



Employee of the Month

Congratulations to
Thomas Wingate
Our Employee of the Month for December 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.

Please remember to clock in and out

1877-687-7310

or

1877-NURSE-10

Thank You,

Management Teams

In This Issue

Holiday Recipes

Dental Hygiene

Immunization Awareness

Seasonal Affective Disorder

Elderly and Holidays

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.

CAS Home Health Care

Wants to thank you for another amazing year of Services!

Further Your Education

Red Cross

PNA Nursing

Star Institute

Holiday Recipes

Homemade Cranberry Sauce

1 bag of cranberries
1 cup of water
1 cup of sugar
1 pinch of cinnamon (optional)
1 Sliced pear (optional)

Place Cranberries and water into a sauce pan. Mix sugar into the pan if you'd like to add cinnamon, now is the time. Stir the contents of the sauce pan. Place a lid on the pan. When you no longer hear the cranberries popping, turn off the heat. Stir your cranberry sauce, it's done.

Bacon Dates

Pitted Dates
Salted Almonds
Bacon

Preheat oven to 425F. Place Almonds in Pitted Dates. Wrap the Bacon around the Date. Use a toothpick to secure the bacon. Place on a rack lined baking sheet. Bake for 10mins then turn over to bake for another 10mins. Serve right away. Be careful of the heat.

Eggnog Pie a la mode

1 Slice of Hot Apple Pie
1 scoop of Vanilla Ice Cream
1 Tablespoon of Eggnog drizzled on Ice Cream
A dash of Cinnamon on the Ice cream

Sweet Potato Pone

4 to 5 Sweet potatoes
1 ½ - 2 cup of sugar
½ Cup of Butter
½ Cup of Milk
1tsp vanilla
2 tbsp of cinnamon
½ to 1 cup of flour
Optional Nutmeg 1tsp

Boil potatoes until soft. Drain water. Mix all of the ingredients, EXCLUDING the flour. Make sure it has a smooth consistency. Slowly add the flour while mixing. Pour mix into an oiled baking pan. Set oven for 450 degrees. Bake for 30 minutes or until golden brown.

Ginger Bread Cookies

4 Cups of flour
Plus ½ cup for rolling if needed
1 ½ teaspoons Baking Powder
½ teaspoon of baking Soda
1 tablespoon on Dry ground Ginger
½ teaspoon of nutmeg
½ teaspoon of all spice
2teaspoons of cinnamon
¼ teaspoon of ground cloves
½ teaspoon of kosher salt

DENTAL HYGIENE AWARENESS

Brush Your Teeth at least twice a day

Floss At least once a day

Use Mouthwash regularly

Visit The Dentist twice a year for regular exams

3 Most common Dental Diseases and problems

Bad Breath also known as Halitosis is an embarrassing problem. Most patients with Halitosis have underlying dental conditions. Underlying conditions of Halitosis include dry mouth, oral cancer, cavities, gum disease or another illness. Mouthwash won't cure these dental issues. Please visit your dental provider.

Gum Disease is linked to heart attacks and strokes. Gum Disease is an infection in the gums surrounding the teeth. The Two major stages of gum disease are gingivitis and periodontitis.

Tooth decay is the most common dental issue. Tooth decay occurs when plaque combines with sugars and the foods that you eat. This combination creates an acid that attacks tooth enamel, and causes decay.

Mayo clinic.com

WebMD.com

IMMUNIZATION AWARENESS

ADULTS NEED IMMUNIZATIONS TOO

Get the Tdap Shot to protect against tetanus, diphtheria, and Whooping cough. Everyone needs the Tdap once. Pregnant women need a dose during every pregnancy.

TD Shots are needed every ten years.

If you are 60 and up consider a shot to prevent shingles: Especially, if you've had chicken pox in the past. Shingles cause a rash and can cause pain that last for weeks or months

If you are 65+ there are shots to prevent pneumonia. Some adults may require the shot prior to age 65. The Pneumonia shot is sometimes referred to as PPSV

Don't forget your

Flu Shot aka Influenza Vaccination

Please ask your doctor or nurse if these are immunizations that you need and if there are any other immunizations that you need.

Seasonal Affective Disorder

Most People who experience SAD have many risk factors. Having Clinical Depression or being Bipolar puts you at risk for having SAD.

Young people are at a greater risk for SAD than older adults.

The majority of people with SAD are female. Genetics also play role in determining if you are at risk for this disorder.

Symptoms may start out mild and may progressively become severe as the season progresses

SAD is a subdivision of major depression.

Symptoms overlap one another.

Irritability

Tiredness or low energy

Oversleeping

Hypersensitivity to rejection

Weight gain

Don't brush it off as the winter blues if these symptoms are reoccurring.

Causes

Serotonin levels

Melatonin levels

Treatment

Therapy

Medications such as antidepressants

Complications

Suicidal Thoughts or behavior

Social Withdrawal

School or Work Problems

Substance Abuse

Source

Mayoclinic.org

Elderly Neighbors

Do you have an elderly neighbor or relative? Do you know if that relative or neighbor will be alone for the holiday? We ask that you take the time and visit your elderly neighbors this holiday and check on your elderly neighbors and relatives. Many will spend this holiday season at home and alone. If you can find it in your hearts invite them over for lunch or dinner on a regular basis it could change someone's quality of life for the better.

Holiday Events in Philadelphia

11/30/14-2/23/14

This year Northern Liberties welcomes all to a pop up Ice Skating rink. Bring your own skates or rent Skates for \$1. Admission for adults is \$5. Admission for children runs \$3.

11/28/14-1/1/15

Enjoy the Christmas Village at Love Park. International seasonal gifts and treats will be available for purchase as well as hot mulled Wines and Traditional foods.

11/29/14-12/31/14

The Macys Christmas light show

A Philadelphia tradition since the 1950s held inside the Wanamaker building. Watch as the walls light up with over 100,000 led lights and dance to the sounds of the Wanamaker organ. Performances take place at the top of every two hours. Between the times of 10am-8pm

For more Holiday events in Philadelphia please visit

Source:

Visitphilly.com