



Newsletter

April/May 2016

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

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TBI & NHTD Managed Care Transition Delayed!

Sandy Lyons-Jackson, WNY Administrator

The transition for TBI and NHTD waiver benefits into managed care will be delayed until January 1, 2018.

The delay will provide the opportunity to discuss and address the many outstanding issues that need to be resolved to ensure a safe and effective transition for this vulnerable population.

We ask that you contact your local representatives to thank them for their support in reaching out to the Department of Health to ensure the development of an appropriate and thoughtful transition plan.

CCOR will continue to advocate on behalf of providers and TBI & NHTD waiver participants to ensure a smooth, thoughtful transition plan is developed to make sure people continue to have access to the services that they need to remain living in their homes in their communities.

Say Hello to Johanna!

Laura Zanino, Administrative Mgr.

Next time you're visiting our Carlson Office, please say hello to Johanna Torres.

Johanna will be filling in for Soly Flores while she is out on maternity leave as our Office Coordinator.

Be sure to stop by and introduce yourself the next time you're visiting the Rochester office.



News Recap @ CCOR!

- **New to CCOR:** Christina Rogacki, RN (Buffalo Office); Barb Del Valle, Recruiter (Rochester Office)
- Administrative offices will be closed on Monday, May 30th for the Memorial Day Holiday
- Have you checked out CCOR's new website? Visit us @ CCORhome.com

Lobbying in Albany

Sandy Lyons-Jackson, WNY Administrator

On March 1st of this year CCOR participated in lobbying for homecare with about 75 other state wide organizations. Top priorities discussed was supporting an increase of minimum wage with like increase in funding of waiver/state

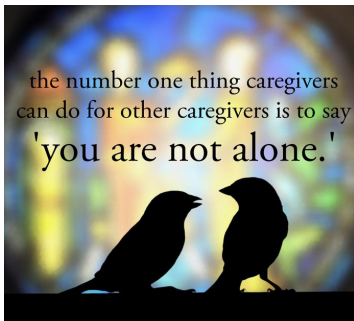


AI and I lobbying in Albany with HCP speaking with State legislatures about home care and the needs of homecare, clients and our employees.

programs to support the increase.

CCOR understands how important it is for us to support our clients and their need to access quality home care. Our goal is to keep individuals independent in their home as long as it is safe — not only for them but our employees as well.

the number one thing caregivers
can do for other caregivers is to say
'you are not alone.'



Apr/May In-Services

Apr-25 Batavia
Apr-26 Rochester
Apr-28 Geneva

...

May-25 Batavia
May-26 Rochester
May-27 Geneva

...

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

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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:

- Manager of Education (Rochester)
- Office Coordinator (Rochester)
- 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 Barb Del Valle.

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

Wellness Tips: How to make working out fun!

Jon Ortiz, Recruiting

Three months into the New Year, have you already let your New Year's fitness resolutions fall by the wayside? If so, you are not alone. Fitness goals can be challenging to stick with especially when you dread working out. Check out the below ideas that will not only help you keep your fitness resolutions but also help you enjoy yourself while doing them!

1. **Find a workout buddy.** Working out with a friend can motivate you to give your all and provide you with the encouragement you need to succeed. No luck with finding a partner? No worries at all! Online sites such as *Fit2gether* and *Community Active* can help you find a workout buddy in an area near you.
2. **Get outside.** It's easy to get in a fitness rut if you are always doing the same old routine. Take a break from the treadmill and mix things up by heading outside instead.
3. **Turn up the tunes.** Create an upbeat play list to keep you energized.
4. **Try a new class.** Taking a class is another way to mix up your workout routine. Some fun group fitness classes to try are zumba, step, aqua fitness, cycle and toning classes.

For more ideas visit <http://dailyburn.com/life/fitness/workout-motivation-tips/>.

HIPAA violations and FRAUD must be reported!



Anonymous Hotline

585-546-1219



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.

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Dangers of Dehydration

Mayo Clinic Online

Unfortunately, thirst isn't always a reliable gauge of the body's need for water, especially in children and older adults. A better indicator is the color of urine. Clear or light-colored urine means you're well hydrated, whereas dark yellow or amber color usually signals dehydration.

If you're a healthy adult, you can usually treat mild to moderate dehydration by drinking more fluids, such as water or a sports drink (Gatorade, Powerade, etc.). Get immediate medical care if severe signs and symptoms develop such as extreme thirst, a lack of urination, shriveled skin, dizziness and confusion.

Treat children and older adults with greater caution. Call a doctor right away if you notice:

- Severe diarrhea, with or without vomiting or fever
- Bloody or black stool
- Moderate diarrhea for 24 hours or more
- Can't keep down fluids
- Irritable or disorientated and much sleepier or less active than usual
- Has any of the signs or symptoms of mild or moderate dehydration

Go to the nearest hospital emergency room or call 911 or your emergency medical number if you think a child or older adult is severely dehydrated. You can help prevent dehydration from becoming severe by carefully monitoring someone who is sick and giving fluids, such as an oral rehydration solution (CeraLyte, Pedialyte, others), at the first sign of diarrhea, vomiting or fever and by encouraging children to drink plenty of water before, during and after exercise.

Congratulations New KKA Grads!



**Connie Mcgee
Quinton McFarland
Kim Wilson**

**Tawarna Bean
Edith Clemons
Marlana Thomas**

Buffalo Office NOW OPEN!

Sandy Lyons-Jackson, WNY Administrator

CCOR is excited to announce the opening of our new satellite office in Buffalo, NY!

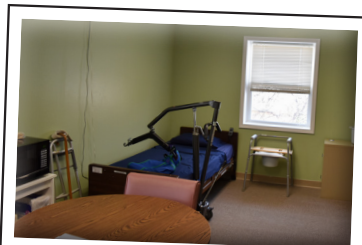
Located at 3620 Harlem Road, Ste 16 in Cheektowaga, our new office opened the week of April 18th. We will be offering PCA certification classes



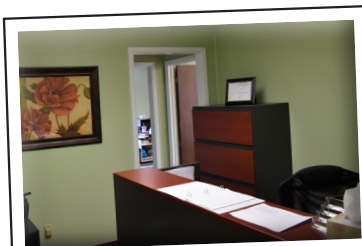
Buffalo Office ribbon cutting!
(Pictured Left to Right)

Eydie Ramos, Office Coordinator;
Marie Candelora, Business Development;
Sandy Lyons-Jackson, RN, WNY Administrator;
Chris Rogacki, RN, HCSS Supervisor

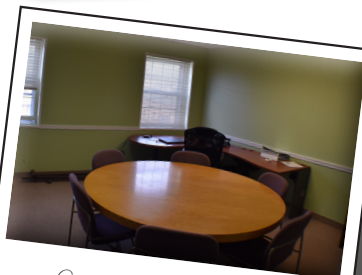
on site. So far we have had and have had a steady stream of applicants and business is building! We are looking forward to the opportunities available in the Greater Buffalo Region.



Training Room



Reception



Conference Room

Check out this great program from CCOR!



Watson Gardens

239 WATSON ROAD • PERINTON, NY • 14450



Our Perinton home at 239 Watson Road offers all the comforts of living at home with the advantages of independent senior housing. Enjoy first-floor living in a friendly, established neighborhood.



General Home Features:

- Single Family Home
- 4 Bedrooms
- 2 full bathrooms, 1 half
- Approximately 2,392 sq ft
- Approximately 1.8 acres
- Fairport School District
- Built in 1965
- One floor, Ranch style

Interior Features:

- Grand foyer
- Open dining and living room
- Large eat-in kitchen
- Breakfast bar
- Custom sub-zero fridge
- Built-ins
- Gas fireplace w/stone surround
- Private lot with beautiful backyard and deck
- Like new interior and exterior



Exterior Features:

- Back deck
- Shed
- 2 garage spaces
- Gazebo



If you know of a senior in need of housing, have them contact Business Development at 844-546-1600 ext. 133 or 134 to set up a tour!

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