OCTOBER 2016

A Message From Susan

Wow, what happened to September? Here today, gone tomorrow. So rolling right into October we get to see beautiful leaves all over. Do you find yourself getting mesmerized by them as you're waiting for the light to turn green? I was talking with someone the other day about how we get out to see them, I go walking or driving, and they like taking the 4-wheeler out. It's fascinating driving around our state and seeing the many faces of Maine, and walking along the Androscoggin or at the Forks or Smalls Falls is always amazing in autumn.

It's also time again for apple picking, baking and getting our Halloween costumes ready. When our kids were young, we all enjoyed a picnic lunch followed by some serious apple picking. I chuckle at some of the memories I think of - we are a family famous for tuna sandwiches on pumpernickel (sometimes with sweet pickles), for me, these and trips to the orchards go hand in hand. Lots of them now have added fun events for young and old alike. But I have to say I am not a maze person; I tend to get into those, get lost, and someone has to find me!

I'm delighted that many of our Care & Comfort people like dressing up in costumes on Halloween. I don't have a clue right now who or what I shall dress as but I am sure I'll come up with something. Today it seems that families are going to more organized parties where the kids are much safer, and yet they still have the fun of dressing up. With the hard work we do every day, we need to take time for a little fun for ourselves with our colleagues. Be sure to check out the details on the next page for our 2nd Annual Care & Comfort Rotten Pumpkin Costume Challenge! Will the coveted trophy stay in Bangor or travel to another branch?

October brings colder weather and lots of leaves on the ground so watch your driving and your step; they can be very slippery. However, be sure to let your inner child enjoy the leaves as well. I rake them into big piles and then jump in just to enjoy the crunching noises, and I love the delicious smell!

Whatever your October adventures are or where they take you enjoy every minute. Thank you for all you do for the Maine families we all serve.

Sue

Susan D. Giguere
Founder & CEO
2nd Annual Care & Comfort Interoffice Halloween

'Rotten Pumpkin' Costume Challenge!

Monday 10/31/16

All Care & Comfort Offices and Branch teams are invited to participate and compete to win the highly coveted Traveling Rotten Pumpkin Trophy!!!!

THE DIRTY DETAILS:

- The contest is open to all Care & Comfort offices and/or teams.
- Judging will be done by photo only (i.e., all offices/teams have equal chances). If multiple photos are submitted, the single photo to be judged must be clearly identified.
- Photos of competing teams are due no later than HIGH NOON on Monday, October 31st.
- All costumes must be family friendly & work appropriate (no gore, no extreme violence, no promiscuity, etc.). Please use sound judgment and choose a costume that will interfere with your duties as little as possible.
- Judging will be based on:
  - Originality
  - Team participation
  - Adherence to theme
- Send all contest entries to mike.stair@careandcomfort.com; susan.giguere@careandcomfort.com; barb@cyrassociates.me; david.v.smith@raymondjames.com
- Those not normally based in an office are welcome to choose the nearest office and/or team with whom they wish to associate themselves for purposes of the competition.
- Judges’ decision is final and will be announced by the end of the day.
**A Moment With Mike**

Have I mentioned how much I love the fall? Cold weather will be here soon enough, so, for now, we get to enjoy nature in all her splendor. Autumn in Maine is such an enjoyable time, and I’m proud to say that my wife’s apple crisp is one of the best around. My waistline is proof! A walk through the woods is a great way to get rid of some of those calories, help stay healthy and enjoy our beautiful state all at the same time. Don’t forget to wear orange for safety; archery season has started and the rest of hunting season is coming soon.

Speaking of our beautiful state, as I travel around to our various offices, I make it a point to meet with folks in each one as often as I can. I always prefer face-to-face contact whenever possible. Communication is important, and I want to make sure that everyone has a chance to hear and be heard! Since we’re spread over such a wide area, we also use technology to help stay in touch. It’s great when people send me emails or call with their suggestions and comments. Each one is important, and I take every one seriously.

Are there sometimes things that you’d like to say to me, but that you don’t feel comfortable saying openly? I’m happy to announce a NEW way to communicate with me – confidentially and anonymously. It’s an online private “suggestion box” where anything you say comes directly to me in complete confidence. It works from a PC, tablet or smartphone – check it out! Go to:

**www.suggestionox.com/r/coodirect**

(No, that’s not a typo. There’s no ‘b’ in ‘suggestionox’)

Feel free to be honest. Sometimes no matter how much we ask for candid comments, there are things that people just don't want to say in front of us — both good and bad. Letting folks give truly anonymous feedback lets us hear the real things that people are thinking. Whatever you say here will come directly to me anonymously, unless you choose to identify yourself. (Keep in mind that you won't receive a response since it is, after all, anonymous!)

Work continues on the many items we identified in our Strategic Plan. As I mentioned last month, tops on the list right now are some new Behavioral Health services, reexamining our wage rates, taking a fresh look at our marketing activities, and revamping our outdated scheduling systems. In the meantime, I continue to love hearing stories about how our terrific direct care staff make a real difference in the daily lives of our clients. **What you do really does matter! Thank you!**

I love hearing from you. Call me at 872-5300 or email me at mike.stair@careandcomfort.com to let me know what I can do to make your Care & Comfort experience even better.

All the best,

Mike
We're very happy to welcome the beautiful season of autumn. Fall in Maine is truly a wonderful time of year so, if you can, get out there and enjoy all the beauty and the pleasant weather. And don't forget ~ shorts and sweatshirts are the usual and accepted attire of choice! This is also a great season to do home - or office - improvements! A new fence is up at the Bangor office, and our parking lot has been redone, so it’s looking much nicer around our home away from home.

We're seeking a clinician to join our fun and dynamic team here in Bangor, feel free to spread the word to qualified candidates.

The Bangor office is pleased to welcome the following new staff: Christopher Reece (CSW); Terri Kovac (CNA); Chloe Leeman (CSW); Jasmine Abou-Elias (CSW); Michael Harder (CSW).

The Dover office would like to welcome Jessica Brann, CNA, Flora Butterfield, CNA, and Melanie Parfitt, PSS to our Home Health Team. Welcome to all!

Leaves are starting to fall, and the air is turning crisp in Piscataquis County. For coffee and pumpkin lovers alike, this means Pumpkin Coffee season! Get your pumpkin coffee before it's gone again! There are many wonderful things that the fall season brings, whether it be your favorite seasonal coffee flavor, apple picking, pumpkin picking, local corn mazes and let's not forget Halloween! If you are out and about on All Hallows Eve, please remember that this is for the kids, and they will be out in high numbers so drive carefully and watch for children in the roads and on crosswalks.

Coming up in Piscataquis County in October we have a Women's Retreat being put on by the J.D. Foundation, if you or anyone you know might be interested in this, please contact Cheryl Morin at 876-2295. On Saturday, October 15th, Maine Highlands Federal Credit Union will be hosting a Harvest Festival at the Fairgrounds. This event will run from 11-2 and will include music, food, and activities for all ages. In Dover, there is the annual Halloween BooNanza taking place October 28th & 29th. Once again, please be mindful of groups of people enjoying this event as the streets will be quite busy during this event.

PQI would like to give a “BIG” hello to Jenel Guillemette & Alyssa Johnson who have joined our Mental Health team. And joining our Home Health Team are: Jenel Guillemette and Kelly Post. Welcome to our wonderful office!!

Danielle Perry and Sue Watson have been getting out in the community doing events like Kiwanis Kids Day, reading to children for United Way and volunteering at the Homeless Shelter. They have enjoyed meeting and greeting old friends and making new ones.

Sue Watson, MH Staffing Supervisor, and Jamie Curtis, HH Staffing Supervisor want to give a “BIG” thank you to all staff for your hard work and dedication to C&C.

If you live here, get out and have some fun at these special fall events happening in the County ~ if you are from away (aka south of Houlton) this is a perfect time of year to visit us and also enjoy them!

Haunted Lantern Tour, Friday, October 21, 2016, 06:00pm - 08:00pm. This one-hour “slightly scary and kinda creepy” nighttime walking tour of historic downtown Presque Isle takes you through the old jail (only opened each year for this tour) and to thirteen sites where historical interpreters relate the true history of that particular site. For all the details, check out www.pihistory.org.

October also brings Halloween and pumpkins. The PQI office will be dressed up on this day to “Welcome” all the goblins, witches, werewolves, princesses, etc. with goodies and fun. Our staff would like to remind everyone that children and families will be out trick or treating, so make yourself aware and have a fun evening.
Going to be near Waterville this fall? After you stop by and say “Hi” to us, you should find plenty to do for you and your family.

**Oct 29 thru Oct 30, 2016.** The Waterville Armory hosts its *Fall Holiday Craft Show* with artists & crafters from Maine and New England. It's the perfect time to start buying all your holiday gift items from talented artisans selling their one-of-a-kind products. Event is on Saturday, Oct. 29 and Sunday, Oct 30 from 10am to 4pm both days.

**Oct 29 thru Oct 30, 2016.** *REM Craft Fair* at Champion's Fitness Club. Support local Maine artisans and at the same time pick up that one-of-a-kind gift you've been searching for. Free admission and excellent parking. Food and drink available. Event is on Saturday, Oct. 29 from 10 am to 5 pm and Sunday, Oct. 30 from 10am to 3pm.

Happy October! It's time to break out the sweatshirts and to take out the jeans that have been sitting in the closet for a few months. Cooler weather is on the way! Most of the workers we've talked to from the Wilton office are split on whether they like the cooler temps or not. For those of us who love fall, October is the best month of the year. Whether you love fall or hate it, it signals that turn in the year where we know that snow is not far off!

We want to remind each of you that whenever you refer someone to work at Care & Comfort, it's also an opportunity for you to earn some extra cash! If we hire someone you refer (they must put your name on the application where it asks "How did you hear of this opening"), once they work 100 hours you get $50 for each PSS, CNA, CSW, or BHP. Good workers refer good workers, and this is our way of thanking you for sending good workers our way!

This month we would like to welcome Kristina Pierce and Pamela LaBreck, both PSS' to our Home Health division. On the Behavioral Health side, we welcomed CSWs Danielle Field and Kaitlynn Morse, and we also welcomed returning CSW Taylor Boynton. We are excited to have each of you as a part of the Wilton team!

As always, we want to remind you that we all must continue to keep safety at the forefront of our minds when doing the great work that Care & Comfort does out in the community. If you are encountering safety hazards, it's important to share that information with your staffing supervisor. If we get injured, we aren't help to anyone. Have a great month, everyone!
On October 1st we were delighted to add to the already bright smiles of 18 athletes as they competed in the Equestrian Special Olympics held at the Skowhegan Fair Grounds. Each participant from East Ridge Stable’s Angels on Hooves Therapeutic Riding Program received C & C gift bags and coolers filled with a treat for them and, of course, an apple for their horse. The team ~ Robin’s Riders ~ had a fun filled day and enjoyed many successes. Congratulations to them, their coaches and their army of volunteer assistants!

"I think the Special Olympics and the Olympics are actually pretty similar. We all have dreams and we all have goals. And you have to work hard to accomplish your dreams and goals."

~Michael Phelps

Caring for Our Communities is what our employees do while working and in their personal lives. Sue Watson, Kiwanis Club of Presque Isle’s Club Secretary and C & C MHSS, joined Jane Hanson and other Kiwanis members in cooking and serving "Breakfast for Supper" at the Homeless Services of Aroostook. Volunteering is a wonderful way to put a smile on everyone’s face.

Every autumn leaves inevitably will fall, leaving your yard cluttered and in need of clean-up. Consider the following safety tips from the American Academy of Orthopedic Surgeons to prevent injuries while performing yard work.

- Use a rake that is comfortable for your height and strength. Wear gloves or use rakes with padded handles to prevent blisters.
- Wet leaves can be slippery; wear shoes or boots with slip-resistant soles.
- Do not overfill leaf bags, especially if the leaves are wet. To avoid back injury, you should be able to carry bags comfortably.
- Never throw leaves over your shoulder or to the side. The twisting motion required to do so places undue stress on your back.
- Make sure the engine is off and cool before you begin any maintenance work or refuel your lawnmower.
- Wear protective gear like goggles and gloves, boots and long pants when mowing. Never mow barefoot or in sandals.
- Never use your hands or feet to clear debris from under a lawnmower. Use a stick or broom handle instead. Likewise, never touch the blades with your hands or feet, even if the engine is off. The blade can still move and cause serious injury.
Meet Carol Kahl

I am pleased to welcome and introduce Carol Kahl, our new HR Supervisor, who is based at our Waterville Corporate Offices.

Carol has more than 20 years experience in the Human Resources field. Most recently she was the Human Resources Generalist & Payroll Coordinator at Child Development Service IEU (CDS) in Augusta, a position she held for seven years. Her diverse background includes extensive experience in benefits administration, HR policies and procedures, compensation administration, Workers’ Compensation management, development and implementation of safety programs and employee relations.

She is a seasoned HR professional who comes to us with a tremendous wealth of experience and knowledge. As our Human Resources Supervisor, Carol will be responsible for managing our Benefits programs, compensation plans including bonuses, as well as safety, recognition & reward programs.

Carol graduated with honors from USM and SMCC and holds an A.S. Degree in Marine Sciences and a B.S. in Education. Upon completing her Marine Sciences studies she was awarded a National Sea Grant Fellowship. She is currently a member of SHRM and KVHRA and is an active community volunteer with the Rotary Club.

Carol, her husband, daughter, two miniature dachshunds and two cats, reside in Manchester. You will frequently find the Kahl family enjoying many outdoor activities such as hiking, camping, and kayaking. And, if you are ever considering a trip abroad - talk to Carol! Her recent travels have taken her to Denmark, Ireland, Italy, Hungary, and Germany and I'm sure she has many helpful travel trips.

We are so happy Carol has joined C & C, her background and skills are ideally suited for the HR Supervisor role. You will be hearing a lot about the projects she has underway and if you are in Waterville be sure to stop in and meet her!
Clinical Supervisor/Outpatient Therapist

*Waterville*

Join our Waterville clinical team and earn up to a $3,200 sign-on bonus!

Care & Comfort has a full-time or part-time opening in our Waterville Office for a licensed clinician who wants to work in a professional, client-focused and caring environment where you matter.

Welcome to our Presque Isle & Dover Branches

Congratulations

for an injury free September!
In recognition of National Fire Prevention Month, we would like to inform you of three important points to help prepare you for a fire emergency.

Smoke alarms, or fire detectors, are the simplest and most effective form of fire protection. Having a working smoke alarm can save lives, particularly when occupants are asleep.

There should be an alarm in every bedroom, and outside of each sleeping area on every level.

Develop an emergency escape plan so if an emergency should occur this plan can help save lives and calm nerves. Part of the plan should include having knowledge of the closest exit and how to open any windows or doors.

Have a designated meeting place once everyone is outside. Practice the escape plan with some walkthroughs and even have some unscheduled fire drills.

Every month test that your alarm is working properly by pressing the test button on each unit. Once a year replace the batteries.

A home fire can get out of control very quickly and having all of your family members prepared can save lives.

October is the month we celebrate the fun and exciting holiday, Halloween. Parents can take some necessary safety precautions to ensure their children stay safe, while still having fun. Some of these best practices include:

- A parent or responsible adult should always accompany young children on the neighborhood rounds
- If your older children are going alone, plan and review the route that is acceptable to you
- Agree on a specific time when children should return home
- Only go to homes with a porch light on and never enter a home or car for a treat
- Instruct your children to not eat any of their treats until back at home
- If you are out driving on Halloween, slow down and be sure to watch for children in the roadways and driveways, particularly those dressed in dark clothing.

Have a Safe and Happy Halloween!!
Don’t Wait —
Check the Date!
Replace Smoke Alarms Every 10 Years
Fire Prevention Week
Age matters when it comes to your smoke alarms. Check the manufacture dates on your smoke alarms today!

1. Remove the smoke alarm from the wall or ceiling.
2. Look at the back of the alarm for the date of manufacture.
3. Smoke alarms should be replaced 10 years from the date of manufacture.
4. Put the alarm back on the ceiling or wall if it is less than 10 years old.

A closed door may slow the spread of smoke, heat and fire.
If the smoke alarm sounds, get outside and stay outside. Go to your outside meeting place.
Test smoke alarms at least once a month by pushing the test button.
Call the fire department from a cellphone or a neighbor’s phone. Stay outside until the fire department says it’s safe to go back inside.

For more information about smoke alarms, visit usfa.fema.gov and firepreventionweek.org.

Clothes Dryer Safety

The leading cause of home clothes dryer fires is failure to clean them.

- Have your dryer installed and serviced by a professional.
- Dryers should be properly grounded.
- Make sure the right plug and outlet are used and that the machine is connected properly.
- Do not use the dryer without a lint filter.
- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
- Rigid or flexible metal venting material should be used to sustain proper air flow and drying time.
- Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Check the outdoor vent flap to make sure it is not covered by snow.
- Once a year, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.
- Keep dryers in good working order. Gas dryers should be inspected by a qualified professional to make sure that the gas line and connection are intact and free of leaks.
- Follow the manufacturer’s operating instructions and don’t overload your dryer.
- Turn the dryer off if you leave home or when you go to bed.
- Keep the area around your dryer clear of things that can burn, like boxes, cleaning supplies and clothing, etc.
- Clothes that have come in contact with flammable substances, like gasoline, paint thinner, or similar solvents should be laid outside to dry, then can be washed and dried as usual.

FACT

The leading cause of home clothes dryer fires is failure to clean them.

Sky Lanterns
Pretty yes ~ Safe No!

Sky lanterns have become increasingly popular as a way to celebrate, however, they pose a serious fire safety hazard.
- The lanterns are made of oiled rice paper with a bamboo frame, materials that easily catch on fire.
- A candle or wax fuel cell is used with the device. The lit flame heats the inside of the lantern, causing it to rise into the air.
- Once lit and airborne, it can travel over a mile in distance.
- Wind can affect the sky lantern, blowing the sides, forcing the hot air out and sending the flaming lantern back to the ground.

FACT

Sky lanterns have started structure and forest fires!

- These lanterns have the potential to cause fires. A flaming lantern can drop onto a rooftop, field, trees or power lines before the flame is fully extinguished.
- A destructive fire can result when a flaming lantern reaches the ground during dry conditions.
- The NFPA warns that Sky lanterns should not be used, under any circumstances.

FACT

Sky lanterns have started structure and forest fires!

-doing laundry is most likely part of your every day routine. But did you know how important taking care of your clothes dryer is to the safety of your home? With a few simple safety tips you can help prevent a clothes dryer fire.
- Have your dryer installed and serviced by a professional.
- Dryers should be properly grounded.
- Make sure the right plug and outlet are used and that the machine is connected properly.
- Do not use the dryer without a lint filter.
- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
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OCTOBER 2016 CALENDAR

**Bangor Branch**

**BHP/CSW/DSP Supervision**
October 12th 8:30am-10:30am
Keith LaPlante, LCPC

**MANDT**
TBA
Toby Wood

**CSW/DSP Supervision**
October 21st 12:00pm-2:00pm
Chad Fournier, IHSS

**Dover-Foxcroft Branch**

**CSW Supervision**
October 17th 11:30am-1:30pm
Carrie Baker, IHSS

**Presque Isle Branch**

**MANDT**
Presque Isle Office
TBA
Toby Wood

**CPR**
Presque Isle Office
TBA
Toby Wood

**Presque Isle CSW Supervision**
Presque Isle Office
October 13th 9:00am-11:00am
Danielle Perry

**Presque Isle CSW Supervision**
Presque Isle Office
October 19th 3:00pm-5:00pm
Danielle Perry

**Houlton CSW Supervision**
County Federal Credit Union
October 12th 9:30am-11:30am
Danielle Clark

**Houlton CSW Supervision**
County Federal Credit Union
October 26th 9:30am-11:30am
Danielle Clark

**Washington County**

**CSW/DSP Supervision**
October 19th 12:00pm-2:00pm
Renshaw’s School of Self Defense
Shane Renshaw, IHSS

**Waterville Branch**

**CSW Supervision**
October 4th 9:00am-11:00am
Bonnie Cassidy

**DSP Supervision**
October 20th 3:00pm-5:00pm
Jason Clement

**CSW Supervision**
October 25th 4:00pm-6:00pm
Bonnie Cassidy

**Wilton Branch**

**CSW Supervision**
October 3rd 9:00am-11:00am
Danielle Simmons

**CSW Supervision**
October 12th 3:30pm-5:30pm
Danielle Simmons

**BHP Supervision**
October 20th 12:00pm-2:00pm
Deb LaPoint

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**Case Manager Needs**

Colleen Drake, a Children’s Case Manager with our Wilton office, needs your help!

She is working with a few kiddos who need some winter clothing, here’s what she’s looking for:

- 1 boy needs size 18/20 or XL snow pants and coat and size 7 men's boots
- 1 boy needs size 9/10 snow pants (no coat needed) and size 2 boots
- 1 girl needs size 9/10 snow pants and size 2 boots
- 1 girl needs size 1 boots

Can you help? If so give Colleen a call, 645-5304 or email colleen.drake@careandcomfort.com
October’s Party
by George Cooper

October gave a party;
The leaves by hundreds came-
The Chestnuts, Oaks and Maples,
And leaves of every name.
The Sunshine spread a carpet,
And everything was grand,
Miss Weather led the dancing,
Professor Wind the band.

The Chestnuts came in yellow,
The Oaks in crimson dressed;
The lovely Misses Maple
In scarlet looked their best;
All balanced to their partners,
And gaily fluttered by;
The sight was like a rainbow
New fallen from the sky.

Then, in the rustic hollow,
At hide-and-seek they played,
The party closed at sundown,
And everybody stayed.
Professor Wind played louder;
They flew along the ground;
And then the party ended
In jolly “hands around.”

Fall “to do’s”

MOW THE LAWN ONE LAST TIME
Before you put away your mower, drain gasoline
and take it to the shop for any needed repairs.

In vegetable garden beds, be sure to remove old plants
and any foliage that has fallen on the soil.
Do a final weeding in the garden, and mulch with straw,
grass clippings, or chopped leaves.
Cut back tender roses to 10 to 12 inches, and remove all
foliage so insects don’t have a winter home.
Cover tender, hybrid roses with leaves or straw.
Collect and store flower bulbs.
Spring bulbs can be planted until the ground freezes.
September and October is the time to plant garlic for
next year’s harvest.
Trim your perennials back. This will clean up an
overgrown garden, give the plants more energy next
year, and limit potential garden problems like powdery
mildew or insect infestations.
Mark perennials with tags before cutting back or map
out your garden so you know where the plants are when
you are cleaning the gardens in the spring.
Make note of your garden successes and failures for the
year. Take pictures and write some notes to refer to next
year.
Before putting tools away, give them some TLC by
cleaning them. An easy way to clean and oil your tools is
to fill a bucket with sand and oil, dip your tools in the
bucket, swish them around, remove, and wipe them off
with a cloth.
If you are planning to expand your garden next year,
start the process now. Cover new sites with a heavy layer
of compost, straw, leaves or mulch. This layer should be
depth enough to prevent light from hitting any plant
growth underneath. Next spring, the soil will be easily
tilled. A layer of black plastic can accomplish the same
result.
Drain hoses and store them for the winter. It may also be
a good time to check for leaks and to replace worn
washers.
Build raised beds now, so they will be ready to plant in
early spring.
Bring in any pots that can’t take a freeze like terra-cotta,
ceramic, and many plastic pots.

TIME FOR FALL GARDENING TASKS!

Don’t prune Echinacea and Black Eyed
Susan’s ~ leave them for the birds to eat!

GARDENING “WHO KEW”

Clean your bird feeders so they are ready to help your
feathered friends this winter.
Check all outdoor lighting fixtures to make sure they are
working properly.
If you have a fireplace, inspect the chimney to confirm it is free of
debris, creosote buildup, and is unobstructed so combustibles can vent.
Make sure the bricks, mortar and liner are in good condition.

Clean your gutters by removing all debris and leaves.
Have your furnace or other heating sources serviced by a pro!
September Special Days

1 Frugal Fun Day
2 Homemade Cookies Day
3 World Vegetarian Day
4 World Card Making Day
5 Custodial Worker Day
6 Name Your Car Day
7 Techies Day
8 Virus Appreciation Day
9 Golf Day
10 Frappe Day
11 Do Something Nice Day
12 National Kale Day
13 World Teacher’s Day
14 Come and Take it Day
15 Mad Hatter Day
16 Bald and Free Day
17 World Smile Day
18 American Touch Tag Day
19 Curious Events Day
20 Fire Prevention Day
21 Moldy Cheese Day
22 Columbus Day
23 Angel Food Cake Day
24 It’s My Party Day
25 Old Farmer’s Day
26 Moment of Frustration Day
27 National Gumbo Day
28 Take Your Teddy Bear to Work Day
29 Friday the 13th
30 International Skeptics Day
31 Be Bald and Free Day

Happy Birthday

10/1 Susan Rockwell
10/2 Danielle Simmons
10/2 Elizabeth Bell
10/2 Kylee Brooker
10/3 Kristyn Hardy
10/3 Laura Moore Truman
10/3 Benjamin Ladd
10/9 Bonnie Cassidy
10/9 Shirley Leeman
10/12 Pamela Dickey
10/12 Sarah Brown
10/13 Marissa Day
10/15 Kaitlyn Bukauskas
10/16 Carol Ann Duncan Dean
10/17 Terry Palmer
10/17 Brenda Anthony
10/17 Meghan Porter
10/18 Heather Brunner
10/20 Michelle Pomelow
10/21 Kristina Pierce
10/23 Courtney Ross
10/24 Debra Benn
10/24 Katarina Drinkwater
10/27 Jessica Morgan
10/27 Jamie Gronwald
10/27 Sara Pullen
10/28 Jessica Mills
10/29 Penny Goodie
10/30 Ashley Guay
10/31 Jessie Wing

Happy Anniversary

One Year
Nadia Viles
Bryan Double
Jamie Adams
Janet Igoe
Michelle Pomelow
Megan Willey
Whitney Farrell
Brittany Hewitt

Three Years
Shirley Huard
Penny Goodie
Margaret Day
Deborah Dufour
Sarah Larose
Christina Bolduc
Andre Winters
Ashley Guay

Six Years
Colleen Drake

Eight Years
Jennifer Chretien
Terri Bennett
Meghan Porter

Eleven Years
Cindy Tibbetts

Two Years
Jennifer Chandler
Crystal Hatch
Jessica McMinn
Jessica Pomerleau

Four Years
Krista Rogers
Patricia Field
Raelynn Crawford
Jessica Mills
Keith Plouffe

Twenty One Years
Erica Toner

Is your name missing from our birthdays and anniversaries? If so, it is because we do not have your permission to print it! You can easily change this by contacting the HR department, your supervisor or your branch manager.
POP SOME CORN, IT’S GOOD FOR YOU!

We all need to eat more whole grain foods – popcorn is a whole grain! Regular popcorn eaters get in about two-and-a-half servings of whole grains daily, while non-popcorn eaters consume less than one. So go ahead and snack on this puffy treat – just make it air-popped and without butter!

Signs of dehydration

Many of us think of dehydration as just a summer problem ~ wrong! It is a serious year round issue and here are some warning signs that your body may be using to tell you to drink more water:

- Thirst
- Less-frequent urination, and or urine that isn’t clear
- You’re in a bad mood. When you’re dehydrated, you’re more prone to irritability, fatigue, and mood changes.
- Constipation
- Dry skin
- Your skin doesn’t regain its shape quickly when pinched.
- Dry mouth
- Fatigue
- Headache
- Light-headedness
- Bad breath
- Muscle cramping
- Craving for sweets
- Blurred vision
- Absence of tears

Flu Season is Around the Corner

Everyone 6 months and older should get an annual flu vaccine. It takes about two weeks after vaccination for your body to develop full protection against the flu. Get vaccinated to protect yourself and your loved ones!

Shorter days and cooler evenings. It is fall—and often the time that we start seeing people get sick with flu. By getting a flu vaccine for yourself and your entire family every season, you can help prevent flu-related illness, missed school and work and even more serious flu-related illness.

Influenza (flu) is a contagious respiratory disease that infects the nose, throat, and lungs and can lead to serious complications, hospitalization, or even death. Pneumonia and bronchitis are examples of serious flu-related complications. The flu also can cause certain health conditions, like diabetes, asthma, and heart and lung disease, to become worse. Even healthy people can become sick with the flu and experience serious complications. But even if you are one of the lucky ones who bounces back quickly from a bout with the flu, people around you might not be so lucky. Getting a flu vaccine is the single best way to protect yourself and your family from this serious disease.

Source: CDC
WELLNESS
the quality or state of being healthy in body and mind, especially as the result of deliberate effort

Do one thing at a time! For example, when you are out for a walk or spending time with friends, turn off your phone and stop making that mental "to do" list. Take in all the sights, sounds and smells you encounter.

Take time to enjoy
Set aside time for activities, hobbies and projects you enjoy. Let yourself be spontaneous and creative when the urge takes you. Do a crossword; take a walk in your local park; read a book; sew a quilt; draw pictures with your kids; play with your pets – whatever makes you happy!

Daydream, close your eyes and imagine yourself in a dream location. Breathe slowly and deeply. Let the comforting environment wrap you in a sensation of peace and tranquility.

What is family health history?
Family health history is a record of the diseases and health conditions in your family. You and your family members share genes. You may also have behaviors in common, such as exercise habits and what you like to eat. You may live in the same area and come into contact with similar things in the environment. Family history includes all of these factors, any of which can affect your health.

How can I collect my family health history?
You may know a lot about your family health history or only a little. To get the complete picture, use family gatherings as a time to talk about health history. If possible, look at death certificates and family medical records. Collect information about your parents, sisters, brothers, half-sisters, half-brothers, children, grandparents, aunts, uncles, nieces, and nephews. Include information on major medical conditions, causes of death, age at disease diagnosis, age at death, and ethnic background. Be sure to update the information regularly and share what you’ve learned with your family and with your doctor.

Why is family health history important for my health?
Most people have a family health history of at least one chronic disease, such as cancer, heart disease, and diabetes. If you have a close family member with a chronic disease, you may be more likely to develop that disease yourself, especially if more than one close relative has (or had) the disease or a family member got the disease at a younger age than usual.

Collect your family health history information before visiting the doctor, and take it with you. Even if you don’t know all of your family health history information, share what you do know. Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start.

How can I use my family health history to improve my health?
You can’t change your genes, but you can change unhealthy behaviors, such as smoking, not exercising or being active, and poor eating habits. If you have a family health history of disease, you may have the most to gain from lifestyle changes and screening tests. In many cases, adopting a healthier lifestyle can reduce your risk for diseases that run in your family.

Screening tests, such as diabetes screening, mammograms, and colorectal cancer screening, help find early signs of disease. Finding disease early can often mean better health in the long run.
By: Jason Clement, Lead DSP

All of us with the Dempsey Learning Center had a great month of September with lots of activities. Our Group went to the Maine State Museum and Colby College Museum of Art. We were able to check out the history of Maine, enjoy artwork, and had a great time making silhouettes of ourselves at Colby.

We continued working on improving our Functional Life Skills by cooking a pancake breakfast and chicken stir fry along with venturing into the community for many activities and outings. We also had the honor of hosting Firefighter Dan Brown from Waterville Fire Department who gave us an excellent presentation about fire safety & awareness along with a demonstration of how to use a fire extinguisher! Thank you Mr. Brown and the Waterville Fire Department for coming to our Program to teach us about fire safety!

"Today you are You, that is truer than true. There is no one alive who is Youer than You."

Dr. Seuss
October Good Buys

Eat Seasonally
Some fresh fruits and produce foods are plentiful and inexpensive this month. Continue to enjoy produce like tomatoes, peppers, corn and cucumbers. Apples keep for a long time, especially in the fridge, plus you can make and freeze apple sauce to eat later. Asparagus is also cheaper in October add in fall favorites like butternut squash, grapes and sweet potatoes for tasty and affordable meals.

October is National Pizza Month
That means there will be sales and coupons you can use to your advantage to stock up on frozen pizza.

Columbus Weekend Sales
You will find some super cheap prices on summer clothes that you can put away for next summer. Plus, appliances, cars, patio furniture, outdoor toys, and furniture will be deeply discounted.

Have Some Inexpensive Fun
Try apple picking, pumpkin picking, corn mazes, hiking, and other outdoor fun to save cash and spend some quality time with your family and friends.

Have a student headed to college? Apply now for scholarships.
Most scholarship deadlines are in October and there are millions of dollars in funds that are never awarded because either no one applied or they didn’t apply on time.
A good resource to check is Big Future https://bigfuture.collegeboard.org/

School Supplies
Stock up in October as retailers want to clear their shelves and there are clearance prices everywhere.

Jeans Are Marked Down
Now that the back to school rush on clothes shopping has gone by retailers also want to reduce their inventory on clothing, especially jeans.

Furnace Air Filters
October sales abound for these and all furnaces need to have clean filters before the heating season is underway.

Skip buying jewelry, high end gifts and electronics until November when you can take advantage of Black Friday and Cyber Monday.

Maine farmers' markets offer high quality, delicious foods and agricultural products, harvested fresh and sold direct to you by your neighbors, the farmers. Markets are located throughout the State, and each offers a unique blend of personalities and products.

To find a market near you, go to www.getrealmaine.com and click on “Farmers Markets”
The 1 in 4 people who are victims of domestic violence need you to see what is happening and speak up!

Domestic violence in Maine is at an all time high!

We hope the following information may help you become a voice when silence needs to be broken.

October is Domestic Violence Awareness Month

The Department of Justice defines domestic violence as a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone.

**Physical Abuse:** Hitting, slapping, shoving, grabbing, pinching, biting, hair pulling, etc. are types of physical abuse. This type of abuse also includes denying a partner medical care or forcing alcohol and/or drug use upon him or her.

**Sexual Abuse:** Coercing or attempting to coerce any sexual contact or behavior without consent. Sexual abuse includes, but is certainly not limited to, marital rape, attacks on sexual parts of the body, forcing sex after physical violence has occurred, or treating one in a sexually demeaning manner.

**Emotional Abuse:** Undermining an individual's sense of self-worth and/or self-esteem is abusive. This may include, but is not limited to constant criticism, diminishing one's abilities, name-calling, or damaging one's relationship with his or her children.

**Economic Abuse:** Is defined as making or attempting to make an individual financially dependent by maintaining total control over financial resources, withholding one's access to money, or forbidding one's attendance at school or employment.

**Psychological Abuse:** Elements of psychological abuse include - but are not limited to - causing fear by intimidation; threatening physical harm to self, partner, children, or partner's family or friends; destruction of pets and property; and forcing isolation from family, friends, or school and/or work.

Domestic violence not only affects those who are abused, but also has a substantial effect on family members, friends, co-workers, other witnesses, and the community at large. Children, who grow up witnessing domestic violence, are among those seriously affected by this crime. Frequent exposure to violence in the home not only predisposes children to numerous social and physical problems, but also teaches them that violence is a normal way of life - therefore, increasing their risk of becoming society's next generation of victims and abusers.
Care & Comfort Says No More!

In one year alone 12.7 million men and women in the U.S. are physically abused, raped or stalked by their partners. That is approximately the number of people in New York City and Los Angeles combined. That is 24 people every minute. These are people we know.

It is time to end the silence, stigma, and shame for good. Many people think that domestic violence and sexual assault don’t affect them, but they’re wrong.

These are people that we know. They’re the person you confide in at work, the person you share laughs and friendship with, the guy you play basketball with and your teenager’s best friend.

These issues are massive, but they’re still very hidden and misunderstood.

It’s time to change that, Care & Comfort is saying NO MORE to domestic violence and sexual assault. We’re sharing info and hope you will too. You can find out more information at www.nomore.org.

Together we can end domestic violence and sexual assault.

Help a Friend or Family Member

Are you concerned that someone you care about is experiencing abuse? Maybe you’ve noticed some warning signs, including:

- Their partner puts them down in front of other people
- They are constantly worried about making their partner angry
- They make excuses for their partner’s behavior
- Their partner is extremely jealous or possessive
- They have unexplained marks or injuries
- They’ve stopped spending time with friends and family
- They are depressed or anxious, or you notice changes in their personality

If someone you love is being abused, it can be so difficult to know what to do. Your instinct may be to “save” them from the relationship, but it’s not that easy. After all, there are many reasons why people stay in abusive relationships, and leaving can be a very dangerous time for a victim.

Abuse is about power and control, so one of the most important ways you can help a person in an abusive relationship is to consider how you might empower them to make their own decisions.

**Find out about local resources** ~ Before you talk with your friend or family member, get the address and phone number of the nearest domestic violence agency. This way, you’ll be able to share the information if the person is ready for it. You can offer to help make a call, suggest visiting the domestic violence agency, talking to the police, or going to the doctor together.

**Set up a time to talk** ~ Make sure you can have your conversation in a safe, private place. Try to make sure you have privacy and won't be distracted or interrupted.

Keep in mind that your loved one's partner may have access to her cell phone or computer, so be careful about sharing information over text or email.

**Be supportive** ~ Listen, keep in mind that it may be very hard for her to talk about the abuse. Tell her that she is not alone, and that people want to help.

**Be specific about why you are worried, be honest** ~ Try to help your loved one understand that being treated the way they are isn’t right and you want to help. The more specific you can be, the better.

**Don’t place shame, blame, or guilt on your friend** ~ Tell her you understand that her situation is very difficult.

**Plan for safety** ~ People whose partners are controlling or violent may be in danger when they leave the relationship. If your friend or loved one is ready to leave an abusive partner, help him make a plan for getting out of the relationship as safely as possible. A domestic violence counselor can help with making a safety plan.

**Be patient** ~ Do your best to share your concerns with your friend or loved one – but understand that she will decide what’s right for her, even if it doesn’t make sense to you. It can take time for someone to be ready to talk. Let her know that you are available to talk again whenever she is ready.

Your friend may decide to stay in the relationship, or she may leave and then go back many times. It may be hard for you to understand, but people stay in abusive relationships for many reasons. Be supportive, no matter what your friend decides to do.

Keep in mind that you can't "rescue" your friend, she has to be the one to decide it's time to get help. Support her no matter what her decision.

Let your friend know that you will always be there.
October’s Birthstone are Opals and Tourmaline

October’s birthstone, the Opal was a symbol of hope to the ancient Romans and today symbolizes faithfulness, purity, innocence, faith and confidence. It is said that the gem’s unique appearance of changing colors indicates the health and mental state of the wearer. The tourmaline is believed to have psychological effects and helps one retain their calm when under pressure, battles negative emotions like anger, jealousy and promotes peace and tranquility. It is also said to enhance creativity in its wearer.

October’s Birth Flowers
Marigold/Calendula and Cosmos

Marigolds, also known as Calendulas depict sacred affection.
Cosmos symbolize peace, modesty, creation, and wholeness.

October Zodiac Signs
Libra
September 23rd - October 22nd

Scorpio
October 23rd - November 21st

October, did you know?

More American Presidents were born in the month of October than any other month.
Research suggests that those born between September and November are more likely to live to 100 years old than people born during the other months of the year.
The first jack-o’-lanterns were actually made from turnips.
The world’s largest pumpkin weighed in at 1,872 pounds.
Halloween is the second highest grossing commercial holiday after Christmas.
Americans purchase over 20 million pounds of Candy Corn each year.
The number one candy of choice is Snickers Followed by Reese’s, Kit-Kat’s and M&M’s.
In Alabama it’s illegal to dress-up as a priest for Halloween.
According to legend, if you see a spider on Halloween, it’s actually the spirit of a loved one watching over you.
Ireland is believed to be the birthplace of Halloween.
Magician Harry Houdini died on Halloween.
In the UK white cats are thought to bring bad luck, not like black cats in the US.
Many shelters don’t allow black cats to be adopted around Halloween for fear that they may be tortured or sacrificed.
More candy is sold on October 28th than any other day of the year.
The top five candy selling days of the year are all in October.
Compliments

From Clients
Cindy Tibbetts

From Staff
Elizabeth Bell
Jennifer Chapman
Katlyn Dow
Brittany Hewitt
Nicole Spencer
Darcelle Tidd

“Problems are not stop signs, they are guidelines”

EVERYBODY NEEDS A LITTLE CARE & COMFORT

Our Mission
Care & Comfort’s mission is to provide quality home health services and behavioral health care by skilled, compassionate professionals, and to meet and exceed recognized standards of care while serving as a reputable health care resource for the community at large.

Employee Discounts

Harry J. Smith Co.
Car & Truck Repairs
13 Sanger Avenue, Waterville
25% off all parts
or the Chamber Special
Alignment/oil and lube/tire rotation
all for $69.95 save $40.00!

U.S. Cellular
Save 10% on service and accessories

Dean Proctor
$15.00 off
Boiler Cleaning with Combustion Analyzation
within 45 minutes of the Augusta area
Call 450-7560 or
email singlepipefitter@yahoo.com

J&S Oil
CO-OP Pricing for HealthCare workers!
Call (207) 872-2714
Press 1 for current pricing and conditions

Anytime Fitness
51 Western Ave, Fairfield
24-hour access
Chamber Discount! $36 per month
Call for details 453-6390

HealthTrans Access Discount Drug Card
Save 10% - 85% on prescription costs with your free card
http://www.healthtrans.com

Lawyer Referral & Information Service
$25 covers cost of lawyer referrals and first half-hour of consultation with the attorney
1-800-860-1460

LEARN TO
trust the
Journey
EVEN WHEN YOU DON'T UNDERSTAND

21
Sniffle or Sneeze?
No Antibiotics Please

CDC advises parents about colds, flu and antibiotics

The Centers for Disease Control and Prevention (CDC) has news for parents this cold and flu season: antibiotics don’t work for a cold or the flu.

Antibiotics kill bacteria, not viruses. And colds, flu and most sore throats are caused by viruses. Antibiotics don’t touch viruses — never have, never will. And it’s not really news. It’s a long-documented medical fact.

But tell that to parents seeking relief for a child’s runny nose. Research shows that most Americans have either missed the message about appropriate antibiotic use or they simply don’t believe it. It’s a case of mistaken popular belief winning out over fact. According to public opinion research, there is a perception that “antibiotics cure everything.”

Americans believe in the power of antibiotics so much that many patients go to the doctor expecting to get a prescription. And they do. Why? Physicians often are too pressured for time to engage in lengthy explanations of why antibiotics won’t work. And, when the diagnosis is uncertain — as many symptoms for viral and bacterial infections are similar — doctors are more likely to yield to patient demands for antibiotics.

Risk of antibiotic-resistance

The problem is, taking antibiotics when they are not needed can do more harm than good. Widespread inappropriate use of antibiotics is fueling an increase in drug-resistant bacteria. And sick individuals aren’t the only people who can suffer the consequences. Families and entire communities feel the impact when disease-causing germs become resistant to antibiotics.

The most obvious consequence of inappropriate antibiotic use is its effect on the sick patient. When antibiotics are incorrectly used to treat children or adults with viral infections, such as colds and flu, they aren’t getting the best care for their condition. A course of antibiotics won’t fight the virus, make the patient feel better, yield a quicker recovery or keep others from getting sick.

A less obvious consequence of antibiotic overuse is the boost it gives to drug-resistant disease-causing bacteria. Almost every type of bacteria has become stronger and less responsive to antibiotic treatment when it really is needed. These antibiotic-resistant bacteria can quickly spread to family members, school mates and co-workers — threatening the community with a new strain of infectious disease that is more difficult to cure and more expensive to treat.

According to the CDC, antibiotic resistance is one of the world’s most pressing public health problems. Americans of all ages can lower this risk by talking to their doctors and using antibiotics appropriately during this cold and flu season.

What to do for colds and flu

♦ Children and adults with viral infections recover when the illness has run its course. Colds caused by viruses may last for two weeks or longer.

♦ Measures that can help a person with a cold or flu feel better:
  ♦ Increase fluid intake
  ♦ Use a cool mist vaporizer or saline nasal spray to relieve congestion
  ♦ Soothe throat with ice chips, sore throat spray or lozenges (for older children and adults)

♦ Viral infections may sometimes lead to bacterial infections. Patients should keep their doctor informed if their illness gets worse or lasts a long time.
Viruses or Bacteria
What’s got you sick?

Antibiotics only treat bacterial infections. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

<table>
<thead>
<tr>
<th>Illness</th>
<th>Usual Cause</th>
<th>Antibiotic Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cold/Ruemy Nose</td>
<td>✓ Viruses</td>
<td>✓ NO</td>
</tr>
<tr>
<td>Bronchitis/Chest Cold (nonhealthy children and adults)</td>
<td>✓ Bacteria</td>
<td>✓ NO</td>
</tr>
<tr>
<td>Whooping Cough</td>
<td>✓ Viruses</td>
<td>✓ NO</td>
</tr>
<tr>
<td>Flu</td>
<td>✓ Viruses</td>
<td>✓ YES</td>
</tr>
<tr>
<td>Strep Throat</td>
<td>✓ Viruses</td>
<td>✓ NO</td>
</tr>
<tr>
<td>Sore Throat (except ages)</td>
<td>✓ Viruses</td>
<td>✓ NO</td>
</tr>
<tr>
<td>Fluid in the Middle Ear (middle ear with effusion)</td>
<td>✓ Bacteria</td>
<td>✓ NO</td>
</tr>
<tr>
<td>Urinary Tract Infection</td>
<td>✓ Viruses</td>
<td>✓ YES</td>
</tr>
</tbody>
</table>

Antibiotics Aren’t Always the Answer

www.cdc.gov/getsmart

CDC
U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Halloween Safe

Halloween is a fun, and spooky, time of year for kids. Make trick-or-treating safe for your little monsters with a few easy safety tips.

10. When choosing a costume, stay away from long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough so they can see out.
11. Provide children with flashlights to carry for lighting or glow sticks as part of their costume.
12. Dried flowers, cornstalks and crepe paper catch fire easily. Keep all decorations away from open flames and other heat sources like light bulbs and heaters.
13. Use a battery-operated candle or glow stick in jack-o’-lanterns. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o’-lanterns, use long, fireplace-style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn and far enough out of way of trick-or-treaters, doorsteps, walkways and yards.
14. Remember to keep exits clear of decorations, so nothing blocks escape routes.
15. Make sure all smoke alarms in the home are working.
16. Tell children to stay away from open flames including jack-o-lanterns with candles in them. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice, stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)

If your children are going to Halloween parties at other homes, have them look for ways out of the home and plan how they would get out in an emergency.

Decorations are the first thing to ignite in 900 reported home fires each year. Two of every five of these fires were started by a candle.

www.nfpa.org/education