

# THE CCOR NEWSLETTER

Companion Care of Rochester

September & October 2019



## Remembering MURIEL

Muriel Gauvin's name adorns the door of the CCOR executive board room. But before she was the inspiration for the company, she was a real person, making her place in the world just like everyone else. And so, **MEET MURIEL**: dedicated teacher, world traveler, practical joker, chocolate lover, bargain shopper, and faithful church goer.

Muriel was always one to help out. In high school, when no one else stepped up to run the drama club, in typical Muriel fashion, she volunteered. After high school, Muriel became a hairdresser. Her desire to help people, however, soon motivated her to earn her LPN license and get a job in a hospital. It was there she discovered an affinity for disabled children. This led her down a professional path that became her life's work.

Muriel earned her Bachelor's degree in Primary Education and her Master's degree in Special Education and became a Special Education teacher. She earned honors and praise for her work, including Connecticut Teacher of the Year. (The cut glass lamp in the board room is actually one of the gifts bestowed upon her for that honor.)

Muriel was dedicated to her family, her faith, and her friends. A gregarious person and practical joker, Muriel loved surrounding herself with people. She was a doting aunt to her nieces and nephews, who

delighted in the fact that Aunt Muriel had a sweet tooth. Her house was

always well-supplied with chocolates and candies. Her

Roman Catholic faith was hugely

important to her, and again, in typical Muriel fashion, she helped out as a Youth Group leader.

Muriel was also an avid bargain shopper and would go well out of her way to visit one of her favorite hotspots, the JC Penney Outlet.

She loved to travel, and not just to JC Penney. For two to three weeks every summer, Muriel would join fellow teachers in trips all over the world. Having been to Rome, England, Japan, Hong Kong, Greece, and France, her house was filled with foreign knickknacks.

Muriel's name is more than a story on the website or the name of the board room; her name brings to mind dedication, family, jokes, and chocolate. When CCOR celebrates its 22nd anniversary this October, take a moment to **REMEMBER MURIEL** (and indulge your sweet tooth!).



### MURIEL'S PEANUT BUTTER BARS

MELT: ½ stick butter or margarine with 1½ cups powdered sugar.

ADD: 1½ cups crushed graham crackers and 1½ cups crunchy peanut butter.

Mix together and then press into the bottom of a 9" x 13" pan.

MELT: 1 (12 oz.) bag of chocolate chips with 1 tablespoon solid shortening.

Spread over bottom layer. Score top showing serving size pieces and refrigerate for 20 minutes.

Cut and store in refrigerator or freeze for later.

Tastes like Reese's Peanut Butter Cups.



# CCOR OFFICE BULLETINS

*Welcome to CCOR!*  
Jose Garcia, Health Homes Care Manager  
Kierra Martin, HR Administrative Assistant  
Angilee Muluk, Intake Coordinator  
Dosha Rich, Accounts Receivable Specialist

*Holiday Closures*  
CCOR Offices will be closed  
**September 2** for Labor Day.



*Congratulations on Your New Positions!*  
Santali Vasquez, Patient Service Manager for ENY  
Lorretta Russell, Recruiter for WNY

*Thank you!*  
Kudos to the Event Committee and the Summer Picnic volunteers for a successful event.

*Note from the Recruiting Department*  
Keep your eye on new opportunities with CCOR. Remember to check our job postings on our website.



**At CCOR, we love our ice cream!** And on Friday, July 12, we shared the love with a Staff Appreciation Ice Cream Social. Employees enjoyed delicious

# Ice Cream

**Social**  
Neopolitan ice cream topped with chocolate syrup, whipped cream, sprinkles, nuts, and plenty of smiles. A good time was had by all with a cherry on top!



Taylor Coe



Katrina Henderson



Sean Burks

# Donate for Denim

**It's not about the denim. It's about the giving.** Every Thursday, the employees sporting their spiffiest blue jeans aren't just comfortable, they're generous. Thursday's denim privileges are awarded only to those who have donated to CCOR's monthly Donate for Denim charity. For CCOR, wearing denim on Thursdays is like wearing a badge of kindness.

## Donate for Denim Recap:

**In July**, we made sure families in upstate New York had enough food on their tables by raising **\$160.47** for **Food Link**. They envision a future in which everyone can feed themselves and their families in dignity.

**In August**, we came to the aid of the homeless by raising **\$220** for the **House of Mercy**, a shelter that works tirelessly for the homeless and never closes their doors to those in need.

## What's YOUR favorite charity?

If you know of a charitable organization that resonates with the CCOR mission, then we want to know about it! Email your suggestions to [mcandelora@ccorhome.com](mailto:mcandelora@ccorhome.com).

## Denim Down the Line:

**In September**, we'll be raising money to benefit the **Cobblestone Arts Center**, a non-for-profit organization dedicated to using the arts to bring communities together. Not only is Cobblestone a local haven for arts, music, theater and dance, their arts-based day hab program enriches the lives of people with disabilities.

**In October**, CCOR will donate to the cause that formed the foundation of the company. In donating to the **Breast Cancer Coalition of Rochester**, we remember Muriel, our founder's sister, whose struggle with breast cancer inspired the mission to provide compassionate, reliable home care.

## Staff Appreciation Event!

Let's share some

# CIDER & DONUTS

**Friday, October 25: 9:30am - 11:30am**

**At your local CCOR office**

# CCOR



# SHENANIGANS



**Yes, it rained.** But no, it didn't stop the fun. Despite some gloomy clouds, the CCOR picnic was a (slightly soggy) success! Though the rain began soon after the picnic did, it didn't keep CCOR guests from showing up and enjoying the festivities.

The magician befuddled guests both young and old with card tricks we're still scratching our heads over. The face painter turned out a steady stream of sparkly and spooky faces. The weather didn't stop the little ones from navigating their way through the inflatable obstacle course, which had become a water ride in the rain. It even let up for a while to allow for some lawn games.

After a catered lunch, the guests eagerly awaited the arrival of the Netsins ice cream truck which served up heaping bowls of ice cream and candy.

Though there was no sun in the sky this year, CCOR provided some sunshine all their own.



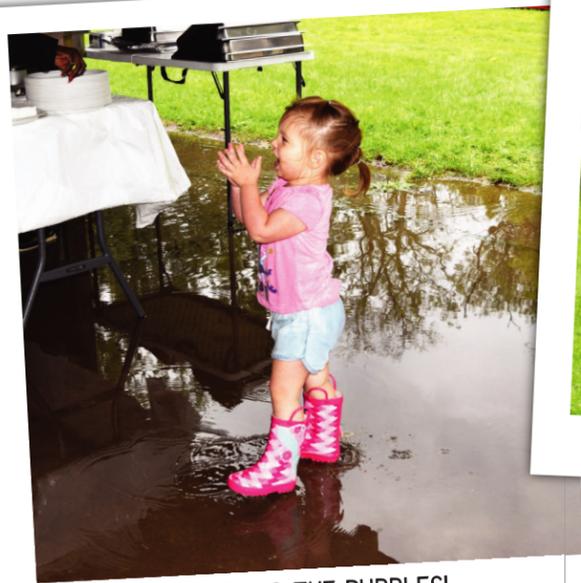
QUEEN OF THE CASTLE



WE LOVE THOSE SMILING FACES!



THE HEAD HONCHO AND MR. AL



ENJOYING THE PUDDLES!



A HUSH FALLS OVER THE CROWD



FACEPAINT FUN



THE ICE CREAM LINE: WORTH THE WAIT



WHAT CCOR IS ALL ABOUT: FAMILY



SPORTING THEIR COOL CCOR GIVEAWAYS



# aide OF THE MONTH

July 2019  
Alessia Peterson

## THE ART OF STAYING POSITIVE



every day but loves seeing me every day.” Alessia gives her best because she knows she herself could someday be in the same situation of need. Her philosophy is, “The way you treat people is the way others will treat you. I’m a strong believer in that.”

“THE WAY YOU TREAT PEOPLE IS THE WAY OTHERS WILL TREAT YOU. I’M A STRONG BELIEVER IN THAT.”

The caring CCOR culture suits Alessia’s personality beautifully. She deeply appreciates the welcoming atmosphere and understanding staff. (Shout out to the schedulers she’s had the honor of working with—lots of love, Jen and Cynthia!)

In her free time, Alessia is a source of joy and love to those around her. She is the proud mother of a 12-year-old son and the owner of a small business making waist beads. Waist beads are a string of small brightly colored beads on elastic worn around the waist to detect weight loss. A tightening or loosening of the beads is a gentle and lovely reminder of a change in eating habits. Her successful side business not only gives her a creative outlet but allows her the joy of empowering women to make healthy changes.

**alessia is an example of the kind of COMPASSION THE WORLD NEEDS MORE OF.**

Her smiling, happy personality cheers everyone she meets. Recently one of her clients said “I don’t know what I’d do without you.” Neither do we, Alessia. ■

**WHEN** asked how she handles the ups and downs of the job of being a Personal Care Aide, Alessia Peterson said she’s never had any downs--being a CCOR Aide has been nothing but ups. This isn’t luck. It’s Alessia herself. Her unwavering attitude of positivity and her compassionate nature make her a delight to be around, not to mention our July Aide of the Month.

“YOU DON’T KNOW WHAT SOMEONE ELSE IS GOING THROUGH INSIDE.”

When Alessia walks in the door to her client’s house, she brings with her an arsenal of joy, determined to brighten their day. “You don’t know what someone else is going through inside. Some people won’t share,” she says. “They’ll ball it all up inside. And then when you come around, if you have a good attitude and a good spirit, you could really make them forget about their troubles.” Her compassionate nature has made her a favorite with her clients. “It really warms my heart to know that someone not only looks forward to seeing me



August 2019  
Danielle Shine

## LIFE LESSONS FROM MY DAD

**“I’ve always had two or three jobs,”** says hard-working, fun-loving Danielle Shine, our August Aide of the Month. “It goes back to growing up with my dad. He instilled in us good work ethics: ‘Always do your best. Don’t try to cut corners. Do your job to the best of your ability.’” Danielle’s father **JUAN DECRUZ** taught his children both by his words and by his example as a compassionate social worker with the Department of Social Services. He did everything he could to ensure his children would learn to be self-sufficient, and Danielle certainly took his advice to heart.

**“HE INSTILLED IN US GOOD WORK ETHICS: ‘ALWAYS DO YOUR BEST. DON’T TRY TO CUT CORNERS. DO YOUR JOB TO THE BEST OF YOUR ABILITY.’”**

Danielle not only learned the value of hard work from him, she learned home care and companionship as well. When Juan became sick, Danielle spent every day taking care of him. “He had Lupus and all kinds of different health problems,” she explains. “He had to have a triple bypass surgery. He had two hip replacements, both of them at the same time. During his recovery time, I was there to help him out. I used to wake up at four o’clock in the morning, walk to the bus stop, go to work, after work go to my dad’s house, help him out, go home about 9 or 10 p.m., and go to bed. For four months, I did that.” Juan DeCruz died in August of 1997, but the ideals he lived by live on in Danielle.

Her two current jobs consist of working as a teacher’s assistant for the Rochester City School District and as a home

care aide for CCOR, where she picks up extra hours in the summertime. “I love the clients that I get to work with,” she says. “Even if I just go there once, they always say ‘Are you coming back?’”

Danielle has a deep appreciation for the one-on-one interactions that are integral to working for CCOR. “Some people want to talk, some want to watch tv, and some want to play games,” she says. Remembering one recent interaction, she laughed, “I was playing checkers with a client, and I beat him at the game! I didn’t mean to, but we had fun.”

Danielle knows that hard work deserves a reward, and she rewards herself by going to festivals, spending time with friends, and traveling. Her favorite way to travel? “Cruises,” Danielle says with a big grin. “I love cruises.” She’s been to the Bahamas, Dominican Republic, Key West, Jamaica, and Cozumel, Mexico, just to name a few.

**JUAN WOULD BE HAPPY TO KNOW THAT HIS DAUGHTER FOLLOWED HIS LEAD** and is a hard-working compassionate caregiver, beloved by her clients and an inspiration to others. She has encouraged friends to consider working for CCOR. Her advice is, “Be confident, do your best, and give that one person all your attention.” Like her father, Danielle leads by her words and by her shining example as our August Aide of the Month. ■

# SAFETY CORNER



## HOME SAFE HOME

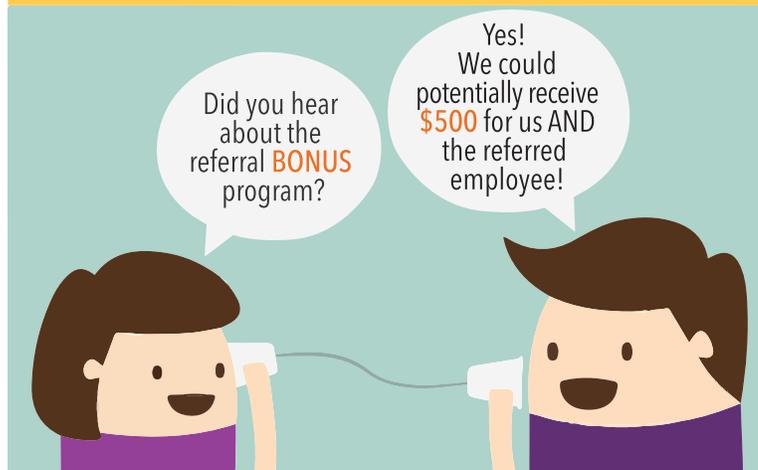
By:  
Sandy  
Lyons-Jackson

Home security is important for everyone, but especially seniors and those with disabilities. They can be vulnerable to burglaries and attacks at home, as they may seem like easy prey and targets. Here are some tips to help you and your clients stay safer at home:

- 1 Lock all doors and windows. Never enter your home if a window or door is open, broken, or ajar.
- 2 Keep all money and valuables locked away.
- 3 Keep a phone near you at all times.
- 4 Don't feel pressured or hurried to answer the door.
- 5 Be sure you know who is at the door before opening it (even a crack).

- 6 Don't hide a spare key outside. This won't trick a burglar.
- 7 Know your neighbors; make friends. Consider leaving a spare key with them.
- 8 Keep your home well lit, both inside and outside.
- 9 Ask police for a home security check. Consider a home security alarm.
- 10 If you use a medical alert system, keep it with you at all times.
- 11 Make sure fire alarms and carbon monoxide detectors are working.
- 12 Remember: nothing is free. Be on your guard, and don't trust easily.

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.



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](http://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