



CAS
Resources



MAY 2022

ISSUE 5 OF 2022



OUR PLATFORMS

The
CAS
Collab

TABLE OF CONTENTS



3	ANNOUNCEMENTS/HOLIDAYS
4-5	GIANT ACCEPTS SNAP BENEFITS FOR ONLINE GROCERY
6-7	COMPLIANCE WITH MEDICARE/MEDICAID FALSE CLAIMS & FRAUD PREVENTION ACT
8	MOTHER'S DAY MEMORIES
9	MENTAL HEALTH AWARENESS MONTH
10	CELIAC DISEASE AWARENESS MONTH
11	HEPATITIS AWARENESS MONTH



ANNOUNCEMENTS/HOLIDAYS

Memorial Day

We are always grateful to those who have sacrificed their lives in order to protect our country. Memorial Day is a day for honor and remembrance.



We're Hiring!

Providing resources also means providing promising career opportunities! Visit casresources.org/job-listings or scan the QR code below to apply online for your new career today!



Skin Cancer & Melanoma Awareness Month

Skin cancer is one of the most common types of cancer, with over one million people diagnosed each year. Even though it is so common, you may not know how it can affect your life and what you can do to reduce your risks. Visit casresources.org/newsroom to learn more from upcoming posts.

Mother's Day

Happy Mother's Day from the CAS Resources team! These courageous caregivers deserve to make the most of their favorite memories and relive them or strive to make unforgettable new ones! Read page 8 to learn more!



GIANT ACCEPTS SNAP BENEFITS FOR ONLINE GROCERY



In case you missed it, The GIANT Company announced in August of last year that Pennsylvania customers who participate in the Supplemental Nutrition Assistance Program (SNAP) can now shop online for both grocery pickup and delivery using their Pennsylvania EBT ACCESS card! This process can be done via GIANT Direct and MARTIN'S Direct which are online grocery ordering services providing both pickup and delivery. SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency. To get SNAP benefits, you must apply in the state in which you currently live and you must meet certain requirements, including resource and income limits, which are described on this page. SNAP income and resource limits are updated annually. There are special SNAP rules for households with elderly or disabled members.

GIANT is committed to ensuring that families of all incomes have convenient access to nutritious foods and goods. To shop via GIANT Direct or MARTIN'S Direct, customers need to add their EBT Card, add their groceries to their online cart and then enter their PIN and pay for eligible items. SNAP benefits can only be utilized on specific food items, same requirements as when shopping in store. Minimum order values will not apply to SNAP users, but pickup and delivery fees will be applied to each order.



GIANT®

\$30 off a \$60 order for New Customers

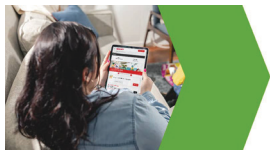
Valid for New Customers only. To receive \$30 off your first order a \$60 minimum purchase is required. Savings applied to your grocery order before taxes and after all other coupons and savings are applied. Grocery order calculation excludes alcoholic beverages, pharmacy, gift cards, Hersheypark Tickets, and other purchases prohibited by law. Fuel surcharge, if any, will apply. Limit one offer per household. Offer is not transferable or valid with any other offer.

Enter promocode GMDIRECT30 at checkout with minimum required order.
Enter code at checkout. Offer expires 12/31/22.



It's the pass that pays in multiple ways.

Shopping from the comfort of your home just got more rewarding. When you become a CHOICE Passholder, you can now enjoy more than just unlimited FREE* delivery. We've added the new perk of \$10 OFF an online order of \$200 or more each month - giving you more ways to save!



COMPLIANCE WITH MEDICARE/MEDICAID FALSE CLAIMS & FRAUD PREVENTION ACT

No matter the industry, fraudulent practices and the organizations that engage in them create unpleasant environments and consequences for other organizations and the communities they serve.

What exactly is fraud? It's the deliberate deception or misrepresentation made by an individual who knows that the deception could provide him or another individual with an unauthorized benefit. Medicare fraud specifically is the collection of reimbursement money from the Medicare Program under false pretenses.

Provider Fiscal Abuse refers to provider practices that are inconsistent with proper business, fiscal or medical practices and that result in the reimbursement of services that are not medically necessary. It also refers to practices that result in unnecessary costs to Medicaid and, fail to meet professionally recognized standards for health care.



CMS.gov
Centers for Medicare & Medicaid Services

 **pennsylvania**
DEPARTMENT OF HUMAN SERVICES

CAS Home Health Care, Agency complies with federal and state laws for preventing health care fraud, waste, and abuse by ensuring that all current and new employees, managers, contractors are educated at the time of hiring and annually, thereafter, about the False Claims Acts/ Fraud Prevention Act and the purposed these laws play in preventing and detecting fraud, waste and abuse in federal health care programs. CAS Home Health Care will report to the Fraud Department at 1-800-633-4227 of any suspected or proven knowledge of fraud. CAS uses this policy to identify and prevent fraudulent activities by anyone involved with services provided by CAS Home Care, Agency. Our organization has and will always participate in the prevention of health care fraud and abuse and comply with applicable state and federal laws on reporting suspected abuse. We are committed to ensuring that all Agency employees, managers, contractors, and agents are familiar with the terms of the False Claims Acts (PA: Fraud Prevention Act).

CAS Home Health Care, Agency implements the following procedures to ensure the prevention and detection of fraud, waste, and abuse within its operations:

1. Communicate Role of Federal & State Laws in Preventing Fraud, Waste & Abuse
2. Provide Information on the Federal, State and Medicaid False Claims Acts/Fraud Prevention Act
3. Provide Information on “Qui-Tam” (Whistleblower) Protection
4. Outline Process for Reporting Fraud & Fiscal Abuse
5. Establish Measures to Detect and Prevent Health Care Fraud, Waste and Abuse
6. Monitor Compliance with Section 6032 of the Deficit Reduction Act of 2005
7. Provide Examples of Provider Fiscal Abuse and Fraud Practices



services

RVICES

MOTHER'S DAY MEMORIES



Mother's Day 2022 is on Sunday, May 8th! Last year, our Mother's Day MOVEMENT campaign, celebrated the ultimate caregiver to "move" their day toward relaxation. This year, we want to emphasize making cherished memories. Use the entire month to make memories for your mother. Is there a memory they might want to recreate? For those who've lost their mothers, what are the joyful memories you can write about?



They've spent their lives making sure your childhood was filled with as many joyful ones as possible, and now's the best time to return the favor.



Write them in a letter addressed to your mom to read aloud on Mother's Day. A great idea is to create a Mother's Day Memory Jar where you write those memories on different postcards to review with your mom the day of or have her write what new memories she wants to make and she can randomly pick one from the jar.

MENTAL HEALTH AWARENESS

Did You know?

- 1 in 5 U.S. adults experience mental illness each year, and less than half of them receive treatment.
- 1 in 20 U.S. adults experience a serious mental illness each year, and less than two-thirds of them receive treatment.
- 1 in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment.

Barriers To Mental Health Care

People with disabilities often encounter challenges when seeking out effective and accessible mental health care, whether it's in-person or virtual communication barriers making it difficult to interact with a mental health professional or the lack of reliable transportation for a person with a mobility-related disability. This is in addition to dehumanizing stigmas where people can be treated as “less than” because of their disability. This is called ableism, which is characterized by the practices and dominant attitudes in society that devalue and limit the potential of those with disabilities. This may include practices and beliefs that assign inferior value to people who have developmental, emotional, physical or psychiatric disabilities.

Sources: nami.org, cdc.gov



CELIAC DISEASE AWARENESS MONTH



awareness • advocacy • action

CELIAC DISEASE: AN INVISIBLE ILLNESS

THIS SERIOUS GENETIC AUTOIMMUNE DISEASE HAS A MAJOR IMPACT ON PEOPLE'S HEALTH—EVEN IF YOU CAN'T SEE IT.



SACRIFICING MAJOR LIFE EXPERIENCES^{1,2}

49% have sacrificed life experiences because of their gluten-free diet and/or celiac disease.

60% of gluten-free college students report becoming sick from dining on campus, and 42% report missing class as a result of gluten exposure.

ACCIDENTAL EXPOSURE⁵

70% remain exposed to gluten while on the gluten-free diet, putting their long-term health at risk.



REPRODUCTIVE HEALTH^{7,8}

Women with celiac disease are significantly more likely to miscarry or give birth prematurely than other women.

Women with unexplained infertility are **SIX TIMES MORE LIKELY** to have celiac disease.

SOCIAL ANXIETY & ISOLATION^{3,4}

49% of children with celiac disease exhibit anxiety, including social and separation anxiety, physical symptoms, excessive worry and pessimism.

37% of women with celiac disease have symptoms of depression.



BRAIN FOG⁶

89% of patients experience this symptom after gluten exposure. Some describe it as difficulty concentrating, forgetfulness and grogginess.

DAILY BURDEN^{9,10}

80% of people with celiac disease report having difficulty staying strictly gluten-free. Additionally, people with celiac disease report a higher negative impact on their quality of life (also called burden of disease) than do people with Type 2 diabetes, congestive heart failure, hypertension, and inflammatory bowel disease.



www.BeyondCeliac.org





MAY

HEPATITIS AWARENESS MONTH

The month of May is designated as Hepatitis Awareness Month in the United States, and May 19th is Hepatitis Testing Day. During May, CDC and our public health partners work to shed light on the impact of these hidden epidemics by raising awareness of viral hepatitis while encouraging testing and vaccination. Hepatitis Awareness Month activities help to improve everyone's understanding of viral hepatitis transmission and risk factors and to decrease social stigma against viral hepatitis.

Viral Hepatitis Key Facts

There are several different viruses that can cause hepatitis; the most common types of viral hepatitis are hepatitis A, hepatitis B, and hepatitis C. Chronic hepatitis B and hepatitis C are leading causes of liver cancer in the United States.

Both hepatitis A and hepatitis B are preventable with safe and effective vaccines, and hepatitis C is curable with prescribed treatment. About 66% of people with hepatitis B are unaware of their infection and about 40% of people living with hepatitis C do not know they are infected. Getting tested is the only way to know if you have hepatitis A, hepatitis B or hepatitis C. The National HIV, STD, and Viral Hepatitis Testing Resources Web site is a service of the Centers for Disease Control and Prevention (CDC). This Web site provides users with locations for HIV, STD, and hepatitis testing and STD and hepatitis vaccines around the United States. Visit gettested.cdc.gov to find testing and treatment locations near you.

Source: cdc.gov



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



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