



Newsletter

February/March 2016

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

In This Issue

- Carlson Road Open House
-
- CCOR Moves West!
-
- News Recap
-
- Wellness Program @ CCOR
-
- Recipe Corner

Carlson Road Open House!

Marie Candelora, Business Development

On February 11th, CCOR welcomed colleagues, clients, and friends to our new office at 70 Carlson Road for our open house. With almost 70 individuals in attendance, we were able to show off our great new space, which allowed us to combine our two Rochester locations.

We hosted vendors, local business partners, government officials. Guests enjoyed our new site including the historical Rochester photographs on display throughout our new building!



Thanks to everyone who worked hard to make this event a success. If you were not able to attend our open house, we hope you will come by for a visit and take a tour!

News Recap @ CCOR!

- CCOR moved from 556 South Clinton Ave & 595 Blossom Rd to 70 Carlson Rd!
- Kristina Raffa is now our Human Resources Manager
- NYS Dept of Health declares Influenza Prevalent in the State! Protect yourself, family and clients from flu.
- **New to CCOR:** James Smith (Care Manager); Stephanie Scaccia (Care Manager & ILST); Jennifer Gannon (Care Manager Batavia/Buffalo); Angel Turner-Synder (Care Manager Batavia/Buffalo); Daniella Dempster, RN (HCSS Supervisor); Kim White (Care Team Administrator)
- Administrative offices will be closed on Friday March 25th for the Good Friday Holiday
- You can now fax your timesheets directly to Payroll at **585-625-0019**

One person *caring* about another represents life's greatest value.

- JIM ROHN

Feb/Mar In-Services

- Feb-25 Geneva
- Feb-26 Rochester
- Feb-29 Batavia
-
- Mar-25 Rochester
- Mar-28 Batavia
- Mar-29 Geneva
-

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

CCOR Moves West!

Sandy Lyons-Jackson, WNY

CCOR continues to grow and is moving west! Our next location, opening soon, will be in Buffalo. We welcome all hardworking and caring individuals, so if you know of anyone interested in healthcare and live in the Buffalo area, refer them to CCOR.

Don't forget about our \$500 Employee Referral Bonus! You and the applicant are eligible for \$500!

We are also renovating our Batavia office. This effort is all part our new growth west. Stop out to visit and see the new and improved office.

HIPAA violations and FRAUD must be reported!



Anonymous Hotline

585-546-1219

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:

- Licensed Practical Nurse (Per Diem)
- RN/HCSS Supervisor (Buffalo)
- RN/HCSS Supervisor (Canandaigua)
- RN/HCSS Supervisor (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 Jon Ortiz. 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
- **Don't forget to get your flu shot!** The flu season is upon us and DOH regulations are still in effect!

Wellness Program

Jon Ortiz, Recruiting

As most of you know, I have been interested in rolling out a Wellness Program/Committee since joining CCOR. My thought is to start small and build awareness of wellness within the company, then grow to have it become mainstream and become part of our CCOR culture. The Wellness Program at my last job changed my life; I still maintain the core values I learned and continually apply them to my daily life.

For our first step, CCOR will be participating in the Rochester J.P. Morgan Chase Corporate Challenge. Details have yet to be released in regards to pricing and such, but the date is set for May 24, 2016. We will be working to come up with a design for a company T-shirt, maybe even a contest. More details to come very soon!

Every Wednesday, 4:45-5:15pm, I will be holding a "Wellness Wednesday Workout" in the open area near the Care Team cubicles (at the Carlson Road Office) to prep for the Corporate Challenge. This will serve as a way to connect, share ideas, and get some fit life into our busy schedules. This may consist of body weight exercises, team building activities, balance and core challenges, as well as some homework.

If you are interested in joining us, reach out to me. Additionally, if you would like to help plan, coordinate, or participate in the Corporate Challenge, or any wellness activity that comes to light, let me know!

401K Informational Meeting



Thursday, February 25th @ 10:30am

Thursday, March 10th @ 2:30pm

Thursday, March 24th @ 10:30am

Breakfast will be served.



Recipe Corner

Shelly Larkins, Care Management

Amazing Stuffed Peppers

Savory beef and sausage stuffed peppers, topped with delicious melted cheddar cheese.

Yield: 6 peppers

Ingredients:

- 1/2 lb ground sausage (I used sweet Italian)
- 1/2 lb ground beef
- 6 Large peppers (I used red, yellow and orange but green is fine too)
- 1 Clove garlic
- 1 Onion, chopped
- 1 Cup cooked rice
- 1 Can mild diced tomatoes
- 2 Cups shredded cheddar cheese
- 2 Tbsp chopped fresh parsley
- 1/2 Tsp salt
- 1/2 Tsp pepper
- Olive oil

Directions:

1. In a large skillet, brown sausage, beef, garlic, and onion in oil.
2. Add the chopped parsley and cooked rice.
3. Stir in diced tomatoes and 1/2 cup of cheddar cheese.
4. Season with salt and pepper.
5. Cut off the tops of peppers, and trim the bottom so they sit flat in your dish.
6. Chop scrap pepper tops and add to filling.
7. Place peppers in baking dish and stuff until full.
8. Drizzle peppers with olive oil.
9. Cover with foil and bake at 375 degrees for 40 minutes.
10. Remove from oven and take off the foil. Use remaining shredded cheese to top peppers, bake uncovered another 15 minutes.

