



Newsletter

November 2014

Our mission is to offer a system of services that recognizes the dignity of the person and enhances the quality of life for both older adults and those with special needs.

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Upcoming In-Services

Rochester • 11/20

Batavia • 11/19

Geneva • 11/14

In-services start at 8:30 AM and you may ONLY attend by signing up with Kelly in HR BEFORE the class.

**Fraud abuse
MUST be
reported!**

Use our anonymous hotline:
585-546-1219

Sleep Deprivation: Dangers for the Night Shift!

By Suzanne Ciulla Sleep deprivation is a condition that occurs if you do not receive enough sleep. Sleeping is a basic need for our human bodies — just like eating, drinking, and even breathing. And like our other basic human needs, sleeping is a vital part of your well-being as well as the foundation for a healthy lifestyle.

Here are the Facts: Did you know that drowsiness can slow your reaction time as much as driving drunk? Sleep loss impairs attention, alertness, concentration, reasoning, memory, and problem solving. Sleep disruption can lead to heart disease, heart attack, heart failure, high blood pressure, stroke, diabetes, aging skin, depression, and even weight gain!

Staying Alert While on Shift: Bring things to occupy yourself, more than one item, in case you get bored. A book, magazine, crossword puzzle, laptop, homework — these are just some ideas! You can also find tasks to do for your client that are quiet, like dusting, sweeping, mopping, and wiping down the kitchen and bathroom surfaces. Bring food and something

Energy Boosting Snacks:

- Peanut butter with wheat crackers or celery
- Yogurt, nuts, and fruit
- Carrots & cream cheese dip

to drink (while remembering to limit your caffeine as necessary, so you can sleep later). Keep the area that you are in during your shift as lit up as possible. Lights coming into your eyes will tell your brain it's time to stay awake.

Splash cold water on your face. If you feel like you might doze, get up and move around.

Tips to Good Sleep

- Schedule days off in between night shifts
- Avoid rotating shifts when possible
- Avoid long commutes
- Get to sleep right after your shift — staying awake for a while will make it more difficult to fall asleep and stay asleep
- Limit caffeine intake after a certain time
- Avoid bright light on your way home — wear sunglasses
- Block sun from your bedroom using dark shades or drapes
- Ear plugs to block out noise

Second Annual Benefits Day at CCOR

On December 12, 2014, CCOR will be hosting our 2nd Annual Benefits Day. Representatives regrading our health insurance program and 401k program will be at the Corporate Headquarters on Clinton Avenue to answer your questions.

The CCOR 401k plan is available for all eligible employees — you must complete one year of service with the company and have worked 1000 hours. The plan also provides a matching contribution by the company. If you contribute up to 3% of your gross pay, CCOR will match the contribution at 100%. If you contribute more than 3%, CCOR will match an additional 50% (up to 5% of your contribution).

Our 401k plan representative will be present to assist you on deciding which funds are best to contribute to for your future retirement needs. It is never too early or too late to start planning for retirement.

If you would like more information regarding the 401k plan, there is a summary description plan available at the corporate office.

Safety Committee

Join CCOR's Safety Committee!

We are looking for individuals dedicated to the health, safety, and well-being of our employees and clients!

Join us for open discussions about how we can improve the overall health and safety of all our employees and clients. Meetings will be held quarterly (4 times a year).

If you are interested, please contact Lisa Johnson at the Clinton office (585-546-1600 or ljohnson@ccorhome.com).

Reminders!

- **Timesheets are due SATURDAY @ 12PM**
- Call-offs must be at least 6 hours before the shift
- Make sure you speak to a person when you call off a shift
- Call weekly to verify your schedule
- All requests for changes must be called in to scheduling
- The on-call line is for EMERGENCIES only
- Time-off requests for any "holiday" are required one month before and are first come/first served
- CCOR administrative offices will be closed on 11/27 & 11/28 for Thanksgiving Holiday

HomeCare Aide Week

HomeCare Aide Week takes place this year on November 9-15. The National Association for Home Care & Hospice is marking it with the theme CARING IN ACTION. For over 15 years, NAHC has used this week to highlight the many aides whose contributions are second to none as they bring personal warmth to the daily work of providing personal care. They play an invaluable role for their clients as caregivers, companions, and friends.

At CCOR, we are lucky to have the warm, helpful, and compassionate staff dedicated to our client's care. Thank you for all you do, each and every day! You make CCOR the quality care agency it is.

Announcements & Kudos!

- ★ **Laurie Andrews** — from client: Laurie is by far the best aide we've ever had. She is fantastic at what she does!
- ★ **Rina Miller** — Getting NOD's back with NO CORRECTIONS!!!
- ★ **Alzheimer's Walk Participants** — Thanks for everyone — Employees, Family & Friends — who came and supported CCOR's team!

November is HomeCare & Hospice Month

During the month of November, the homecare and hospice community honor the millions of nurses, home health aides, therapists, and social workers who make a remarkable difference for the clients and families they serve. These heroic caregivers play a central role in our health care system and in homes across the nation. To recognize their efforts, we call upon all Americans to commemorate the power of caring, both at the home and in their local communities and join with the National Association for Home Care & Hospice (NAHC) by celebrating November as HomeCare and Hospice Month.

Homecare and hospice are poised to play a key role in coming years. A wide range of forces is joining to push care away from nursing homes and drive it toward home and community-based care. Based on demography and dollars, experts agree that the destiny of health care lies in the home. The first of the 78 million and the rest of the boomers will next two decades, making health the silver tsunami sweeps on, the care is the shift from hospitals and treatment to proactive monitoring. But they can count on homecare them age in place. Technology now live at home to stay independent, touch with those they love.

The National Association for HomeCare & Hospice honors National HomeCare Month with the theme of Home is the Center of Health Care.

promote out-of-hospital care for chronic patients and solutions for healthy aging. Digital consults with doctors and nurses help patients to self-manage their care. And online social networks empower people to keep learning, working, and staying engaged in the communities where they live.

Combining high tech with a warm human touch helps seniors stay in their homes even longer. So many agencies now allow patients and family members to choose their own home health aides. This growing trend helps patients and aides form genuine bonds, so families have peace of mind that their loved ones are in good hands. It helps ensure that caregivers can join fully in patients' lives, whether this involves running errands, going with them to the doctor, or assisting them with medical conditions. It also means that someone is there to provide seniors with company and conversation. Many aides are more than caregivers for their patients. They also become friends, and almost family. They're among the reasons why homecare is poised to a key role in coming years as the center of health care in our country.

baby boomers turned 65 last year, reach their golden years in the care dollars grow even scarcer. As most important trend in health nursing homes to homecare, from and care.

combined with technology to help helps the many U.S. seniors who enrich their lives, and keep in Telehealth and activity monitors