



Employee of the Month

Congratulations to

Denise Trader

Our Employee of the Month for November 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

Please remember to bring
in your
Can Goods for the food
drive

In This Issue

**November 2014 Employee
of the Month**

Alzheimer's Awareness

Lung Cancer Awareness

Diabetes Awareness

**Pancreatic Cancer
Awareness**

Adoption Awareness

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

Alzheimer's Disease

What is Alzheimer's disease?

Alzheimer's is not a normal part of aging.

Alzheimer's is a progressive degenerative disorder. It causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

Warning signs

Memory loss, especially of recent events, names, placement of objects, and other new information

Confusion about time and place

Struggling to complete familiar actions, such as brushing teeth or getting dressed

Trouble finding the appropriate words, completing sentences, and following directions and conversations

Poor judgment when making decisions

Changes in mood and personality, such as increased suspicion, rapid and persistent mood swings, withdrawal, and disinterest in usual activities

Difficulty with complex mental assignments, such as balancing a checkbook or other tasks involving numbers

Proper diagnosis is critical since there can be many other causes for memory loss.

www.WebMd.com

Mayoclinic.org

Alzheimer's disease can progress over two to 20 years. An individual with Alzheimer's can live for an average of 8- 10 years after the diagnosis.

Co-existing illnesses are likely with Alzheimer's; pneumonia is a common co-existing illness that can cause death.

There is currently no cure to Alzheimer's. However there are a wide range of medications to help relieve symptoms, and slow progression of symptoms. Please talk to your doctor.

Mild intellectual loss may develop into dementia . If detected early by a healthcare professional certain exercises and procedures maybe able to slow the process of memory loss.

Early detection

Memory Screenings

Source:

Alzfdn.org

Webmd.com

LUNG CANCER

How

Cancer begins when a cell with a genetic mutation passes the mutation to the next generation of cells. As these abnormal cells multiply and grow they start to form tumors. These tumors may interfere with the function of the lung(s).

At a later stage of the disease the tumors may start to undergo Metastasis. Metastasis is when mutated cells travel away from its original location. These Traveling cells start to grow in other areas of the body, spreading the cancer.

Symptoms

Change in the voice or being hoarse

Harsh sounds with breathing

Pain in the chest, Shoulders, or back unrelated to pain from coughing

Coughing Phlegm or mucus tinged with blood

Coughing up blood

Testing

There are different types of Biopsies that can be utilized.

The first procedure is when a doctor passes a needle through the skin into the lung to remove tissue. After extracted it is examined under a microscope.

The second procedure bronchoscopy: The doctor inserts a small tube through the nose or mouth into the lungs. A tissue sample is extracted and tested.

Sources: <http://www.lungcancer.org/>

DIABETES

What is Diabetes?

Type 1 Diabetes is a chronic condition in which the pancreas produces little or no insulin, a hormone needed to allow sugar to enter cells and produce energy.

Type 2 Diabetes is a chronic condition that affects the way your body metabolizes sugar. Your body either resists the effects of insulin or doesn't produce enough insulin to maintain normal glucose levels.

Symptoms

Increased Thirst

Frequent Urination

Increased Hunger

Weight loss

Fatigue

Blurred vision

Slow healing sores/Frequent Infections

Areas of Dark Skin

Sources: <http://www.mayoclinic.org/>

Pancreatic Cancer Awareness

What is a Pancreas?

The pancreas is a gland that is located in the abdomen. It is about six inches long. The duty of the pancreas is to help with digestion. The pancreas produces enzymes, and other secretions. Collectively they are referred to as pancreatic juice. The enzymes and juices work with other parts of your body to digest fats, proteins and carbohydrates

Symptoms

Unfortunately there are rarely symptoms of pancreatic cancer in its early stages. Unexplained weight loss or gain, jaundice, abdominal pain occurs when the cancer is advanced. Weakness, fatigue and depression may occur at any time. Patients who are advanced with pancreatic Cancer sometimes experience fluid in their abdomen. This is called ascities. If you are experiencing any of these symptoms please consult a doctor. These symptoms are common with other medical issues. It is important to receive an accurate diagnosis.

Treatment

Surgery, Radiation therapy, Chemotherapy Targeted therapy/and or palliative therapies. Some use a combination of the above listed therapies. Others use them in combination with holistic Medicines. Consult your doctor.

Sources: <https://www.pancan.org>

Adoption Awareness Month

November is National Adoption Month!

Adoption Myths

Myth: Foster care adoption may cost less than private infant or international adoption. It is expensive.

Fact: Foster care normally cost little or nothing.

Myth: A single parent can't provide a healthy environment for an adopted child.

Fact: The number of single parent homes in 2012 was 28%

Myth: No person 55 or over can provide a healthy and loving home for an adopted child.

Fact: 1 in 4 adopted children have a 55 or older adoptive parent.

Not ready to adopt

Volunteer or Mentor. Join the Big Brothers Big Sisters.

Bbbs.org

There are plenty of mentoring opportunities. Take a look at The National Foster Care and Adoption Dictionary to contact a local agency.

Donate to help a foster child pay for college

FosterU.org

Source: Davethomasfoundation.org

Adoptuskids.org