



**SEPTEMBER 2022**

ISSUE 9 OF 2022



**OUR PLATFORMS**



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# ANNOUNCEMENTS/HOLIDAYS

## Hispanic Heritage Month

Hispanic Heritage Month is a time for Americans who identify as Hispanic to celebrate the traditions and history unique to their cultural background. Hispanic Heritage Month begins on September 15 and ends October 15, as it has every year since 1989.



## Labor Day

Our office building will be closed on Monday September 5th, 2022 in observance of Labor Day. Please have a safe and joyous holiday weekend! For any concerns contact our 24/7 phone line 215-831-8008.



## 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!



## First Day of Fall

The first day of autumn is Thursday, September 22nd. Let's hope for cooler, more enjoyable weather for all!



# ADMISSION OF CLIENTS TO AGENCY

CAS Resources' home care & home health care department, CAS Home Health Care, applies certain standards and criteria for admitting new clients/consumers/patients to our agency. Our admission policy is important because it outlines the standards, criteria and processes through which an individual may be accepted for admission to our agency. The Agency accepts individuals regardless of their race, nationality, color, age, gender, sexual orientation, and disability. Individuals diagnosed with active pulmonary tuberculosis shall be evaluated for admittance if certain conditions are met prior to the assessment. Our Agency always ensure that we have a sufficient number of qualified, competent personnel and resources to safely meet an individual's needs. The services/care needed shall fall within our Agency's scope of services. Individuals shall reside within the geographical area served by CAS (Philadelphia, Chester, Bucks, Montgomery, and Delaware counties).



We shall consider outside resources including but not limited to physicians, hospitals, care facilities, visiting nurses, families, community organizations, home health agencies, third party payors, veterans' organizations, social services, and concerned persons. The Director of Nursing (DON)/Assistant Director of Nursing (ADON) shall evaluate request for services prior to admitting individuals to our Agency. The decision to accept a patient for service will be based on the initial assessment, the physician's plan of care and other pertinent medical, physical, nursing or social information provided by related health professionals. We see all referrals within 48 hours of receipt of the referral and/or service order from the referral source. Documentation for the initial assessment will be completed within 5 days of the start of care. To be eligible for services from our home health department, the patient must demonstrate the need for skilled nursing care, physical therapy, or occupational therapy in the place of residence used as the

patient's home. A plan of medical emergencies must be put in place that specifies who should be contacted when medical emergencies occur as well as availability of medical supplies & equipment necessary. The patient must be essentially homebound and have a physician who is willing to establish and periodically review their plan of care.

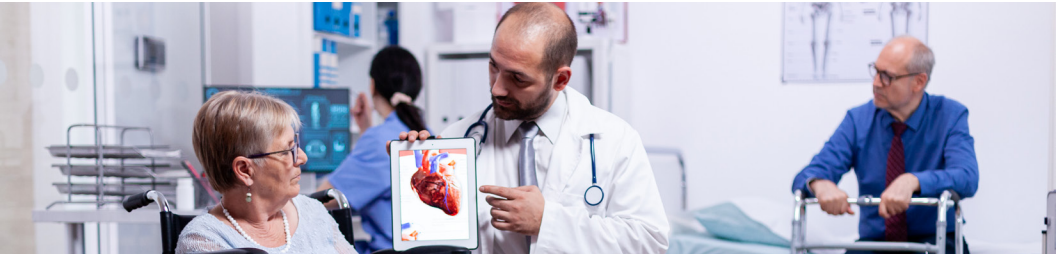
The nurse making the initial assessment visit will consult with the Home Health DON/ADON when conditions prohibit acceptance. If on initial assessment it is determined that the patient does not meet acceptance criteria, patient and/or person initiating referral will be notified.



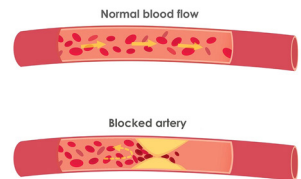
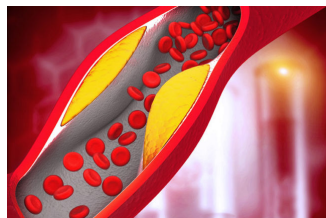
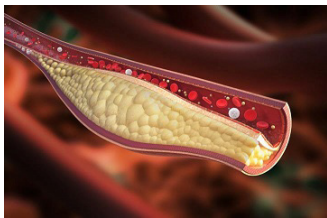
If the potential patient is eligible for services and conditions are suitable during the initial assessment, a service agreement and plan of care are created to determine and define services. The individualized plan of care will specify the care and services necessary to meet the patient specific needs as identified in the comprehensive assessment, including identification of the responsible discipline(s), and the measurable outcomes that the CAS Home Health Care, Inc. anticipates will occur as a result of implementing and coordinating the plan of care.



# NATIONAL CHOLESTEROL EDUCATION MONTH



Did you know that high cholesterol is a major risk factor for heart disease, which is the leading cause of death in the United States? It's September again, which mean it's time to brush up on your knowledge about cholesterol again. Uncontrolled cholesterol is a risk factor for heart attacks and stroke, but high cholesterol has no symptoms ("silent" condition) so people might not know that their cholesterol is too high – unless it's measure by a doctor with a blood test. Adults aged 20 and older should have their cholesterol levels checked every 4 to 6 years. Some people may need to get their cholesterol checked more often depending on their risk of heart disease.



## We Know The Word, But What Actually *Is* Cholesterol?

Cholesterol is a waxy material that's found naturally in your blood. Your body makes cholesterol and uses it to do important things, like making hormones and digesting fatty foods.

If you have too much cholesterol in your body, it can build up inside your blood vessels and make it hard for blood to flow through them. Over time, this can lead to heart disease.

## How can I get my cholesterol checked?

Your doctor will check your cholesterol levels with a blood test called a lipid profile. A nurse will take a small sample of blood from your finger or arm for this test. There are other blood tests that can check cholesterol, but a lipid profile gives the most information.

If you get a lipid profile test, the results will show a few numbers. A lipid profile measures:

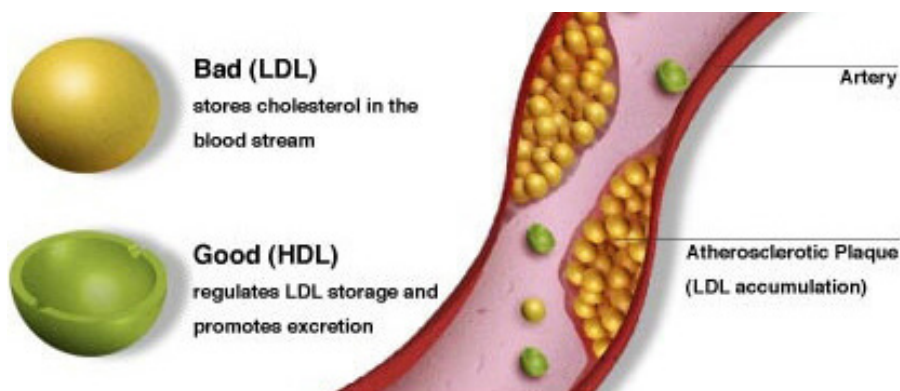
- Total cholesterol
- LDL (bad) cholesterol
- HDL (good) cholesterol
- Triglycerides

Total cholesterol is a measure of all the cholesterol in your blood. It's based on the LDL, HDL, and triglycerides numbers.

LDL cholesterol is a “bad” type of cholesterol that can block your arteries — so a lower level is better for you. Having a high LDL level can increase your risk for heart disease.

HDL cholesterol is the “good” type of cholesterol that helps clear LDL cholesterol out of your arteries — so a higher level is better for you. Having a low HDL cholesterol level can increase your risk for heart disease.

Triglycerides are a type of fat in your blood that can increase your risk for heart attack and stroke.



Sources: [health.gov](https://www.health.gov), [cdc.gov](https://www.cdc.gov), [heart.org](https://www.heart.org)



## HAZARDOUS MEDICAL WASTE DISPOSAL

As a reminder from last year, medical waste is healthcare waste that that may be contaminated by blood, body fluids or other potentially infectious materials and is often referred to as regulated medical waste. However, some of this same waste can be created at home after treating wounds and other various at home medical practices.



Improper management of discarded needles and other sharps can pose a health risk to the public and waste workers. For example, discarded needles may expose waste workers to potential needle stick injuries and potential infection when containers break open inside garbage trucks or needles are mistakenly sent to recycling facilities. Janitors and housekeepers also risk injury if loose sharps poke through plastic garbage bags. Used needles can transmit serious diseases, such as human immunodeficiency virus (HIV) and hepatitis. All needles should be treated as if they carry disease. That means that if someone gets stuck with a needle, they have to get expensive medical tests and worry about whether they have caught a harmful or deadly disease. You must be sure you get rid of your used needles the safe way to avoid exposing other people to harm.

### Recommended Needle Disposal Options for Self-Injectors

Community Services				National Services	
Drop-off Collection Sites	"Household Hazardous Waste" Centers	Residential "Special Waste" Pickup Service	Syringe Exchange Programs	Mail-back Service	Home Needle Destruction Devices

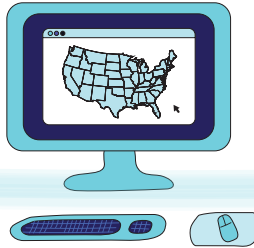
Sources: [epa.gov](http://epa.gov), [cdc.gov](http://cdc.gov), [safeneedledisposal.org](http://safeneedledisposal.org)



# What to Do with Used Sharps

**Sharps** refer to: needles, syringes, lancets, auto injectors, including epinephrine and insulin pens, infusion sets, and connection needles/sets

Check [www.SafeNeedleDisposal.org](http://www.SafeNeedleDisposal.org) for local guidance on sharps disposal.



Put used sharps in a strong, plastic container.

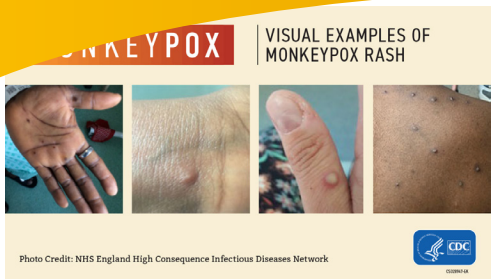
When the container is 3/4 full, put the lid on, seal it with duct tape and label DO NOT RECYCLE.



Put the plastic container in the household trash—**don't recycle!**



Containers of used sharps cannot be placed in the household trash in California, Massachusetts, and Seattle. Visit [SafeNeedleDisposal.org](http://SafeNeedleDisposal.org) for more information on safe sharps disposal in your area.



# MONKEYPOX

## What is monkeypox?

Monkeypox is a viral disease that is usually found in Central and West Africa. Monkeypox was first discovered in laboratory monkeys in 1958. In 1970, Monkeypox was reported in humans for the first time. Monkeypox can be fatal, but that's rare and has never happened in the United States.

## How can you protect yourself?

The best way to protect yourself from monkeypox is to not be exposed to it. That means that you should ask your partner:

- Have you been around someone who had monkeypox?
- Are you feeling sick?
- Do you have a rash or lesions on your body?

If they answer yes to any of those questions, you should avoid close contact and use gloves or avoid touching things that they have touched. Wash your hands frequently with soap and water or use hand sanitizer frequently.

## What should you do if you have symptoms?

If a person has symptoms of monkeypox, including a rash or lesions, they should call their regular healthcare provider immediately. If they don't have a healthcare provider, they can visit <https://findahealthcenter.hrsa.gov> to find a public health clinic or visit an urgent care facility. For more info, visit [casresources.org/monkeypox](https://casresources.org/monkeypox).

Thank you for coming out to our Pop-Up Resource Fair on August 29th! We're thankful we're able to help neighbors in need! If you missed our event, be sure to visit our website [casresources.org](http://casresources.org), follow our social media, or give us a call at 215-831-8008 to learn more. If you or someone you know can benefit from our resources, let us know!



**Sponsored by**



**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 we 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.



**Resources**

CAS Resources is a resource center that connects community residents to services and resources including home care, home health care, utility bill & financial assistance programs, food pantries, and more. Our organization was built with families in mind and in heart serving the Greater Philadelphia area and surrounding counties.

📞 484-684-9867

🌐 [reidfoundations.org](http://reidfoundations.org)

📞 215-831-8008

🌐 [casresources.org](http://casresources.org)



**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.**