

February 2010, Issue 2



Care & Comfort
Delivering quality home health and mental
health services to families in Maine.

FEBRUARY NEWSLETTER

This month I'm going to deviate from my usual rambling and talk a little bit about something very important to each of us in the health care industry and what you personally can do to make a difference.

In order to close the budget gap, the Governor is talking about budget cuts in the home health arena as well as other services to clients we serve. We are hearing and receiving information about decreases to our clients who are funded through Elder Independence of Maine (EIM). At this time the proposal is to cut 10% across the board in home health services.

Home care is proven to be a less expensive option than hospitals or nursing homes. Our clients want to be able to stay in their own homes and we work hard to assure they are able to do so with our help. LD 1671 is the proposal that is being considered in the legislature and would cut home health care services which would make it difficult, if not impossible, to provide the support our clients need and have come to expect from all of us.

Please contact your legislator and let them know that this proposal would be detrimental to the clients you serve. You can find contact information for your representatives at www.maine.gov/legis/contact.htm. Consider letting them know the consequences of such cuts and how it will affect our clients. Be specific—let them know that you work with a client (remember, HIPAA rules prevent us from sharing the client's name) who need X amount of hours of in-home health care in order to remain in their home and out of a more costly alternative. The more folks educate our legislators, the harder it will be to make these across-the-board cuts that will impact our clients and their families.

We are gathering additional information that we will share as it becomes available so that you can be informed about these proposals and what it may mean for our clients and staff. Thank you for taking a few minutes of your time to weigh in on this important issue.

As always, thank you for all you do for the Maine families we all serve.

Sue

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COMPLIMENTS

The Wilton office would like to extend a very special kudos to Mary Kinney, Office Assistant, for all that she does. We'd also like to compliment the following workers who were recognized by their staffing coordinators for their dedication and excellence:

Cindy Perry	Joe Adamo	Kathryn Preble
Sandra Sechrest	Al Russo	Ashley Smith
Whitney Pinette	Charity Clark	Christine Taylor
Carrie Coney	Eugenia Hall	Rose Labrie



EMPLOYEE OF THE MONTH

Congratulations to **Kathy Look**, PSS in Washington County, who was selected as our Home Health Employee of the Month for December. Kathy has worked for Care & Comfort since February 2004 and was nominated by her Staffing Coordinator, Gisele Girard. Gisele states that Kathy is positive, enjoys her work with clients, and goes out of her way to make her clients comfortable, even preparing meals in advance when adverse weather conditions are expected. Nice job, Kathy!



Sherrie Hansen, BHP & CSW in the Wilton office, was selected as December's Mental Health Employee of the Month. Sherrie has worked with Care & Comfort since February of 2009 and was nominated by Sheila Davis, Dotty McKellick and Lisa Savage. She is described as a dependable employee who does not give up easily, who seeks support to ensure she is doing the best job possible and utilizes feedback given by her supervisors to improve her skills. She presents skill lessons in creative, fun ways and is conscientious about getting her schedule and paperwork in on time.

Kathy and Sherrie, thank you both for the dedication and commitment you bring to the job each day. Keep up the good work!

CLIP ART CONTEST

BE A WINNER!!

Care & Comfort would like to announce the winner of last month's clip art drawing.

Sarah Poitras, CSW from the Bangor office was selected and has won a \$25 gift card to Wal-Mart. Sarah, we will be in touch with your gift card. If you would like to win the Clip Art drawing, simply cut out the clip art on the right, write your name on the back and mail to:

Care & Comfort
Attn: Kara Boudway
180 Main Street
Waterville, ME 04901



BE OUR FAN!!!

Care & Comfort has recently created a Facebook and Myspace account. We are currently working to create a better, more informative website that will link to our Facebook and Myspace pages in order to provide you with current, up to date information. If you are a member of one, or both of these social networking sites, we encourage you to log on and become our fan!

NEWS FROM OUR BRANCH OFFICES

WATERVILLE



The Waterville office is pleased to welcome our new Home Health Staffing Coordinator, Raigan Messier. Raigan is an experienced scheduler, having previously worked for an employment agency, and is eager to begin her new duties. Raigan lives in China with her 2 daughters, ages 5 and 2. Please join us in welcoming her to Care & Comfort. Welcome also to Jessica Marin, who will be working part-time in our Accounting department. Jessica is an accounting student at Thomas College and will be assisting us on special projects for the department.

This week we said good-bye to Louise Hogan, our outgoing Staffing Coordinator who has taken a position at Thomas College. Please join us in wishing her the very best in her new position.

PRESQUE ISLE



We would like to thank Whitney Pinette, CSW, for doing such a great job with her clients. We received a call from a Home Health client's family thanking our staff for the marked improvement in their daughters' living conditions since we began providing services in her home. We'd like to thank Ashley Bolstridge, PSS; Tabby Friedel, PSS; Diane Ashford, PSS; and Karen Mangene, PSS, for their hard work. We'd also like to thank Lori Sanipas, PSS, for her willingness to pick up additional shifts on her weekend off.

DOVER-FOXCROFT



The Dover team has recently begun a new collaborative relationship with the Dexter school system providing therapy in that setting one full day per week. As a result, we are actively looking for another clinician to join our team! Susan is making her way around to meet all of her families and staff and the weather has thus far been kind to us. We hope that everyone had a nice Christmas and has a healthy and happy New Year!

BANGOR



The Bangor branch has welcomed several new staff this month. We have hired Ashleigh Fairbanks, CSW, BHP, Samantha Forest, CSW, Katherine Mishou, CSW, and Drew Wellingham, CSW. The Machias team has welcomed Melanie Pinette, CSW. We look forward to working with all of our new staff! We had a helpful in-service on heart disease by Donna Marsh, RN, in December and we are looking forward to an in-service with Nicole Martin, IHSS, in January. Nicole will be talking about how to make common household games and activities therapeutic in nature and will be targeting ways in which our direct care staff can use items that are readily available in clients' homes to assist clients in their treatment work.

WILTON



The Wilton office would like to welcome aboard a couple of new employees. Tara Brooks, CNA/PSS, Sherrie Frost, CSW; Misty Knox, CSW; Molly Ladd, CNA/PSS/CSW; and Erika Williams, CSW.

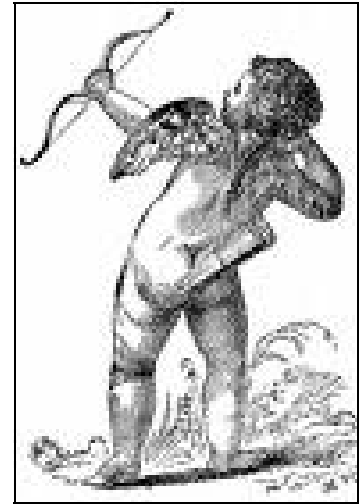
Ground Hog day is a much anticipated day for those believers' who wait for the famous groundhog, Punxsutawney Phil to predict whether we will continue with winter weather or perhaps enjoy an early spring. In February, we also celebrate President's Day on Monday, February 15th. This is also recognized as a Federal Holiday and as such, post offices and banks will be closed, as well as the Care & Comfort offices. Please remember to mail your time sheets as soon as possible in order to help the payroll processing go smoothly.

HISTORY OF VALENTINE'S DAY

by Julie Knapps of the Wilton Office

Traditionally, Valentine's Day is a day of romance, but do we know what Valentine's Day is? I know I send out Valentine's Day cards, but why? Here's a little history to help us understand this mysterious holiday. The history of Valentine's Day—and its patron saint—is shrouded in mystery. But we do know that February has long been a month of romance. One legend contends that Valentine was a priest who served during the third century in Rome.

When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men—his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. According to one legend, Valentine actually sent the first 'valentine' greeting himself. While in prison, it is believed that Valentine fell in love with a young girl—who may have been his jailor's daughter—who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed, 'From your Valentine.' an expression that is still in use today.



RECIPE CORNER

Best Brownie Recipe

Ingredients:

- 4 (1oz.) squares unsweetened chocolate, chopped
- 2/3 cups butter
- 2 cups sugar
- 4 eggs
- 1 1/4 cups flour
- 1 tsp. Baking soda
- 1/2 tsp. Salt
- 1 cup semisweet chocolate chips
- 1 cup milk chocolate chips, if desired
- 1/2 cup chopped pecans, if desired



Directions:

Preheat oven to 350°. Grease 9"x13" pan. Melt unsweetened chocolate and butter together in heavy saucepan over medium low heat, stirring constantly. Remove from heat and beat in sugar and eggs until smooth. Add flour, baking soda and salt, stir just until combined. Stir in chips and nuts. Spread in prepared pan.

Bake 20-30 minutes or until just set, Do not over bake! Cool, cut and enjoy!

February Calender of Events

*Please remember that on February 15th the Care & Comfort offices will be closed for President's Day.

Waterville Office

Trainings

February 24th, Mandt, 8:30am-12:30pm with Kara

February 24th, CPR, 12:30pm-4:30pm with Kara

February 26th, BHP Module 1 8:30am-12:30pm with Kara

In-Service

February 18th, TBA, 3:00pm-4:00pm with Linda Carey

Supervision

February 8th, BHP Supervision 10:00am-12:00pm with Doug

February 9th, Supervision with Deb from 11:00am-1:00pm

February 23rd, Supervision with Bonnie from 5:00pm-7:00pm

Hancock County

Supervision

February 9th, 9:00am-11:00am at the Maine Grind with Karen Toothaker

Washington County

Supervision

February 12th, 12:00-2:00pm at the Machias CareerCenter with Mike Libby

Bangor Office

Supervision

February 3rd, CSW/DSP/BHP 8:30am-10:30am with Keith

February 12th, CSW/DSP 12:00pm-2:00pm with Serena

February 25th, BHP/CSW/DSP 10:00am-11:00am with Beth

In-Service

February 25th, Domestic Violence 101, 9:00am-10:00am from staff at Spruce Run

Dover Office

Supervision

February 4th, at Noah's Landing in Dexter from 11:00am-1:00pm

February 18th, at the Dover Office from 11:00am-1:00pm

In-Service

February 23rd, Chapter 7/COPD 3:00pm-4:00pm with Jessica Mangus

Waldo County

Supervision

February 23rd, 9:00am-11:00am at the Field Street Office in Belfast with Karen Toothaker

Wilton Office

Trainings

February 5th, CPR, 12:30pm-4:30pm with Kara

February 12th, Mandt, 9:00am-12:00pm with Kara

February 19th, BHP Module 1, 8:30am-12:30pm with Kara

In-Service

February 11th, TBA, 3:00pm-4:00pm

Supervision

February 18th, CSW Supervision, 12:30pm-1:30pm with Sheila

February 18th, BHP Supervision, 2:00pm-4:00pm with Donna

February 22nd, Supervision with Dotty at the Rumford Library, 9:00am-11:00am

Presque Isle Office

Supervision

February 16th, 8:30am-10:30am with Paula Cyr, LMSW

In-Service

February 17th, 4:00pm-5:00pm, TBA with Nancy Washington

Mission Statement

Care & Comfort's mission is to provide quality home health and mental health care and home modification services.

Our services are delivered by skilled, compassionate professionals.

We strive to meet and exceed nationally recognized standards of care while serving as a resource for the community.



Care & Comfort
Delivering quality home health and mental health services to families in Maine.

180 Main Street, Waterville, ME 04901

Telephone: 1-800-366-5302

Fax: 207-873-6612

Website: www.careandcomfort.com

OFFICE STAFF

CENTRAL OFFICE

180 Main St, Waterville, ME 04901

1-800-366-5302/872-5300

Chief Executive Officer: Susan D. Giguere
Chief Operating Officer: Lee Jellison
Case Manager Supervisor: Debbie Levenseller
Finance Manager: Jeremy LaBonte
Hiring & Training Coordinator: Kara Boudway
Mental Health Billing Specialist: Rose Carter
Home Health Billing Specialist: Annette Brann
Human Resources Manager: Julie Bennett
Human Resources Assistant: Kristin Joler
Quality Assurance Supervisor: Joe Tinkham
QA Office Assistant: Susan Morey
Office Assistant: Erica Toner
Office Assistant: Nicole Joler
Office Assistant: April Agura
Payroll Specialist: Nicole Timmins

WATERVILLE BRANCH

180 Main St, Waterville, ME 04901

1-800-366-5302/872-5300

Staffing Coordinator: Stacy Dostie
Staffing Coordinator: Karen Adams
Staffing Coordinator: Donna Makowski
Staffing Coordinator: Raigan Messier
Staffing Coordinator: Gisele Girard

Clinical Team Leader:

Matthew Deming, LCSW

Case Managers:

Becky Judd
Megan Ryan-Rolfe

In-Home Support Supervisors:

Doug Libby, LCPC
Deb Doreau, CRC, LADC
Bonnie Cassidy IHSS
Fran Falcone, LCSW

Director of Nursing

Nancy Ward, RN, BSN

RN Case Managers:

Beverly Jauron, RN
Barbara Crowell, RN
Maggie McGough, RN

WILTON BRANCH

284 Main St, Suite 390, Wilton, ME 04294

1-866-397-3350/645-5304

Office Coordinator: Carol Davis
Staffing Coordinator: Lisa Savage
Office Assistant: Mary Kinney
Staffing Coordinator: Julie Knapps

Clinical Team Leader:

Matthew Deming, LCSW

Case Managers:

Karen Donovan
Christina Davis
Meghan Porter

Clinical/In-Home Support Supervisors:

Dotty McKellick, LCPC
Corey Walmer, LCSW
Melissa Catlin, LCSW
Stuart Beddie, LCPC, NCC
Sheila Davis, IHSS
Danielle Smioons, IHSS
Steve Brod, LCSW
Donna McKenney, LMSW-CC
Becky Crommett, RN
Maggie McGough, RN
Penny Tougas, RN
Linda Washburn, RN

PRESQUE ISLE BRANCH

165 Academy St, Suite D

PO Box 1429, Presque Isle, ME 04769

1-866-764-3071/764-3071

Office Coordinator: Laura Rowland
Home Health Staffing Coordinator: Kelly Adams
Mental Health Staffing Coordinator: Christine Elliott

Clinical Team Leader:

Christopher Morse, LCSW

Clinical Supervisor:

Paula Cyr

In-Home Support Supervisor:

Kellie Miller, LCSW
Elena Carpenter, IHSS

RN Case Managers:

Lynette Young
ReJeanne Martin

BANGOR BRANCH

One Springer Place, 24 Springer Rd, Suite 202, Bangor, ME 04401

1-877-784-6993/992-2535

Regional Manager: Toby Wood
Staffing Coordinator: Ashley Worcester
Office Assistant: Jillian Bordwick
Office Assistant: AnneMarie Roberts
Office Assistant: Holly Thayer

Clinical Team Leader:

Beth Brown, LCSW

In-Home Support Supervisors:

Christy Hinerman, LCSW
Jeanne Giroux, LCSW
Hector Sapien, LCSW
Keith LaPlante, LCPC
Serena Simard, IHSS
Mark Knowles, IHSS
Mike Libby, IHSS
Nicole Martin, IHSS
Tom Halkett, LCPC
Karen Toothaker, IHSS
Alice Betterly-Michaud, RN
Marie Kunz, RN
Jessica Mangus, RN
Donna Marsh, RN

DOVER BRANCH

64 East Main Street

Dover-Foxcroft, ME 04426

1-877-784-6993/564-0200

Regional Manager: Toby Wood
Office Assistant: Emmy Young

Clinical Team Leader:

Debbie Webber, LCPC, NCC

Clinical Supervisor:

Molly Cooper, LMSW-CC

Anna Peterson, LCPC-C

In-Home Support Supervisors:

Amy Miller, IHSS
Susan Lee, IHSS
Jessica Mangus