



For when you can't be there...

# Newsletter

June 2015

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

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## Upcoming In-Services

- Rochester • 6/22
- Geneva • 6/23
- Batavia • 6/24

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

**Compliance Issues **MUST** be reported!**

Use our anonymous hotline:  
**585-546-1219**

## Stay Heat Smart this Summer!

by Suzanne Ciulla, RN - Director of Patient Services

With summer fast approaching, the nurses at CCOR want to make sure our staff is educated on heat exhaustion for themselves, and for the clients we serve. Here are some things to look for, as well as some tips to stay safe.

Heat exhaustion is an illness that occurs when someone is active for a length of time in the hot weather. To recognize heat exhaustion, look for nausea and vomiting, muscle cramps, excessive sweating, fatigue, headaches, dizziness/

light headed, pale skin, fainting, blurred vision. One might also have a fast heart rate, confusion, and even seizures due to heat exhaustion.

What can you do to prevent heat exhaustion? Move to a cool and shady place if you're

outdoors, or look for some air conditioned shelter. Drink water before activity in the heat, and bring water along to keep hydrating yourself. Eating something salty will help your body hold on to the water to help keep you

## Stay Cool!

Keep your body temperature cool to avoid heat-related illness.



- Stay in air-conditioned buildings as much as possible.
- Find an air-conditioned shelter.
- Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk twice a day.

## Stay Hydrated!

Because your body loses fluids through sweat, you can become dehydrated during extreme heat.



- Drink more water than usual.
- Don't wait until you're thirsty to drink more fluids.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.

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## Recruit for CCOR!

As employees of CCOR you are our best referral! If you have a friend or family member looking to start their career in homecare, tell them about the great benefits of working at CCOR!

We offer tuition-free certification classes for PCAs. Applications are accepted Monday-Friday at any of our offices or apply online 24 hours a day!

Our current need is: Lockport, Victor, Fairport, Macedon, Perinton, Honeoye Falls, Rush, Penn Yann, Wayland, Naples, Mt. Morris, Geneseo, Dansville & Greece

Ask about our Referral Bonus!

## 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
- DOH has announced flu is no longer prevalent, anyone required to wear a mask while in the clients home due to lack of vaccination can discontinue this practice.

from getting dehydrated.

Remember we are helping clients who might not think of these things on their own, and it is our job to keep them safe. If you are heading out for an outing and it's hot outside, encourage and remind your client to drink water before leaving for the outing, and prompt them to take some water along.

If you have any questions or concerns, please don't hesitate to call your nurse supervisors. Have a wonderful and safe summer!!

## Shout Out!

- ★ **WELCOME:** Rachel McDonald, RN/HCSS Supervisor
- ★ **SUPER STAR AIDES!** Maria Quinones, Sandra Taylor, and Lisette Giguere — Thank you for going above and beyond for our clients.

## Stay Informed!

Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.



- Check local news for extreme heat alerts and safety tips, like Rochester's Cool Sweep locations and alerts
- Learn the symptoms of heat illness and stay heat smart this summer!

## Recipe Corner

*Grilled Zucchini with Yummy Lemon Salt*  
by Shelly Larkins - Director of Waiver Services

### Ingredients

- 6 whole zucchini (medium sized)
- 1/4 Cup olive oil + extra for brushing
- 2 tsp Kosher salt
- 1 tsp black pepper
- 3 whole lemons, zested

### Directions

1. Lop off the tops and bottoms of the zucchini and slice them into quarters, lengthwise. Place them all in a very large (or two regular sized) plastic zipper bag. Drizzle in olive oil, 1 teaspoon salt, pepper, 1 tablespoon lemon zest and the juice of two lemons. Seal the bag(s) and smush them around a bit so that the zucchini is coated. Set aside for 15 to 20 minutes to marinate.
2. Prepare the indoor or outdoor grill to medium to medium-low heat. Grill the zucchini on all three sides until nice and tender, being careful not to burn them. Remove the zucchini to a plate as it gets done.
3. Pile up the rest of the lemon zest and sprinkle 1 tablespoon kosher salt on top. Use a knife to chop the salt and zest together until it becomes...lemon salt! Add more salt if it needs it. Sprinkle the lemon salt over the plate of grilled zucchini and serve and Enjoy!



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