



For when you can't be there...

Newsletter

September 2014

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Upcoming In-Services

Rochester • 9/23

Batavia • 9/22

Geneva • 9/24

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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

September is National TBI Awareness Month

by *Shelly Larkins* Traumatic brain injury (TBI) is a serious public health problem in the United States. Each year, traumatic brain injuries contribute to a substantial number of deaths and cases of permanent disability. In 2010, 2.5 million TBIs occurred either as an isolated injury or along with other injuries.

A TBI is caused by a bump, blow or jolt to the head or a penetrating head injury that disrupts the normal function of the brain. Not all blows or jolts to the head result in a TBI. The severity of a TBI may range from "mild," i.e., a brief change in mental status or consciousness to "severe," i.e., an extended period of unconsciousness or amnesia after the injury.

Data are critical to understanding the impact of this important public health problem. This information can help inform TBI prevention strategies, identify research and education priorities, and support the need for services among those living with a TBI.

**There is no estimate for the number of people with non-fatal TBI seen outside of an emergency department or hospital or who receive no care at all.*

TBI in America

- An estimated 1.7 million people sustain a TBI annually. Of them: 52,000 die, • 275,000 are hospitalized, and • 1.365 million, nearly 80%, are treated and released from an emergency department.
- TBI is a contributing factor to a third (30.5%) of all injury-related deaths in the United States.
- About 75% of TBIs that occur each year are concussions or other forms of mild traumatic brain injury (MTBI).

Flu Season is Fast Approaching!

by *Suzanne Ciulla, RN* Flu season can be very unpredictable — viruses are always changing and it isn't unusual to have new viruses show up each year. Timing for flu season, can be unpredictable as well; flu activity commonly peaks in the US in January or February. However, seasonal flu activity can begin as early as October and can continue to occur as late as May.

You should start making arrangements to get your flu vaccine now! Remember, the Department of Health mandates that healthcare providers that come in direct contact with patients **must** receive the flu vaccination (due by Nov. 1). If there are reasons you are unable to get the vaccine, such as allergies, you will be required to wear a surgical mask while you are in your patient's home.

The flu vaccine is meant to protect you as well as to protect your patients. Good Hand washing is always important, but really useful in cutting your risks in contracting the flu. Using good hand washing also will lower your risk in bringing the flu germs home to your family!

Stay Healthy!! Get Vaccinated!

Join CCOR's Team for the Alzheimer's Walk

CCOR is forming a corporate team for the 2014 Walk to End Alzheimer's on October 11th. If you are interested, sign up with your office coordinator/reception desk by 9/17!

Happy Birthday September!

- 09/03 • Shanice S
Yolanda B
- 09/04 • Donna C
- 09/06 • Rose H
- 09/08 • Chantel D
- 09/10 • Jean M
- 09/11 • Angela M
Kelly Q
- 09/12 • Carol S
Nanette V
- 09/13 • Tiffany K
- 09/15 • Maryellen N
Mercedes T
Tarwanda G
- 09/16 • Kellie L
Kristina R
- 09/17 • Ann S
Berny F
- 09/18 • Maria Q
- 09/25 • Brenda J
Courtney V
Melanie B

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

New Care Plans!

by Sandy Lyons-Jackson, RN

CCOR has heard your request to make documentation simpler!

But, please remember...

YOU MUST read your Care Plans at EVERY SHIFT. Be sure to read your aide care plan every shift and mark on your timesheet what it says. You must read and write what is on the care plan. Compliance is watching.

A BIG thank you to all the Nursing Staff who are working hard to simplify our care plans in the home, making it easier for all. I know we all appreciate this.

Food Safety

by Kim Milne

Foodborne illnesses, a.k.a. food poisoning, can cause all sorts of undesirable effects. Here are a few tips to live by when preparing and storing food to prevent foodborne illnesses from affecting you, your family, friends, and clients.

Clean:

- Wash your hands before handling food, after handling food, after using the bathroom, after changing a diaper, after tending to a sick person, after blowing your nose, or sneezing; and after handling pets.
- Wash your cutting boards, dishes, utensils and countertops with hot water and soap after preparing each food item and before going on to the next food.
- If you use cloth towels wash them often in the hot cycle of your washing machine. If you use kitchen sponges replace them frequently.

Separate:

- If you are using reusable grocery bags/totes to transport groceries, place meat, poultry and seafood in plastic bags to prevent juices from leaking.
- Keep raw meat, poultry and seafood on bottom shelf of refrigerator in a sealed container or plastic bag to ensure juices don't drip onto ready-to-eat foods.
- Wash plates between uses or use separate plates: one for holding raw meat, poultry or seafood and another for cooked foods.
- Be aware of the tools used during cooking – never use the same knife for raw meat, poultry or seafood to chop produce or ready-to-eat-foods.
- Use two cutting boards: one strictly to cut raw meat, poultry and seafood; the other for ready-to-eat foods, like breads and vegetables; do not use the same cutting board to cut raw meat and cooked meat.

Cook: You can find safe cooking temperatures of different foods on FoodSafety.gov

Chill:

- Refrigerate foods quickly and at a proper temperature (below 40°F) to slow the growth of bacteria.
- Never defrost food at room temperature. Thaw food in the refrigerator
- Do not overstuff the refrigerator. Cold air must circulate to keep food safe.
- When serving cold food at a buffet, picnic, or barbecue place containers of food on ice for serving
- Refrigerate food within 2 hours of leaving grocery store or restaurant.

Welcome & Announcements!

- ★ **Kathy Steffen**—Office Manager/
Batavia
- ★ **Solieda Flores** — Scheduler/
Rochester
- ★ **Trish Beebe, RN** — Full time
HCSS Supervisor/Rochester
- ★ **Ana Duenas** — Customer
Service/Rochester
- ★ **Mariea Scott** — Community
Outreach Liaison

Four simple steps:

- **Clean:** Wash your Hands,
Wash your Surfaces!
- **Separate:** Don't Cross
Contaminate!
- **Cook:** Use a Food
Thermometer
- **Chill:** Refrigerate Promptly
and Properly