



**YOUR ACTION IS NEEDED
CONTACT YOUR LOCAL REPRESENTATIVES.....
IT COULD MEAN MORE MONEY IN YOUR POCKET!!!**

The State of Minnesota has a 1.9 billion dollar surplus. Budget targets will be put together next week, so **please contact your legislators this week.** Urge them to prioritize people with disabilities, older Minnesotans and their caregivers/direct support professionals this legislative session by supporting The 5% Campaign's bills (HF 564 and SF 646).

Below are sample messages you can send to your representatives and Gov. Dayton in support of raises for PCA's:

- As someone who (provides support to a person with a disability or older Minnesotan/someone who receives services/a family member/a provider), I am disappointed that funding for Home and Community-Based Services was left out of Governor Dayton's proposed budget.
- **I hope the legislature will prioritize people with disabilities, older Minnesotans, and their staff when they release their budget proposals.** A 5% rate increase in 2015 and 2016 is an investment in the quality of life for people who receive services, their families, and the caregivers who support them.

Be specific: what would a 5% increase mean to you, your family, your loved one?

- PCA services allow people with disabilities and older adults to live as independently as possible in the community, develop strong job skills, gain professional experience, find employment opportunities, and more.
- Past budget cuts, freezes, and economic stagnation have produced significant challenges including high caregiver turnover. Even with the 5% increase last session, rates remain far behind the pace of inflation.



Prescription Drug Drop Off Program



Dakota County now offers 11 drop off sites through its Prescription Drug Drop-Off Program. Residents are encouraged to drop off unused or expired prescription drugs and any medications purchased over-the-counter, at local police departments across the county or the Dakota County Sheriff's office in Hastings. Drop boxes are accessible 24 hours a day, seven days a week. No identification is required and no questions will be asked.

Residents are asked to keep medicines in their original container and place them in a sealed, clear plastic bag. Pills can remain in their blister packs. Use a marker to cross out your name on the medicine containers. Place medicine that is no longer in its

original container in a clear plastic bag and write the name of the medicine on the bag.

Medicines from households are accepted in any form, including prescription, over-the-counter, and pet medications. Medicines from businesses are not accepted.

Needles, sharps or fever thermometers will not be accepted. They can be disposed of at The Recycling Zone, 3365 Dodd Road in Eagan.

Properly disposing of medicines is important to prevent abuse or poisoning and to protect the environment. Prescription and over-the-counter medications are powerful drugs that, when abused, can be just as dangerous as street drugs. Be sure teens know

that the risks of taking these drugs far outweigh any "benefits." It is illegal to use a prescription that is not written for you. Over-the-counter medications and prescription drugs can pollute waters and be harmful to humans, fish, and other wildlife when disposed of improperly. Do not flush medications down the toilet or place in the trash.

In 2014, more than 6,668 pounds of medications were collected through the program.

- Drop-offs close to you, include:**
- Burnsville Police Department**
 - Farmington Police Department**
 - Lakeville Police Department**
 - Apple Valley Police Department**
 - Rosemount Police Department**



Katie Moore has been selected for Superior Home Care's Employee of the Month for April 2015. Katie has been a PCA with Superior Home Care for 3 years. We are grateful for her hard work and dedication.

THE MINNESOTA LANDSCAPE ARBORETUM

The handicapped accessible Minnesota Landscape Arboretum offers a wealth of exciting programs on a wide range of topics. Whether you are looking to paint with watercolors, cook with the latest techniques, nurture your green thumb, create picturesque flower arrangements, capture nature's beauty through a lens, or simply walk and learn, the Arboretum offers it all.

The Minnesota Landscape Arboretum features 1,137 acres of natural areas, public gardens and thousands of plant labels designed to inspire ideas for visitors' own backyards. With specialty gardens, demonstration areas, and more than 5,000 plant species and varieties, the Arboretum has become one of the premier horticultural field laboratories and public display areas in the country.

Natural habitats and native plants abound at the Minnesota Landscape Arboretum. Discover the bog at Green Heron Pond, an "off the beaten track" nature experience featuring a half-mile trail and refurbished boardwalk. Stand in the Prairie and hear the sounds of swishing grass and birdsong. Visit Spring Peeper Meadow, a wetland restoration project that is now home to almost two dozen species of sedge, grass and wildflowers. Find native plants of the deciduous woodlands in the Wildflower Garden, including Minnesota's state flower, the Showy Lady's Slipper.

Free admission Thursdays all day: November through March. Free every third Thursday of the month after 4:30 PM April through October. Free parking all year long. The Arboretum is located 4 miles west of Chanhassen on Hwy. 5.

This is a beautiful place to bring a picnic lunch and enjoy the great outdoors. You will be glad that you made the trip.

Contribution by James H. (client)



Is it time to consider *DIRECT DEPOSIT*?

Benefits include:

- Timely depositing of checks
- Reduced time required for checks to clear
- Your check is safer
- You save a trip to the bank
- You can allocate your check directly to multiple accounts
- You may qualify for free checking

If you are interested in using Direct Deposit, please contact our offices for the required paperwork.



Remember, no one can make you feel inferior without your consent.
- Eleanor Roosevelt -

Submitted by Sandy (Client)

APRIL BIRTHDAYS



01 - Jaben	15 - April
01 - Joni	15 - Greg
01 - April	16 - Qing
01 - Shelly	16 - Orion
02 - Laura	16 - Chelsea
03 - Natalia	17 - Carlotta
03 - Lynn	19 - Doug
03 - Ang	20 - Bonnie
03 - Monica	20 - Barb
03 - Emmanuel	22 - Brenda
03 - David	22 - Carol
05 - Mackenzie	22 - Patricia
05 - Deborah	22 - Kiz
05 - Michelle	22 - Adam
07 - Dana	23 - Crystal
07 - Eman	24 - Melissa
07 - Natalie	24 - Tracy
08 - Benita	25 - David
08 - Sydney	25 - Megan
09 - Karen	25 - Jessica
10 - Pamela	26 - Maria
10 - Terralyn	27 - Jeanne
11 - Daniel	28 - Lauren
13 - Jennifer	28 - Stacey
13 - Angel	28 - Renee
14 - Deloris	30 - Margaret
15 - Ellise	30 - Cindy
15 - Emily	30 - Janet

Belated Happy Birthday wishes to
Tamara on March 16th!!



SUPERIOR HOME CARE

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