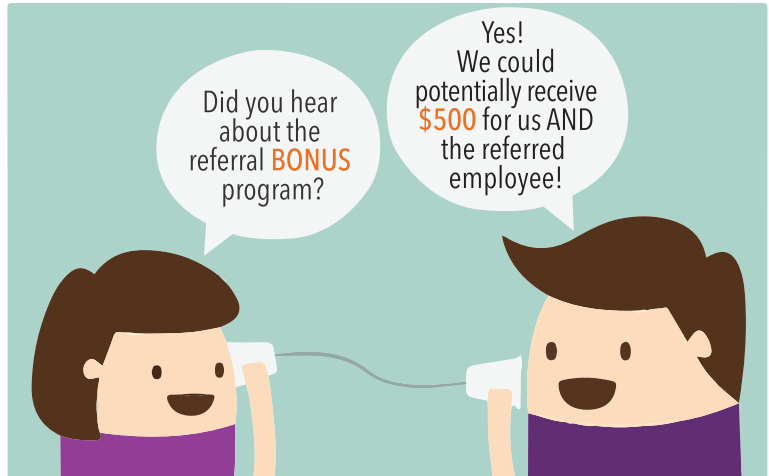
JUNE

Mylynda Kuba




Mylynda Kuba has been giving her best as an aide for CCOR for nine years, making every day a little brighter for each of her clients. "I love being able to go to bed each night knowing I did as much as I could to help someone," says Mylynda.

When she's not working with clients, Mylynda enjoys the outdoors, where she can exercise her love of horseback riding and landscaping.



Call the office or pick up a bonus program flier for more information.

Stay up to date on all of our latest news, events, and more! Go to CCORhome.com or visit our Facebook page!



CCOR - Companion Care of Rochester



Our HIPAA officer is Molly Dillon!
 HIPAA violations & FRAUD must be reported
Anonymous Hotline
585.546.1219