



**JUNE 2022**

ISSUE 6 OF 2022



**OUR PLATFORMS**

The  
**CAS**  
Collab

# TABLE OF CONTENTS



- 3 ANNOUNCEMENTS/HOLIDAYS
- 4-5 NONPROFIT NEIGHBORS
- 6-7 WORLD ELDER ABUSE AWARENESS DAY:  
CONSUMER/CLIENT/ELDER ABUSE
- 8 FATHER'S DAY GIFT IDEAS & FITNESS
- 9 MEN'S HEALTH MONTH
- 10 NATIONAL NURSING ASSISTANTS WEEK  
(JUNE 16-22)
- 11 SUMMER WEATHER WARNINGS



# ANNOUNCEMENTS/HOLIDAYS

## Juneteenth

Sunday, June 19th is Juneteenth! Most offices, banks, and other businesses will observe Juneteenth on Monday June 20th. Also known as Emancipation Day, it was signed into law by President Joe Biden on Thursday June 17th, 2021.

**JUNETEENTH**

## We're Hiring!

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



## Pride Month

June is LGBTQ+ Pride Month! Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan.



## Father's Day

It's the time of the year to honor fatherhood and paternal bonds. Father's Day is on Sunday, June 19th, the same day as Juneteenth! Learn about what things you can do to make his day and/or weekend a special one.



# NONPROFIT NEIGHBORS

## The R.E.I.D Foundation

The R.E.I.D Foundation is a Non-Profit organization that provides services to the Philadelphia counties and surrounding areas and serves over 500 families. Some of the resources they are assisting families with are healthy fresh produce, canned goods, and an assortment of poultry, meats and other essentials needed for everyday life for families in need every Wednesday. Their foundation has been striving to feed individuals in need while promoting other charitable organizations within Philadelphia that are working tirelessly to end hunger in the city. R.E.I.D believes in the fight to end hunger and promote nutrition, education, and community health awareness with the help of our volunteers.



R.E.I.D Foundations

## Speaking For Ourselves

Speaking for Ourselves began in February 1982 and has been assisting to empower others, pass legislation, and supporting all people to speak for themselves. The Executive Director of Speaking For Ourselves, Debbie Robinson, provided us with some personal input and advice for the public:



What message would you give others who have disabilities who are seeking self-advocacy?

- You can do it, you have your own voice, Ask yourself “who’s in charge?” You are self determined. Do not let anyone make a decision for you without being at the table.

At what age do you believe it’s appropriate for people that developed disabilities to start advocating for themselves in place of a family member, friend, or caregiver?

- The younger the better you have to start young. Get kids involved. There are so many organizations. Celebrities are supporting self advocacy, equality, friendship, relationship, and going to church.

## Legal Clinic for the Disabled, Inc

The Legal Clinic for the Disabled (LCD) was founded in 1987 and is a nonprofit organization whose mission is to empower low-income people with disabilities and the deaf and hard of

hearing in the Philadelphia region to achieve inclusion, independence, and justice by providing free legal representation to overcome legal obstacles that would otherwise affect their independence, health, or quality of life. We advise and represent clients in Southeastern Pennsylvania in most areas of civil law. To access our services, a person must: have a disability, chronic illness, or be deaf or hard-of-hearing; have an income no greater than 200% of the federal poverty level; and reside or have a legal matter in Philadelphia, Bucks, Chester, Delaware, or Montgomery County.



More information can be found on LCD's website: [www.lcdphila.org](http://www.lcdphila.org). To access services, call LCD's intake line, which is open Monday, Tuesday, and Thursday from 9am to 5pm: 215-587-3158.

## PAWS

PAWS is a 501(c)3 non-profit organization dedicated to saving Philadelphia's homeless and at-risk pets. PAWS is the city's largest rescue partner and provider of affordable, basic veterinary care for pet owners and rescue organizations that cannot otherwise access

it. Each year, PAWS finds loving homes for thousands of animals in need, and enables thousands of families to keep their cherished pets. PAWS is working to make Philadelphia a no-kill city where every savable pet is guaranteed a home. Located at the corner of Grant and Bustleton Avenues, PAWS' Northeast adoption center enables us to rescue and find loving homes for thousands of stray and abandoned dogs and cats. Our adjacent low-cost clinic helps struggling pet owners care for and keep their cherished pets, rather than face surrendering them to shelters, and prevents the birth of countless unwanted litters.



# WORLD ELDER ABUSE AWARENESS DAY: CONSUMER/CLIENT/ELDER ABUSE

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

CAS Home Health Care, takes all cases of suspected and proven abuse seriously and shall:

1. Not tolerate any hint or form of Consumer/Client/Elder Abuse by anyone including employees, outside Health Care Workers, or other individuals;
2. Document, investigate and/or report all cases of suspected abuse; and,
3. Terminate employees found to be guilty of abuse.



## Physical Signs of Elder Abuse



Dehydration  
or unusual  
weight loss



Missing  
daily living  
aids



Unexplained  
injuries, bruises,  
cuts, or sores



Unsanitary living  
conditions and  
poor hygiene

To learn more, visit [ncea.acl.gov](http://ncea.acl.gov)

The objective of our policy is to recognize the signs and symptoms of Consumer/Client/Elder Abuse and take timely and appropriate actions to help reduce the occurrence of abuse. It also ensures that staff are aware of the seriousness and consequences that may result to anyone suspected of, or found responsible for, Consumer/Client/Elder Abuse.

## What Constitutes Abuse?

Abuse means a knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable client. Mistreatment in any of the following areas is considered to be Consumer/Client/Elder Abuse:

- **Emotional Battering** - which causes pain, anguish, or distress through harassment, threat, intimidation, or other verbal or non-verbal actions
- **Financial Exploitation** - which is the improper or illegal use of a consumer/client's funds, assets, or property for personal advantage
- **Neglect** - which can be either physical or emotional, consists of confinement, isolation, or denial of essential services
- **Abandonment** - which occurs when a caregiver, who is responsible for providing support, deserts the client
- **Self-Neglect** - which occurs when an individual does not take care of his/her own health and safety needs and thus is at risk for illness or injury
- **Physical Assault** - which includes any type of physical force or violence that results in injury, impairment, or physical pain to the body
- **Sexual Abuse** - which consists of non-consensual, sexual contact including situations wherein the individual is not capable of giving consent
- **Healthcare Abuse** - which includes activities such as not providing health care but charging for it, getting kickbacks for referrals, double billing for services, etc.

**ABUSE  
SS DAY**  
for Elders



Unattended  
medical  
needs

# FATHER'S DAY

Wondering what to get dad for Father's Day this year? Here are some great ideas (especially for senior or disabled dads):

Sports memorabilia, electric massager, a new cane or wheelchair, activity/puzzle books, audiobooks, house slippers, polaroid go instant camera, epson salt or oatmeal bath kit, a breakfast sandwich maker, an Alexa or Google Home, a Fitbit, indoor plants, oil diffuser or wax warmer, or a half moon pillow.



## Fit Fundamentals

Father's Day weekend is a great time to take a load off and indulge in some fun. However, a great overarching gift or goal is to be as healthy as possible for the next Father's Day! Aging well is all about forming good habits. Aging well and having greater healthy lifestyle habits are especially difficult for individuals living with physical disabilities. Everyone should stay as active as possible since exercise can have benefits such as reduced cholesterol, blood pressure, better joints, and more. Physiotherapy and physical therapy can help certain limbs or parts of the body that may have limited use. Proper sleep, a balanced diet, and vitamins can all go a long way. What gifts or services could you get dad to ensure he's in even better shape for next year?





# MEN'S HEALTH MONTH

Father's Day is quickly approaching and now is the perfect time to encourage the men in your life to take care of themselves. June is Men's Health Month, a national observance used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions, such as exercising and eating healthy. All too often, men are bound by societal expectations to be tough and unemotional. They are seen as invincible and the foundation/provider for other people in their lives (family). However, sometimes men are more susceptible to certain conditions and diseases than women are, especially after a certain age. Men's health is not just a "man's issue", it's a family issue. Men's health can impact everyone around them: wives, mothers, daughters, and sisters, etc. Men living with physical or mental disabilities, or even mental health disorders may feel vulnerable, embarrassed, ashamed, or even burdensome when living with their conditions. This may be especially true if they have a caregiver looking after them which may make them feel like "less of a man".



**5 PLAYS FOR MEN**  
to Stay at the Top  
of Their Game

**#4 Quitting time:**  
Smoking causes cancer, heart  
disease, stroke, and... a greater  
risk of erectile dysfunction.

  Ill. Department of  
Health and Senior Services  
Office of Men's Health



**5 PLAYS FOR MEN**  
to Stay at the Top  
of Their Game

**#3 Preventive maintenance:**  
Getting regular check-ups  
can catch small problems  
before they become  
big problems.

  Ill. Department of  
Health and Senior Services  
Office of Men's Health



# NATIONAL NURSING ASSISTANTS WEEK

## (JUNE 16-22)

Every year, National Career Nurse Assistants Day starts off National Nursing Assistants Week, which is celebrated in the second full week of June. We're taking this opportunity to thank these professionals who act as coordinators between patients and doctors and who dedicate their lives to serving others. This week is for CNAs and the skilled nursing centers, assisted living communities, and staffing and home health agencies they work for so that everyone can celebrate, recognize, and pay their respects to the incredible work that the nearly 1 million-strong contingent of frontline heroes does every day for elders and people with disabilities.

A Certified Nursing Assistant (CNA) supports the needs of their client, but they usually do not work in their client's homes. CNAs can work in clients' homes, but they primarily work in hospitals, nursing homes, assisted living facilities, adult day care centers, and more. They typically perform similar tasks to home health aides (HHAs) but have expanded training and the ability to perform certain medical activities the client may need. Some individuals will use their knowledge as a CNA to bridge the gap to further their career and become an LPN or RN.



CAS Resources is committed to nurturing and recognizing the hard work and dedication our team members bring to our organization. CNAs are valuable in the workforce due to their versatility. The last two years mark an incredible moment in history for CNAs, who have had an incredibly positive impact on older adults and those who work with them.

# SUMMER WEATHER WARNINGS

## Heat Exhaustion

### ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

*Dizziness*

*Thirst*

*Heavy Sweating*

*Nausea*

*Weakness*



## Heat Stroke

### ACT FAST

## CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

*Confusion*

*Dizziness*

*Becomes Unconscious*

*Heat exhaustion can lead to heat stroke.*

*Heat stroke can cause death or permanent disability if emergency treatment is not given.*



Stay Cool, Stay Hydrated, Stay Informed!



## FLOOD WATCH

A Flood Watch is issued when **flooding is possible**.

Stay tuned to trusted news sources and be ready to seek higher ground.

## Be Prepared.

## FLOOD WARNING

A Flood Warning is issued when **flooding is happening or about to happen**.

Move to higher ground immediately! Never drive or walk through floodwaters.

## Take Action!





**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](https://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.**