

The
CAs
Collab



FEBRUARY 2022

ISSUE 2 OF 2022



OUR PLATFORMS

**GAS**
Resources

TABLE OF CONTENTS

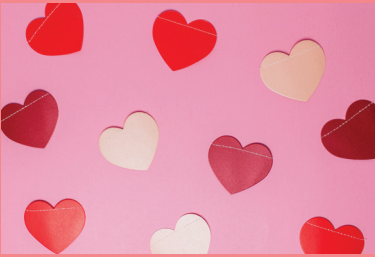


3	ANNOUNCEMENTS/HOLIDAYS
4-5	CAS, THE MATCHMAKER
6-7	AMERICAN HEART MONTH
8	AFRICAN AMERICANS & HEART HEALTH
9	NON-DISCRIMINATION POLICY
10	RANDOM ACTS OF KINDNESS DAY
11	NATIONAL DONOR DAY

ANNOUNCEMENTS/HOLIDAYS

Valentine's Day

As always, use Valentine's Day to spread compassion and benevolence to as many people around you as possible. Family, friends, neighbors, and even strangers all deserve care and appreciation.



Black History Month

The Black History Month 2022 theme, "Black Health and Wellness," explores "the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing (e.g., birthworkers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora. The 2022 theme considers activities, rituals and initiatives that Black communities have done to be well."

Source: [history.com](https://www.history.com)

Free N95 Masks

The Biden administration will make 400 million highly protective N95 masks available to Americans for free. People can pick up the masks at thousands of pharmacies and community health centers. The masks will start to become available next week and the program will be fully up and running by early February. Learn more at casresources.org/newsroom.

Get Free COVID Tests

Every home in the U.S. can now order 4 free at-home COVID-19 tests. Limit of one order per residential address. One order includes 4 individual rapid antigen COVID-19 tests.

- To learn more visit: <https://www.covidtests.gov/>
- To order free tests visit: <https://special.usps.com/testkits>

CAS, THE MATCHMAKER



February is the month of love, compassion, and relationships. All of these aspects can come in many different shapes and forms. Creating and maintaining lasting relationships between two people, especially strangers, is a difficult task for anyone in any situation. The relationship between a caregiver and a consumer/client/patient is a unique one. It can be between family

members, friends, neighbors, significant others, or complete strangers. These differing dynamics play major roles in the foundation of the caregiver-patient relationship.

CAS ensures that consumers/clients and home care workers are as suitably matched as possible. Matchmaking is our specialty.



As per our policy, CAS Home Health/Home Care endeavors to match a consumer/client with the Home Care Worker who is most suitable, in accordance with the Agency's match selection criteria.

Our specially trained supervisors shall ensure a match selection shall be determined, using the consumer/client's needs, wishes, and preferences; home care worker's qualifications and preferences, similar gender/ethnicity/language, similar personalities, common interests and geographical proximity. They place the greatest emphasis on for selection on the consumer/client/client's representative's preferences, needs and wishes.

Our "matchmaking" supervisors stay in touch to determine the consumer/client's satisfaction. If there is any dissatisfaction, our team members always attempt to rectify the reason for the dissatisfaction or may assign a different home care/home health care worker who is more suitable.



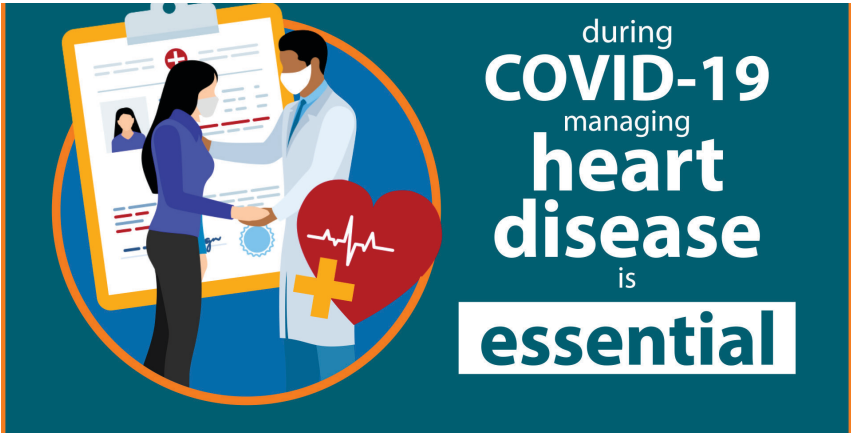
AMERICAN HEART MONTH

It's February – American Heart Month – a time when the nation spotlights heart disease, the No. 1 killer of Americans. President Lyndon B. Johnson, among the millions of people in the country who'd had heart attacks, issued the first proclamation in 1964. Since then, U.S. presidents have annually declared February American Heart Month. The first Friday of American Heart Month, Feb. 5, is also National Wear Red Day as part of the American Heart Association's Go Red for Women initiative to raise awareness and support for the fight against heart disease.

Although much time has passed since stricter lockdowns and mandates, the pandemic has caused many people to delay or avoid going to hospitals for heart attacks and strokes – netting poorer outcomes and prompting the AHA to create “Don't Die of Doubt,” a national awareness campaign that reminds people that hospitals are the safest place to go when you have symptoms.

Source: heart.org





What is Heart Disease?

According to the CDC, it refers to several types of heart conditions. The most common type in the US is coronary artery disease (CAD) which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

Sometimes heart disease may be “silent” and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include:

- Heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.
- Arrhythmia: Fluttering feelings in the chest (palpitations).
- Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

Source: [cdc.gov](https://www.cdc.gov)



AFRICAN AMERICANS & HEART HEALTH

For African-Americans, high blood pressure often develops early in life:

The prevalence of high blood pressure (HBP or hypertension) in African-Americans in the United States is among the highest in the world. More than 40 percent of non-Hispanic African-American men and women have high blood pressure. For African-Americans, high blood pressure also develops earlier in life and is usually more severe.

Why so many African-Americans have high blood pressure:

Theories include higher rates of obesity and diabetes among African-Americans. Researchers have also found that there may be a gene that makes African-Americans much more salt sensitive. In people who have this gene, as little as one extra gram (half a teaspoon) of salt could raise blood pressure as much as 5 mm Hg.

Source: [heart.org](https://www.heart.org)



NON-DISCRIMINATION POLICY

February is Black History month and a time of the year where love blossoms. Civil rights & non-discrimination are always important to continue discussing to honor the many brave people who fought for them.

In addition to being a black-owned organization, CAS Home Health Care, prohibits discrimination of any kind of respect, protect and promote the rights of individuals without regard to race, color, national origin, religious creed, ancestry sex (including pregnancy), age, handicap, sexual orientation, or gender identity, in accordance with the Civil Rights Act of 1964 (Title VI); Section 504 of the Rehabilitation Act of 1973; the Age Discrimination Act of 1975 Section 1557; U.S. Department of Health and Human Services Title 45 Code of Federal Regulations Parts 80, 84, 91, & 92.



CAS ensures that all consumers, families, public, employees, contractors, and job applicants are treated in a welcoming and non-discriminatory manner. This policy shall apply to all CAS Home Health Care/CAS Home Care Agency operations and interactions including: delivering services to consumers/clients and making referrals on their behalf; and; utilizing employment actions that apply equal and fair measures to job applicants, employees, and contractors.

RANDOM ACTS OF KINDNESS DAY

Thursday, February 17, is Random Acts of Kindness Day and to often encourage people to be consistent, it's often celebrated as a week from the 13th to the 19th. Creating a kinder world is never ending work and there is no limit to the amount of goodness people can put into the world. Similar to how we discussed in last year's issue, use love to support your community. Kindness should be the norm all year round but here are a few things you can do on that week:

- Be kind to your server (they've been hit pretty bad with the pandemic)
- Ask a senior about their past
- Cook a meal for a neighbor or a friend
- Acknowledge someone's hard work and effort
- Donate to a food or clothes drive
- Leave a positive review for a business
- Donate blood or become an organ donor



FEBRUARY 14: NATIONAL DONOR DAY

National Donor Day focuses on five points of life: organs, tissues, marrow, platelets, and blood. Many health groups use this day to sponsor blood and marrow drives and organ/tissue sign-ups. National Donor Day was started in 1998 by the Saturn Corporation and its partner, the United Auto Workers. It is supported by the U.S. Department of Health and Human Services and many nonprofit health groups.



National Donor Day is also a day to recognize those who have given and received the gift of life through organ, eye and tissue donation, are currently waiting for a lifesaving transplant, and those who died waiting because an organ was not donated in time.



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CAS Home Health Care, Inc is an equal opportunity employer, service provider, and organization.