

The
CAs
Collab



MARCH 2022

ISSUE 3 OF 2022



OUR PLATFORMS



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ANNOUNCEMENTS/HOLIDAYS

St. Patrick's Day

Wishing everyone a pot o' gold and all the joy your hearts can hold. Happy St. Patrick's Day! Remember to celebrate responsibly!



First Day of Spring

In 2022, the March equinox happens on Sunday, March 20, at 11:33 A.M. EDT. In the Northern Hemisphere, this date marks the start of the spring season.

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>

DOCUMENTATION TO KEEP IN A CONSUMER/ CLIENT'S HOME



CAS Home Health Care requires that with the consumer/client's permission, records, documentation and forms, related to their care and well-being, be kept in their homes during the provision of home care services.

This policy is to ensure that there is a consistent and reliable method of communicating information about consumer/clients from one home health care or home care service provider to another/others.

The binder contains legal documents such as the service plan, consumer rights, flow charts, home care aide notations, policies, and more. Supervisors advise consumers/clients

of the binder's contents, legality, and guidelines for storage and use in the home. It is always recommended that they be stored in an accessible but out-of-the-way location in the home. All home care workers shall be advised of their whereabouts. CAS is committed to providing training to the home care workers regarding the types of records to be maintained in the home and their functions.



DISCHARGE SUMMARY

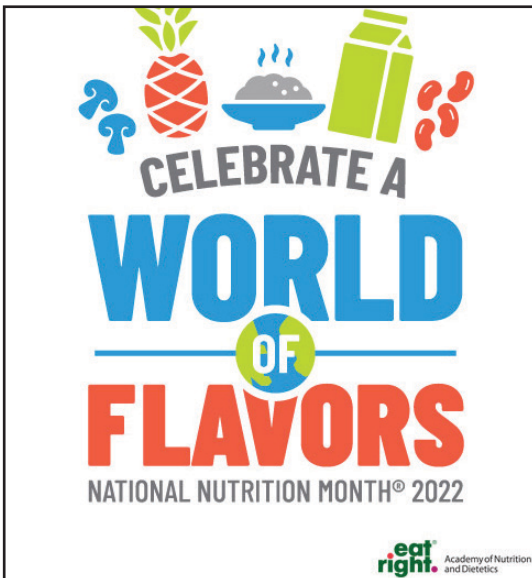


It is our policy that a written Discharge Summary shall be completed within 72 hours for every consumer/client who is discharged/terminated from CAS Home Health Care. A physician's order for discharge shall be obtained when required by state law. The discharge summary, completed by a supervisor/agency representative shall contain identifying information, notification dates, reason(s) for discharge, transfer information if applicable, consumer/client status notations, and summary of care/services provided.



NATIONAL NUTRITION MONTH

Enjoying different flavors of the world is a chance to learn more about your own food culture as well as those that may be new to you. Familiar ingredients can be presented in new ways and new foods may remind you of things you already know and love. You may also come across ingredients and flavors you've never experienced before. Trying foods and recipes from various cultures is one way to include different flavors into your healthy eating routine. Many cuisines offer dishes which include foods from each food group, so it's possible to plan meals that are nutritious, well-balanced, and bursting with flavor. Trying new flavors and foods from around the world can also help you increase the variety in the foods you eat. Choosing a variety of nutritious foods from all of the food groups (fruits, vegetables, grains, dairy, and protein foods) and in the recommended amounts will help you get the nutrients that are needed for good health. Incorporate your favorite cultural foods and traditions, as you "Celebrate a World of Flavors" during National Nutrition Month and throughout the year.





Celebrate a World of Flavors

Vary your breakfast (or first meal of the day) to include favorites from around the world. Healthful options are available, even if time is limited. These are just a few examples for on-the-go or when more time is allowed for eating. These are a few ways to embrace global cultures and cuisines when planning your meals and snacks:

- A smoothie with low-fat yogurt or buttermilk and tropical fruits, like papaya or mango.
- Za'atar mixed with a little olive oil and spread on whole wheat pita bread, then topped with tomato slices, olives, cucumber, and fresh mint.
- Scottish oatmeal or bulgur with low-fat or fat-free milk or fortified soymilk with a topping of fruit and nuts or nut butter.
- Congee, a Chinese rice porridge, that can be served plain or with vegetables and a protein food, such as cooked chicken, meat or fish.



Source: eatright.org

WOMEN'S HISTORY MONTH

Women's History Month is a celebration of women's contributions to history, culture and society and has been observed annually in the month of March in the United States since 1987. Women's History Month 2022 will take place from Tuesday, March 1-Thursday, March 31, 2022. International Women's Day, a global celebration of the economic, political and social achievements of women, took place for the first time on March 8, 1911. Many countries around the world celebrate the holiday with demonstrations,



educational initiatives and customs such as presenting women with gifts and flowers. The National Women's History Alliance designates a yearly theme for Women's History Month. The 2022 theme is "Women Providing Healing, Promoting Hope." This theme is "both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history."

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





NATIONAL SLEEP MONTH & NATIONAL SLEEP WEEK

March is designated as National Sleep Awareness Month, which provides us with an opportunity to look at our own sleep habits and search for ways to improve on the quantity and quality of sleep we get. Eating right and exercising are used to maintain good health, but sleep can also affect one's wellness. Sleep plays a critical role – allowing for the brain and body to recharge from the previous day's activities. Failing to get enough sleep can have both short-term and long-term effects, reduce performance

at work, and cause irritability and depression. Sleep Awareness Week 2022 is March 13th – 19th. Every year, the National Sleep Foundation takes this time to reemphasize the important connection between your sleep and your health. This year, they're helping you become your Best Slept Self. Because deep, rejuvenating sleep is what we toss-and-turn about. The connection between sleep and health is real. It impacts every one of us.

Source: [thensf.org](https://www.thensf.org), [amc.edu](https://www.amc.edu)



BRAIN INJURY AWARENESS MONTH

The Brain Injury Association of America (BIAA) leads the nation in observing Brain Injury Awareness Month in March each year. The theme for the 2021 to 2023 campaign is More Than My Brain Injury. Many people with disabilities have their lives defined for them. The #MoreThanMyBrainInjury campaign gives individuals a chance to overcome those definitions, allowing them to tell their own stories and change the narrative of their lives.

There are more than 5.3 million individuals in the United States who are living with a permanent brain injury-related disability. That's one in every 60 people. If you or someone you love is living with brain injury, you know that it is a misunderstood, misdiagnosed, underfunded neurological disease, and everyone's experience is different.

The #MoreThanMyBrainInjury campaign aims to:

- Increase understanding of brain injury as a chronic condition
- Reduce the stigma associated with having a brain injury
- Showcase the diversity of injury and the demographics of the community
- Improve care and support for individuals with brain injury and their families

Brain injury is a leading cause of death and disability in the U.S.

At least 2.8 million Americans sustain a traumatic brain injury (TBI) each year.

47.9%

are from falls

8.3%

are from assaults

17.1%

are from being struck by or against something

13.2%

are from other or unknown causes

13.2%

are from motor vehicle accidents



An acquired brain injury (ABI) is an injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma. Essentially, this type of brain injury is one that has occurred after birth. There are two types of acquired brain injury: traumatic and non-traumatic.



A traumatic brain injury (TBI) is defined as an alteration in brain function, or other evidence of brain pathology, caused by an external force or trauma. Traumatic impact injuries can be defined as closed (or non-penetrating) or open (penetrating).

Often – and somewhat confusingly – referred to as an acquired brain injury, a non-traumatic brain injury causes damage to the brain by internal factors, such as a lack of oxygen, exposure to toxins, pressure from a tumor, etc.



Your all-in-one personalized solution.

What is CAS Resources?

CAS has created a platform that connects community residents to resources and services that they may not have access to on their own.

How Can It Help You?

Utility Bills & Financial Support Access

Get help with living expenses. Government benefit programs can help people with a low income cover basic expenses like food, housing, and healthcare.

Food Fit Program (Food Security & Nutrition)

CAS assists with weekly local food distributions. We can also assist with government programs like SNAP, other food banks, community fridges, and other services that can supplement your sources of goods.

Community Outreach & Referral Services

CAS can immediately connect you to local services in your community whether they're vendors, city or state events/programs, our partner agencies and more.

And much more...!

Apply for FREE at
casresources.org/resource-center

Call us today at
215-831-8008



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