

The CCOR Newsletter

March & April 2024

ECLIPSE WATCHING SAFETY BY: DAN OONK

It is only safe to look directly at the eclipse when the Moon completely covers the Sun and it gets dark. When the Sun begins to reappear, you must put on your eclipse glasses to look back up at the sky.

When the sun is not completely covered by the moon, it is only safe to look at the eclipse through eclipse glasses. Regular sunglasses are not safe to look at the eclipse with! **CCOR will be handing out eclipse glasses on April 8th at our offices.**

Inspect your eclipse glasses before use. Make sure they are not scratched, torn, or damaged. Read and follow instructions that come with your glasses. Supervise children using eclipse glasses.

If you normally wear glasses, keep them on and put your eclipse glasses over them.

Do not look at the Sun through your phone, camera, telescope, or binoculars without a special filter, **even while wearing eclipse glasses.**

Stand still and put on your eclipse glasses **before** looking up at the sky. Once you are done looking, turn away from the sun before removing your glasses.

TWO THOUSAND TWENTY-THREE

MAKING THE MOMENT

Robin Shillington

Payroll Coordinator

Robin impacted a potential PCA so much just by the way she spoke on the phone. The PCA said she came on board BECAUSE of Robin! This PCA met Robin when she came in for class, and said she felt like a friend. Robin's warm and inviting presence shines through even on the phone and she lives our core purpose every day!





ADELA
MARLIN

January
2024



FATIMATOU
BALDE

February
2024

Welcome to CCCOR

- | | | | |
|--------------|--------------|--------------|-------------|
| Abubakar M | Elizabeth A. | Lillian C. | Tameka P. |
| Alianna O. | Emma H. | Madison S. | Tiera W. |
| Alycia G. | Eric D. | Marcie M. | Tiffanie W. |
| Alysha T. | Faheem W. | Maria M. | Tracy I. |
| Amanda T. | Gabriella F. | Marinez P. | Trejah M. |
| Amber E. | Glenda T. | Marisol S. | Wanda A. |
| Amisael T. | Grace H. | Marlene S. | Yahaira R. |
| Angel A. | Hannah K. | Michael S. | Zaria B. |
| Ann-Nise D. | Inez M. | Michelle W. | Zinoviia M. |
| Baraka J. | Iyanna A. | Miranda W. | |
| Azia G. | Jahlesa L. | Nancy G. | |
| Benita Y. | Jalal J. | Natacha G. | |
| Bianca G. | Jaqwan W. | Nichele D. | |
| Bibi G. | Jasmine B. | Oralia K. | |
| Bonnie P. | Jaterriah H. | Patricia D. | |
| Brooke I. | Jayla T. | Patricia H. | |
| Brooke R. | Jazmine W. | Raelle C. | |
| Celine L. | Jennifer L. | Robert S. | |
| Chastity J. | Jill S. | Ron V. | |
| Christine T. | John K. | Roseann D. | |
| Daisy D. | Jose R. | Sage H. | |
| Danali B. | Josefa D. | Santiago V. | |
| David J. | Joshua O. | Satori S. | |
| Dawn B. | Kahdijah T. | Shannon T. | |
| Dawn S. | Kari F. | Sharon S. | |
| Deebra D. | Kathleen W. | Shaunje G. | |
| Diane W. | Kelly Q. | Shondiqua M. | |
| Donna H. | Kristen D. | Svitlana K. | |



Caregivers frequently experience high rates of burnout, which is why regular self-care is essential! This helps ensure you are healthy and happy enough to continue supporting others. Follow these 6 tips to make sure you don't experience burnout...

1. Build a strong support team
2. Practice deep breathing exercises
3. Be physically active
4. Create a daily self-care routine
5. Get good sleep
6. Reach out for support

Breast Cancer Coalition of Rochester **PINK AND TEAL CHALLENGE**

1. JOIN THE TEAM!

Go to <https://bccr.org/pink-teal-challenge/> and click "**Register for the Pink and Teal Challenge**"

2. RAISE MONEY!

Raise **\$50** by **April 24** for a free CCOR t-shirt!
Raise **\$150** or more by **May 3** to earn a CCOR fleece! Donations must be made to our team page and include your name in order to qualify.

3. WALK!

We will walk as a team on **Saturday, May 11** at **9:30am** at **MCC**.



REGISTER HERE



DONATE HERE

CCOR in the community



Save the Date for these upcoming events...

March 22 - Wear blue to support BIANYS (Brain Injury Association of NYS) and send a picture of yourself to marketing@ccorhome.com

April 4 & 5 - Pick up Solar Eclipse Supply Kits at your local office

April 18 - Batavia Office Open House - 32 Ellicott St Suite 100
Batavia, NY 14020, 4-6pm

May 11 - BCCR's Pink and Teal Challenge

July 28 - CCOR's Annual Summer Picnic



Do you know about the **Employee Referral Bonus?**

\$500

For **YOU** and the **Referred Employee!!!**

Contact the office for more information.

Stay up to date on all of our latest news, events, and more! Visit CCORhome.com, and follow us on social media!

 [CCORhome](https://www.facebook.com/CCORhome)

 [ccorhome](https://www.instagram.com/ccorhome)



HIPAA violations & **fraud** must be reported.

Our Compliance Officer is Dan Onk:
844.546.1600 x1119



Anonymous Hotline: 585.546.1219