



CAMcare Health Transformation Newsletter: March 2022

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The "Inspiration Station"



March holds two things that bring us opportunity to be optimistic! These two things are intertwined and are partners in New beginnings. What are these two things you might ask.. they are the **beginning of Spring** and **Day Light savings time!** Although some may grimace at the thought of "longer days" and a possible influx of allergies, there is room for positivity that correlates even to our daily work day.

For some context..

Benjamin Franklin jokingly recommended people get out of bed earlier in the morning to *minimize the use of candles and lamp oil*. In 1895, **George Hudson**, an entomologist from New Zealand, proposed a *two-hour time* shift so he'd have more after-work hours of sunshine in the summer. Hudson suggested moving clocks ahead two hours in October and then a *two-hour shift* back in March. In 1905, **William Willett**, a British builder, suggested moving clocks ahead **20 minutes** every Sunday in April and then setting them back every Sunday in September. That's eight time changes every year!

It was during World War I that daylight saving time was first practically used. In 1916, locations within the German Empire set clocks ahead **one hour** in an effort to *use less power for lighting and to save fuel* for the war effort. During World War II, **President Franklin Roosevelt** re-established the idea of daylight saving time. It was called "War Time." In 1966, the Uniform Time Act of 1966 established the idea of regulating a yearly time change. During the 1973 oil embargo, the United States Congress ordered a year-round period of daylight saving time to *save energy*.

Through the years the pattern is clear: **Make the best use of the light you have!**

As healthcare workers, it is often hard to see the point in the intricate pieces of our work. At times, longer hours or increase in patients can seem bothersome! Lets **SPRING FORWARD** knowing our light is not in vain. We are the beacons of hope in communities that sometimes seem hopeless. Things may look dark and unchanging, and sleeping hours may be shorter but we have more days to enjoy!

-Whitney Allen, MHA

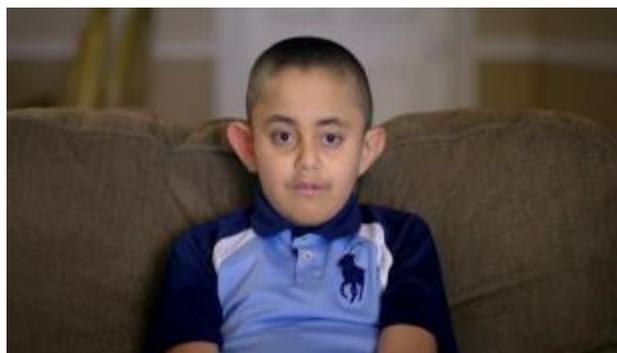
(Historical information taken from "A Short History on Daylight Savings Time by Chief Meteorologist Gary Stephenson, March 2021)

Health Awareness: March 2022

In March, we bring awareness to National efforts to support those suffering from **Bleeding Disorders, Colorectal Cancer, Endometriosis and Kidney Disease!** Please take a few moments to watch these informative clips on each awareness. Below you will find links to websites for more information on how **YOU** can be a conduit of awareness and change!



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<https://sway.office.com/7cBEZZqt9EjoP3Yx#content=9Uyjc4xjlGldEB>



<https://sway.office.com/7cBEZqt9EjoP3Yx#content=wwBkdEcVP6mrDs>



<https://sway.office.com/7cBEZqt9EjoP3Yx#content=P9IT4Xe1YEZnU5>

[Bleeding Disorders Awareness Month](#)

[National Colorectal Cancer Awareness Month](#)

[National Endometriosis Awareness Month](#)

[National Kidney Month](#)

"Flossie's Corner": CAMcare Events, Communication and Marketing



Lacisha "Flossie" Laws- Communications Manager

Luis Lopez -Outreach Coordinator

CAMcare Health Corporation is excited to participate in several community based initiatives each month! In February, CAMcare sponsored "**Boosters and Bingo**" in which residents were given booster

shots while having loads of fun in a safe way! A huge CAMcare thank you to our Administrative Leaders and Community Partners for supporting our efforts!

Our Annual **Give Kids a Smile** Efforts in February were very successful! The children had an opportunity to meet the Horizon NJ Health Mascot "**NJ**" and have fun learning about dental health! As always, none of these events would be possible without the hard work and diligence of the CAMcare family!

In March, CAMcare will host several events throughout the month for "Read Across America", Women's History, National Nutrition Month and Colorectal cancer Awareness! Our first **Read Across America** Event was fantastic fun! It would not have been possible without the diligence and support of our New DON Melanie Berthot and Rosalie Nieves of Amerigroup Anthem!

Let's keep working together and making a positive difference within and around our communities!





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Did you know?-Women's History



Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982 as "Women's History Week." Throughout the next five years, Congress continued to pass joint resolutions designating a week in March as "Women's History Week." In 1987 after being petitioned by the National Women's History Project, Congress passed Pub. L. 100-9 which designated the month of March 1987 as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, presidents have issued a series of annual proclamations designating the month of March as "Women's History Month." These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields.

We celebrate all the women who have made history for us and paved the way for the women of today to make history for the current and next generation!





*A strong woman looks a
challenge dead in the eye and
gives it a wink*





STAY CONNECTED TO CAMCARE!



To stay up-to-date with what's happening or upcoming at CAMcare, follow the organization's social media accounts if you are not already following!

Visit us on [Facebook](#), [Instagram](#), [Twitter](#) & [Web](#)