



Newsletter

June/July 2016

— We enrich lives, providing peace of mind through trusted, family care —

In This Issue

National Aphasia Awareness Month

•
WHEC Ad

•
Ethics Award

•
Stay Safe & Smart This Summer

•
CCOR in the Community!

•
Job Postings

•
Welcome to CCOR



June/July In-Services

Jun-27 Batavia

Jun-28 Rochester

Jun-29 Geneva

•••

Jul-25 Batavia

Jul-26 Rochester

Jul-27 Geneva

•••

*In-services start at 8:30am.
You may ONLY attend by signing up with HR before the class date.*

National Aphasia Awareness Month

Shelly Larkins, Care Management

June is National Aphasia Awareness Month – we serve many clients that have Aphasia.

Aphasia is a communication disorder that results from damage to the parts of the brain that contain language (typically in the left half of the brain).

Individuals who experience damage to the right side of the brain may have additional difficulties beyond speech and language.

Aphasia is an impairment of language, affecting the production or comprehension of speech and the ability to read or write.

Aphasia affects about one million individuals within the US.

RABEF Ethics Award

Sarah Long, Human Resources

CCOR recently submitted our application to be a recipient of the Rochester Area Business Ethics Foundation's Annual Award.

"The ETHIE Award recognizes businesses and organizations that are doing the right thing." Each September, community members from the Rochester area get together to recognize the finalists and their support of good business ethics.

If CCOR is chosen as a finalist, RABEF representatives will be on site, interviewing our staff, seeing our ethics on display first hand! Stay tuned for more updates as we move forward with our nomination.

We are hopeful for our application, however, the recognition and honor of being nominated is huge!

News Recap @ CCOR!

- Administrative offices will be closed on **Monday, July 4th** for the Independence Day Holiday.
- **Dept of Health has declared the Flu as being Non-Prevalent!** The Influenza Vaccine is not a requirement until Fall and masking regulation for unvaccinated employees is now discontinued.
- Remember to check expiration dates on stored food items with client's permission, toss out expired items. And don't forget to bring your own food!
- Make sure to report anything out of the ordinary to your Supervisor. This includes things that may be broken!

WHEC Ad

Stacey Rae Benner-Beattie, Branding

CCOR is excited to announce a new adventure into our advertising! We have teamed up with WHEC Rochester to develop two television advertisements that will run for a full year.

These commercials will help CCOR expand it's brand awareness throughout Monroe and surrounding counties.

We are excited to have the participation of our own aides and to be hosting the shoot at our Watson Garden Common Wealth Home and our new office at Carlson Road in Rochester!

Stay tuned for more updates about when the ad will go on air!

Follow us online CCORhome.com



Internal Job Postings

At CCOR we encourage our employees to always keep in mind that they may know others who would be a great addition to our family of employees. See below for a list of current internal job openings:

- Manager of Education (Buffalo) Per diem
- RN/HCSS Supervisor (Rochester) 2 positions
- RN/HCSS Supervisor (Rochester) Part time, Overnights & Weekends
- CDPAP Administrative Coordinator (Rochester)
- Quality Assurance Investigator (Rochester)

For a full job description please reference the Job Openings Book located with each of your office coordinators. If you have any questions contact Barb Del Valle.

Don't forget about CCOR's Referral Bonus Program!

Reminders!

- Timesheets are due SATURDAY @ 12pm
- Fax your timesheets directly to payroll at 585-625-0019
- Call-offs must be at least 6 hours before the shift
- Make sure you speak to a person when you call-off any shift
- Call weekly to verify your schedule
- All requests for schedule changes must be called in to staffing
- The on-call line is for EMERGENCIES only
- Time-off requests for any PTO are required one month before and are first come/first served

Wellness Tips: Six Reasons to Drink Water!

Denise Ester, Intake

Well it looks like we are well on our way to seeing the nice Spring weather stick around. Many of us have started our fitness journey to achieve the infamous "Summer Body" but I'd like to remind everyone of a must have accessory that really never goes out of style, the amazing wondrous WATER bottle.



1. **Helps maintain the balance of body fluids.** Our body is composed of about 60% water!
2. **Can help control calories.**
3. **Helps energize muscles.**
4. **Helps keep skin looking good.**
5. **Helps your kidneys.**
6. **Helps maintain normal bowel function.**

For more information and for tips to help you drink more water, check out this article: <http://www.wedmd.com/diet/6-reasons-to-drink-water>.

**HIPAA violations
and FRAUD must
be reported!**

Anonymous Hotline

585-546-1219



Recipe Corner

Shelly Larkins, Care Management

Healthy Buffalo Chicken Wings

Yield: 6-8 people

Ingredients:

- 2 cans of corn
- 2 cans black beans
- 3 avocados
- 1 pint of cherry tomatoes, halved
- 6 chicken breasts
- 1 Cup of your favorite buffalo sauce
- 1 Tbsp garlic, minced
- 1 packet Hidden Valley Greek Yogurt Dressing
- 1 1/3 Cups plain Greek Yogurt
- 3 Tbsp milk

Directions:

1. Add chicken, garlic and hot sauce to slow cooker and cook on low for 6 hours or on high for 3 hours. When chicken is cooked through, shred it and set aside.
2. In a separate small bowl mix together your Hidden Valley Greek Yogurt Dressing, Greek yogurt and milk and stick it in the fridge.
3. Next, drain and rinse your corn and black beans and add them to a bowl. Rinse and half your cherry tomatoes and add them to the bowl as well. Lastly, dice your avocados and add them to the mix!
4. Assemble your bowls by adding your veggie mixture, topping with chicken, and finishing them off with some healthy Greek yogurt ranch dressing!

Follow us online CCORhome.com



Stay Safe & Smart This Summer

Robyn Alvaro, Clinical Services

The sunny weather calls us and our clients outside to enjoy nature. Before you venture outside, please be sure you are keeping you and your client safe. This quick review should help!



Be Heat Smart! Make sure you keep yourself and your clients hydrated and protected from the sun.

- **Drink fluids!** Don't wait until you're thirsty to drink. Limit large amounts of alcoholic and sugar-filled beverages
- **Stay indoors.** Preferably in air conditioning. Visit shopping malls or libraries. Stay tuned for Cool Wave notices from your towns.
- **Wear light-weight, light colored, loose-fitting clothing**
- **NEVER** leave anyone in a closed, parked vehicle
- **Limit outdoor activities to morning and evening hours**
- **Try to rest often in shady areas**
- **Protect yourself!** Wear a wide-brimmed hat, sunglasses, and an SPF 15 or higher sunscreen
- Use **bug repellent** if going out walking in the evening/early morning
- **Protect a client's HIPAA rights!** Remember without signed consent & permission from the corporate office you may not take a client to any family functions.

CCOR in the Community!

Marie Candelora, Business Development

Look for CCOR out in the community!

In addition to participating in United Way's Day of Caring at Monroe Community Hospital, CCOR has recently been to Foodlink, a Health Fair at Rochester General Hospital, and the Alzheimer's Association's Dementia Symposium in Buffalo.

We will also be at the following upcoming events (call Business Development for details or stop by to see us):

- **June 2nd:** 16th Annual Niagara County Senior Walk in the Park, Veterans' Memorial Park, Niagara Falls
- **June 7th:** Journey Through Aging, Italian American Community Center, Gates
- **June 15th:** Bryant & Stratton College Community Career Fair, Double Tree Hilton Hotel, Rochester



Marie helping out at United Way Day of Caring



Marie at United Way Day of Caring

Welcome to CCOR!

Shanelle Cooper
Mckenzie Stevens
Alexzus Williams
Asialon Brown
Jaki Brown
Beth Devos
Chardinee Hunte
Zyion Johnson
Jennifa McKinson
Yolanda Sinclair
Melissa Uhl

Dawn Brucker
Barb Del Valle
Laura Forero
Brenda Wirthman
Murray Lee
Kamilah LeGree
Jalisa Lewis
Rayonna McKnight
Michelle Wilson
Darren Hernandez
Aisha Reid

Ilesia Battle
Aleah Corbett
Glenda Gibson
Birdie Johnson
Jenny Metales
Jasmane Myers
Aretha Potts
Anthony Smith
Brittany Toppin

Dress Code Reminders!

Sandy Lyons-Jackson, Administrator of WNY

As the warmer weather approaches, it is a good time to remind our hard-working field staff of the agency dress code policy. It is an expectation that all employees adhere to CCOR's dress code. At all times CCOR expects you to be well groomed, clean, neat, and maintaining your personal hygiene.

Clothing should reflect the needs of the duties, allowing for the efficient, orderly professional performance.

Inappropriate attire includes, but is not limited to, warm up and sweat suits, pajama pants, tank tops, halter tops, shorts or skirts above the knee, pants worn below the waist line, flip flops, open toed shoes, sandals, cut offs, or clothing with inappropriate rips or tears.



Hair should be neatly arranged so that there is no contamination hazard to clients while giving personal care or preparing foods. Hair must be professional in appearance.

Fingernails should be clean, a reasonable length and filed smooth.

Heavy scents (perfume/cologne) are discouraged as they may be irritating to the client.

Jewelry should be small. Dangle earrings are not acceptable due to the possibility of injury. Necklaces, if worn, should be tucked inside shirt.

An ID badge is issued to all staff and must be worn during working hours.

Check out this great program from CCOR!

Consumer Directed Personal Assistance Program (CDPAP)



The Consumer Directed Personal Assistance Program (CDPAP) is a statewide Medicaid program that provides an alternative way of receiving home care services, where the consumer has more control over who provides their care and how it is provided. This allows the consumer to handle the responsibilities that are normally handled by traditional home care agencies.

The responsibilities can include, but not limited to:

1. Acting as the Direct Supervisor to Personal Care Attendants
2. Hiring, recruiting, and training all staff
3. Developing schedules within your approved hours
4. Disciplining and terminating hired staff

When Considering Enrollment into CDPAP, ask yourself:

- Am I able to run my own program?
- What do I need help with?
- Who do I want to work for me?
- What qualities am I looking for?

CCOR is available 24 hours a day to help you problem solve and answer any questions or concerns.

In order to participate in the Consumer Directed Personal Assistance Program, you must be willing to take on these responsibilities. If you are unable to fulfill these responsibilities you may designate someone on your behalf to run your program for you. This person is called the Designated Representative (D.R.).

CCOR currently provides CDPAP services in Schuyler and Ontario Counties. Please contact the county offices to schedule an assessment.

Contact Joe Corona (x117) or
Chris Gauvin (x158) to learn more!