



For when you can't be there...

# Newsletter

July 2014

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## Upcoming In-Services

Rochester • 7/9, 7/29

Batavia • 7/30

Geneva • 7/31

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**

## Be Heat Smart This Summer!



This summer as the temperature and humidity rise, be sure to take care of yourself, loved ones, and clients by being Heat Smart. The best defense is prevention so check out these tips to beat the heat and stay safe all summer long.

- **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**
- **Cut down on exercise.** If you must exercise, drink 2-4 glasses of cool, non-alcoholic fluids each hour
- **Try to rest often in shady areas**
- **Protect yourself!** Wear a wide-brimmed hat, sunglasses, and an SPF 15 or higher sunscreen

## New CDPAP Program

CCOR is now offering CD-PAP services to consumers in the Ontario and Schuyler County regions!

The Consumer Directed Personal Assistance Program is designed to help those with Medicaid receive home care services the way they want. Self directing participants can schedule and manage all of their services and take full control of the care they receive. CCOR is there to help guide them and facilitate payment from NYS Medicaid.

If you have questions, feel free to contact Chris Gauvin at [cgauvin@ccorhome.com](mailto:cgauvin@ccorhome.com) for more information!

### A nurse was giving discharge instructions to a patient...

"And most importantly," the nurse said, "be sure to drink plenty of fluids."

"Oh," the patient replied, "there's my problem. All along I was trying to drink solids!"

## BEWARE OF SYMPTOMS:

### Heat Stroke

- High body temperature
- Lack of sweating
- Nausea & vomiting
- Flushed skin
- Rapid breathing
- Racing heart rate
- Headache

### Heat Exhaustion

- Confusion
- Dark-colored urine
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle cramps
- Nausea

## Happy Birthday July!

07/02 • Margaret R  
07/05 • Brenda I  
07/09 • Sheila G  
07/11 • Robert W  
07/13 • Sharlena M  
07/14 • Jazmyn M  
Noemi M  
07/15 • Maritza A  
07/17 • Marcie M  
07/19 • Edward B  
Donna P  
Ashley S  
07/20 • Kanouin B  
07/22 • Marie C  
07/24 • Kyla D  
Kayla M  
Jeneh P  
07/27 • Kelly B  
07/28 • Gladys D  
07/31 • Susan M

## Reminders!

- Timesheets are due EVERY FRIDAY
- 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

## Compliance Corner

Keep up the good work putting the patient specific tasks on your timecards! We have seen a great improvement!

### Some reminders:

- **Please don't staple time cards together** — it tears them when we try to take them apart
- **Please circle one a T, A or ND** next to each patient specific task for each shift worked
- Do not put two shifts on one day
- Remember that 12:00 a.m. (midnight) starts the next day

Enjoy the nicer weather with your consumers!

## Recipe Corner

### July's Recipe: Chicken Sausage with Potatoes Sauerkraut

#### Ingredients

- 1 Tbsp extra-virgin olive oil
- 12 oz (4 links) cooked chicken sausage, halved lengthwise and cut into 2-3 inch pieces
- 1 medium onion, thinly sliced
- 3 medium Yukon Gold potatoes, halved and cut into 1/4" slices
- 1 1/2 C sauerkraut, rinsed
- 1/2 tsp black pepper
- 1 bay leaf



#### Directions

1. Heat oil in a large skillet over medium heat. Add sausage and oil, cook, stirring frequently until beginning to brown. About 4 minutes.
2. Add potatoes, sauerkraut, pepper, and bay leaf; bring to a simmer.
3. Cover and cook, stirring occasionally, until the potatoes are tender and most of the liquid has evaporated, 10-15 minutes.
4. Remove bay leaf before serving.

## Faces of CCOR — Shelly Larkins

### Shelly Larkins, Director of Waiver Programs

Shelly joined CCOR February 1, 2009. As the Director of Waiver Programs, her job is to bring waiver business into the agency via — HCSS, ILST, and SC. Shelly also maintains relationships with all outside waiver providers and Regional Resource and Development Centers (RRDC's) within both the Rochester and Buffalo regions.

On her own time, Shelly enjoys spending time with her family, whether that be on vacation, day trips, or at home. She also likes to cook, bake and read.

*\*Correction: Last month we interviewed Lisa Johnson, who started at CCOR in 2010, not 2001 as was reported.*

## Shout-Outs & Welcome!

### Join us in a Shout-out to...

- ★ **Rosemary Phillips** — Client commented that Rosemary was a "wonderful" shopping companion, going above and beyond expectations.
- ★ **Service Coordination Team** — For always advocating for your participants.
- ★ **Amelia Cruz, Chelsea Duggan, Lisette Giguere, Joanne LaPlant, Loren Maria, Leslie Maxwell, Paula Polmanteer** — Always helping out scheduling with picking up cases. Thank you!

### Join us in Welcoming...

- ★ **Jackie Carey** — Customer Service Representative (Rochester/Clinton)
- ★ **Catoria Querrie** — Per Diem RN
- ★ **Trish Beebe** — Per Diem RN

