



## Employee of the Month

Congratulations to

Moussilou, Machioudi

Our Employee of the Month for July 2014

## In This Issue

JULY EMPLOYEE OF THE MONTH

HEAT STROKE AWARENESS

STAYING COOL

RECIPES

HAPPY

INDEPENDENCE DAY!

### 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.

### **Please remember to clock in and out**

Thank You,

Management Team

### 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.



### Further Your Education

Red Cross

PNA Nursing

Star Institute

# STAYING COOL

During this summer seasons please keep cool

## Tips to beating the heat

Don't like plain water? Add Mint leaves to your glass. It's refreshing!

Keep a frozen treat in the freezer and ready for your enjoyment

Place an Ice pack on each wrist. It helps cool your body down in high temperatures.

Ice packs on your groin, neck, back and armpits will help to lower your Temperature.

Shower and Bathe in mildly warm or cool water

Fans! Don't have AC? Place ice water and salt in a huge bowl or bucket in front of the fan.

## RECIPES FOR SUMMER HEAT

### Waldorf Salad

1/2 cup chopped, slightly toasted walnuts

1/2 cup celery, thinly sliced

1/2 cup red seedless grapes, sliced (or a 1/4 cup of raisins)

1 sweet apple, cored and chopped

3 Tbsp. mayonnaise

1 Tbsp. fresh lemon juice

Salt

Pepper

Lettuce

### Corn Tomato Avocado and Mozzarella Salad

- 4 ears sweet corn, in the husk
- 1/4 cup extra virgin olive oil
- 2 tablespoons sherry vinegar
- 1 teaspoon Dijon mustard
- 1 clove garlic, finely chopped
- 2 tablespoons finely chopped fresh chives
- Sea salt, to taste
- Freshly ground pepper, to taste
- 1/2 pound fresh mozzarella, cut into 1/4-inch cubes
- 2 ripe avocados, halved, peeled and cut into 1/4-inch cubes
- 1/2 pint grape tomatoes, halved
- 1/2 cup cooked black beans
- 10 large fresh basil leaves, cut into thin strips
- 5 cups baby arugula, spinach or romaine lettuce for serving

# HEAT STROKE AWARENESS

## Heat stroke

Results from prolonged exposure to high temperatures - usually in combination with dehydration - which leads to failure of the body's temperature control system. The medical definition of heat stroke is a core body temperature greater than 105 degrees Fahrenheit, with complications involving the central nervous system that occur after exposure to high temperatures. Other common symptoms include nausea, seizures, confusion, disorientation, and sometimes loss of consciousness or coma.

## Symptoms may include:

1. Throbbing headache
2. Dizziness/light-headedness
3. Lack of sweating despite the heat
4. Red, hot, and dry skin
5. Muscle weakness or cramps
6. Nausea and vomiting
7. Rapid heartbeat, which may be either strong or weak
8. Rapid, shallow breathing
9. Behavioral changes such as confusion, disorientation, or staggering
10. Seizures
11. Unconsciousness

Sources:

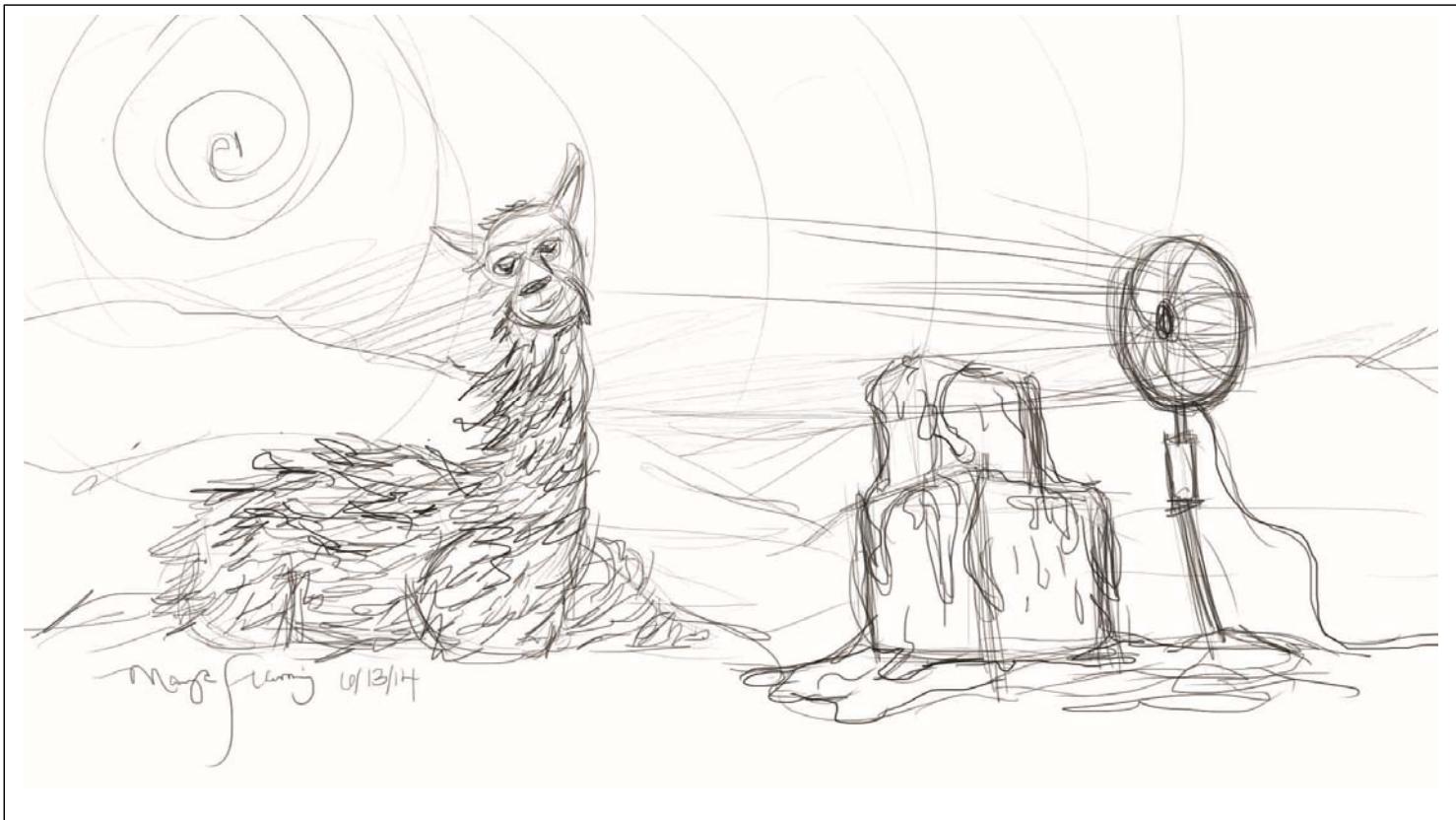
WebMd.com MayoClinic.org

## DO YOU SUSPECT HEAT STROKE

If you suspect that someone has had or is having a heat stroke, **call 911** or transport the person to a hospital. Any delay can be fatal.

Home treatment isn't sufficient treatment for heatstroke. If you have signs or symptoms of heatstroke, seek emergency medical help. Others should take steps to cool you off while waiting for emergency help to arrive.

- **Get to a shady or air-conditioned place.** Remaining in the heat will worsen your condition. If you don't have air conditioning at home, go someplace that is air-conditioned, such as the mall, movie theatre or public library.
- **Cool off with damp sheets and a fan.** If you're with someone who's experiencing heat-related symptoms, cool the person by covering him or her with damp sheets or by spraying with cool water. Direct air onto the person with a fan.
- **Take a cool shower or bath.** If you're outdoors and nowhere near shelter, soaking in a cool pond or stream also can help bring your temperature down.
- **Rehydrate** Heat-related illnesses are caused not only when you become dehydrated but also when you lose salt through sweating. Some sports drinks will replenish both water and salt. The amount you'll need to drink to rehydrate varies from person to person, so sip slowly. Call your doctor if you're concerned.
- **Don't drink beverages with alcohol to rehydrate.** These drinks interfere with your body's ability to control your temperature.



**Stay cool this summer  
Remember: Ice Water with Salt in front of a fan.**

**Lack of air conditioning or refusal to use it for fear of higher utility expenses contributes to the number of heat related deaths in the senior population.**

Source

[www.health.mo.gov/living/healthcondiseases/](http://www.health.mo.gov/living/healthcondiseases/)