



Employee of the Month



Congratulations to
Jacqueline Williams!

Ms. Williams has been with CAS Since 2005 and she continues to provide excellent service to our consumers

She is our employee of the Month for May 2014

Notices and Reminders

To **ALL** field employees please remember to get your flow sheets signed on a daily basis. **ALL Flow Sheets** must have the **appropriate signatures** from your consumer and you.

Thank You



Happy Mother's Day from CAS Home Health Care, Inc.

In This Issue

May 2014 Employee of the Month

Stroke Awareness Month

Consumer Abuse

Fundraisers

May 16th Bake sale

May 23rd Water ice/pretzel sale

Emergency Home Care Program (EHC)

CAS Home Health Care Inc. is now introducing the EHC Program which is a community funded program dedicated to providing temporary Personal Assistance Services to individuals currently undergoing the enrollment process for Home and Community based services.

Looking to further your education?

Try these places

Red Cross

PNA Nursing

Star Institute

Fruits To Know

Blueberries- Studies suggest that they may reduce the risk of heart attack, and reduce memory decline. They are also a wonderful source of vitamins C and Vitamin K. Vitamin K is a bone builder and heart protector.

Raspberries- contain many vitamins. vitamin C, manganese, B vitamins 1–3, folic acid, magnesium, copper and iron. They also contains antioxidants.

Strawberries- One serving of strawberries offers 85 milligrams of vitamin C, or 150 percent of the Daily Value. They provide fiber, manganese, folate, potassium, and like the rest of the berry family, antioxidants.

Cherries- All cherries are high in soluble fiber that helps to prevent heart disease by lowering “bad” cholesterol.

Cherries’ rich red color comes from anthocyanin—the antioxidants found in grapes (and red wine)—that inhibit enzymes associated with inflammation, and may help soothe soreness linked to muscle and joint pain.

Sources

besthealthmag.ca

Mothernaturenetwork.com

Berries!



Triple Berry Oatmeal

Ingredients:

- 1/2 cup Quaker Old Fashioned oatmeal
- 1/2 cup “Triple Berries” (frozen) (Blueberries, raspberries and blackberries)
- 2 tablespoons flaxseed meal
- 1/4 cup skim milk (non-dairy milk works too)

Directions:

1. Cook oatmeal as directed.
2. Slightly thaw berries (if frozen) in microwave (1 minute at 40% power)
3. Add Flaxseed meal and triple berries to bowl.
4. Add cooked oatmeal and milk and stir thoroughly.

Source

<http://www.thegraciouspantry.com/clean-eating-triple-berry-oatmeal/#ixzz30HtBwzRO>



Stroke Awareness Month

Remember to act
F.A.S.T.

Stroke Overview

Resources in
Philadelphia

Recovery

For more information
please check out
strokeassociation.org

Exams/Testing

After a Stroke you will typically be examined with a CT scan. This test will show what type of stroke you had. In addition you may also have a MRI.

Blood test may be used to help your doctor make choices about your treatment and to check for other medical issues.

(webmd.com)

Resources/Recovery

Nazareth Hospital hosts screenings and information sessions throughout May for National Stroke Awareness month. The dates are as follows: May 6th, 7th, 14th, 21st, & 28th from 9am to 11am and again from 1pm to 3pm. No appointment required.

Contact Info: 215-335-6615/ 2601 Holme Avenue, Philadelphia, PA 19152