



For when you can't be there...

Newsletter

March 2015

Our mission is to offer a system of services that recognizes the dignity of the person and enhances the quality of life for both older adults and those with special needs.

In This Issue

Music Therapy Helping Adults with Dementia

New Research Links 13 More Diseases to Smoking

CCOR Needs YOUR Help Recruiting!

Safety Campaign

Shout-Outs and Welcomes!

Upcoming In-Services

Rochester • 3/25

Batavia • 3/24

Geneva • 3/26

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

Music Therapy Helping Adults with Dementia

From WHAM, Channel 13

Rochester, N.Y. - Music can jog the memory in powerful ways. That's why it's being used to help dementia patients as part of a clinical study hosted by Nazareth College. Residents at the Rochester Presbyterian Home, all in the mid stages of dementia, have been meeting with their family members and music therapists for the last year. Alice Terharr is 93 years old. Her daughter Pam says the sessions have brought back a part of the active woman who used to love square dancing. "She always used to sing to me and my sisters when we were little so, she played the harmonica, so it's nice to see that coming out, that she's remembering something," Lisa Fantauzzo said. Music therapist Molly Pow said music brings back emotion. Through these musical and even physical exercises, the elders are connecting in powerful ways. "Folks that are not oriented in the here and now, music helps them to become oriented and not just through the music itself, but through that one-to-one human interaction, using the music as a tool to get them to come out and to get them to engage," Pow said. Norman Strothers calls the therapy 'a ray of light' that has re-ignited a spark in his mother's eyes. She's not very verbal these days, but he says visits from Molly and the music she brings perk his mother up. The music therapy sessions are paid for by a grant from the Konar Family Foundation. It is hoped that another grant will allow Molly to bring back the music and memories for the elders.

New Research Links 13 More Diseases to Smoking

by Suzanne Ciulla, RN

Previously the US Surgeon General has linked 21 diseases caused by smoking. In February, a new study published by the *New England Journal of Medicine* links more than a dozen additional diseases.

Diseases Known to be Caused by Smoking:

- Lip and oral cancer
- Esophageal cancer
- Stomach cancer
- Colorectal cancer
- Liver cancer
- Pancreatic cancer
- Laryngeal cancer
- Lung cancer
- Bladder cancer
- Kidney cancer
- Acute myeloid leukemia
- Diabetes
- Ischemic heart disease
- Other heart disease
- Stroke
- Atherosclerosis
- Aortic aneurysm
- Other arterial diseases
- Pneumonia, influenza and tuberculosis
- Chronic obstructive pulmonary disease

Newly Linked Diseases:

- All infections
- Breast cancer
- Prostate cancer
- Rare cancers
- Cancers of unknown site
- Hypertensive heart disease
- Essential hypertension
- All other respiratory diseases
- Liver cirrhosis
- All other digestive diseases
- Kidney failure
- Additional rare causes combined
- Unknown causes

Follow us online:



Recruit for CCOR!

As employees of CCOR you are best referral! If you have a friend or family members 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 for: LeRoy, Darien, Batavia, Nunda, Mt. Morris, Avon, Geneva, Palmyra, Penn Yan, Waterloo, Canandaigua, Lockport, Tonawanda, Cheektowaga, Depew, Amherst, Perinton, Honeoye Falls, Greece

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
- CCOR administrative offices will be closed Friday, April 3rd

Safety Campaign Incentive Program

by Lisa Johnson

Starting April 1, 2015, CCoR Safety Committee will be rolling out a new incentive program for their field staff.



The program will run from quarter to quarter.

If an employee has no attendance issues, no compliance issues, and is injury free for ninety (90) days, they will receive a \$50.00 gift card, and their name will be entered into a drawing to win an iPad mini, or a \$150.00 gift card, or a \$75.00 gift card.



There will be two chances on winning the raffle items; the first time will be in the beginning of the fourth quarter (October). Rules for this incentive program will be posted at each office.

Good luck to all and keep up the great work you do for this company.

Shout Out!

- ★ Bob – for going above and beyond with a client
- ★ Ariel Robinson, Shawnese Crutcher, Jasmine Beckley & Bionka Jackson – Thank you ladies for being so dependable, flexible, and such great team players! You're awesome!!

Recipe Corner

Oven Roasted Smoked Sausage & Potatoes

Ingredients

- 1 pkg of smoked sausage (peel, if necessary, and slice into rounds)
- 1 large onion, peeled & chopped
- 5 large potatoes, peeled & chopped into ½ inch cubes
- Olive oil
- Fine sea salt
- Freshly ground black pepper
- Sweet paprika
- Dried thyme
- Handful of grated strong cheddar cheese



Directions

Preheat the oven to 400°F. Line a large baking sheet (with sides) with several sheets of foil. Drizzle with a bit of olive oil. Spread the oil over the pan. Set aside.

Put the sausage rounds, onions, and potatoes into a large bowl. Drizzle with a few TBSP of olive oil and season to taste with salt, pepper, paprika, and thyme. Toss together with your hands until everything is evenly distributed. Pour this out onto the prepared baking sheet, and spread it out as much as you can.

Place into the preheated oven and roast for 45 minutes to an hour, stirring every 15 minutes or so, until the potatoes are golden brown and tender. Turn off the oven. Scatter cheese over top of the cooked meat and potatoes, pop back into the oven a few minutes to melt the cheese. Serve immediately.