

February is American Heart Month

Heart disease and stroke are the first and fourth leading causes of death in the United States. Heart disease is responsible for 1 of every 4 deaths in the country. For some groups, such as African Americans, the burden is even greater. The good news is that heart disease and stroke can be prevented, and February—American Heart Month—is a great time to refresh your memory on the small but important actions you can take.

How can you reduce your risk? One way is to **know your ABC'S**:



A Ask your health care provider about taking **A**spirin.

B Make control your goal: if you have high **B**lood Pressure, work with your health care provider to get it under control. High blood pressure is one of the leading causes of heart disease and stroke. One in three American adults has high blood pressure—that's about 70 million people. Unfortunately, less than half of people with high blood pressure have their condition under control. Work with your health care team to find out if you have high blood pressure. If you do, take steps to reduce it by getting active by exercising for at least 30 minutes most days of the week and eating a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fats, and cholesterol. Follow your health care provider's instructions when it comes to taking medicines or measuring your blood pressure at home.

C Find out how to best manage high **C**holesterol. High cholesterol affects 1 in 3 American adults. Getting a simple blood test is the only way you can know if you have high cholesterol. Your doctor can suggest steps you can take to prevent high cholesterol or to reduce your levels if they are high.

S Stop **S**moking—or don't start. Cigarette smoking greatly increases your risk for heart disease. If you're a smoker, quit as soon as possible, and if you don't smoke, don't start.

Superior Home Health Care Update

Our sister company, Superior Home Health Care, has made some important changes in the last month. Because our names are so similar, this has caused some confusion.

Some of Superior Home Health Care's clients were served under their Medicare privileges; that part of their business was discontinued and those clients have been transitioned to other providers. Many of SHHC's other clients were, and will continue to be, served under their Minnesota Comprehensive Home Care license; this includes home care nursing.

These changes do not affect Superior Home Care. We will continue to provide PCA and Respite services.

Hi all, I hope you were all able to stay warm during our January deep freeze!! I sure do not like venturing out in the cold unless I have too. One thing I do really enjoy doing (even in the colder than a deep freezer state of Minnesota) is going to the movies. It is an event I have enjoyed since I was a young boy. This month I'm going to share with you my favorite place to watch movies on the big screen: Marcus Theatres Rosemount Cinema. It is located at 15280 Carrousel Way, Rosemount, MN 55068. They have dream loungers (like a recliner) in every auditorium as well as stadium seating and handicap accessible seating. The best part of this theater is the special offers like \$5 movies EVERY Tuesday. You can buy your ticket and book your seat online (small service charge per ticket) so you know you get the best seat in the house or you can walk in to the theater early and buy your ticket and pick your seat. They are also offering a Kids Dream Winter Film Series that runs Fridays, Saturdays and Sundays February 5 - March 20, 2016 at 10:00AM. Admission to these special viewings are only \$3 a ticket, popcorn \$2.75 and fountain drinks \$2.75. Visit marcustheatres.com for all shows and show-times. Stay warm!!



Submitted by Jim (client)

February Birthdays



- | | |
|----------------|-----------------|
| 01 - Jeremy | 13 - Janel |
| 02 - Kris | 14 - Judy |
| 02 - Deborah | 15 - Erica |
| 02 - Monica | 15 - Kim |
| 02 - Katherine | 19 - Robert |
| 04 - Angela | 19 - Tina |
| 04 - Amanda | 21 - Connie |
| 04 - Bryanne | 21 - Mary |
| 05 - Yandel | 22 - Jayden |
| 05 - Lynda | 22 - Joshua |
| 05 - Tracy | 22 - Moriah |
| 06 - Susan | 22 - Brooke |
| 08 - Skye | 24 - Paul |
| 09 - Deborah | 24 - Angela |
| 10 - Lois | 25 - Eng |
| 10 - Jake | 26 - LaDonna |
| 12 - Deborah | 27 - Marissa |
| 12 - Christine | 28 - Shauntrell |
| 13 - Paula | |



did you know?

Minnesota law clearly states that "motorists must treat every corner and intersection as a crosswalk, whether it's marked or unmarked, and drivers must stop for pedestrians."

Tongue Twister...
 "How much ground would a groundhog grind if a groundhog could grind ground?"

Did you know...
 The world's smallest dog is the Chihuahua, which means "tiny dog in the sky."



Submitted by Sandy (client)

"Away in a meadow all covered with snow
 The little old groundhog looks for his shadow
 The clouds in the sky determine our fate
 If winter will leave us all early or late."

- Don Halley -

Submitted by Sandy (client)



Samantha Payne has been selected for Superior Home Care's Employee of the Month for February 2016. Samantha has been a PCA with Superior Home Care for 1 year. We are grateful for her hard work and dedication.



ACCREDITED BUSINESS



SUPERIOR HOME CARE

10597 165th Street West, Lakeville, MN 55044
 Phone: 952-898-4911 Fax: 952-898-3088
 Email: info@superiorhomecare.org