

Disappointing end to the 2015 Legislative Session

5/18 marks the last official day of the 2015 legislative session, and while a final budget agreement between Governor Dayton, the House and the Senate is still pending, we now know that there will not be a rate increase for Home and Community-Based Services. In the end, health and human services projected spending for the next two years (starting July 1, 2015) was reduced by \$300 million leaving a number of requests without additional funds.

The lack of a rate increase in 2015 is a huge disappointment that can't be sugar-coated. Grassroots advocates like you wrote letters, made phone calls, sent postcards, and showed up to the Capitol by the thousands in support of The 5% Campaign. The amount of time spent, personal stories shared and dedication that direct support professionals, self-advocates, family members and others showed on behalf of The 5% Campaign has been nothing short of remarkable and inspiring. And while it may not always feel like it, your advocacy **IS** making a difference.

The 5% Campaign thanks you..... Whether it was by coming to the Capitol for rally days, contacting your legislators by mail or email, sharing your story on social media, hosting your legislator for a site visit, or attending a town-hall meeting, **you helped to increase awareness of the workforce crisis within long-term care and helped position Home and Community-Based Services for an increase next year.** We are so grateful for your strong advocacy and ongoing support.



Clients Beware: We have had several phone calls from clients informing us that someone came to their home and said they were from SHC but were really representing the Union. We have been told by the police to have you call them immediately so they can arrive before they leave. It is illegal to say you are from SHC (or any company) when in fact you are not from that company at all.

Teen medicine abuse is an epidemic - one that is not poised to get better

More teens are abusing prescription medicine than ever. One in four teens has misused or abused a prescription drug at least once in their lifetime. But did you know that some teens are abusing legal products, like cough medicine, to get high? Cough medicine abuse is taking large doses of cough medicine to get high. The "high" is caused by taking a large amount of dextromethorphan, which is often abbreviated DXM, a common active ingredient found in many cough medications. This sort of abuse can be very dangerous.

Parents don't always recognize their kids might be using drugs. Changes that are sudden or extreme may be a warning sign. Here are some other signs your teen could be using drugs: change in friends, eating, sleeping patterns, physical appearance and hygiene, declining grades, loss of interest in hobbies, hostile and uncooperative attitude, unexplained disappearance of household money, empty drug or medicine containers or drug paraphernalia.

Kids who learn about the dangers of drugs and alcohol early and often are much less likely to develop addiction than those who do not receive these critical messages at home. Parents should talk often, listen regularly and communicate clearly. Safeguard your medicine, count and monitor the number of pills you have and lock up your medicine. Dispose properly of your unused medicine. Educate yourself and share what you know.

If you think your child has a problem with prescription drugs or over-the-counter cough medicine, please call the Parents Toll-Free Helpline to speak to a parent specialist at 1-855-DRUGFREE (1-855-378-4373) or visit The Partnership at Drugfree.org. Thank you for doing your part to help end the medicine abuse epidemic.



Marie Hill has been selected for Superior Home Care's Employee of the Month for June 2015. Marie has been a PCA with Superior Home Care for 1 year. We are grateful for her hard work and dedication.

*Happy Father's
Day*



to all our terrific dads!

SUMMER OUTINGS

Most farmers markets open up the first week in June. You can use your EBT card at some of them and they will match dollar for dollar up to \$5. As you know, fresh produce is the best for you!

You can find a farmers market somewhere in the area just about any day of the week. Here are a few local listings: Tuesday - Apple Valley and Hastings, Wednesdays - Lakeville and the MN Zoo, Thursday - Burnsville and Farmington, Sunday - Savage and Inver Grove Heights. Saturday seems to be the biggest day for the markets: Richfield, Prior Lake, Burnsville, Lakeville, Apple Valley, Bloomington and Hastings. You can visit the Minneapolis farmers market 7 days a week. You can find all the locations in the Minnesota Grown Directory. You can also go to their website which is www.minnesotagrown.com.

If you like fishing, the month of June has four lovely outings through Capable Partners. Starting with June 6th, there is fishing at Prior Lake, contact Terry Hanson at 763-535-9603. I hear walleye fishing is excellent there! On June 7th, musky fishing on Lake Minnetonka, contact Rod Guthier at 952-888-6494. June 12th, is Lanesboro Trout Fishing, contact Evan Newton at 952-831-6758. Last but not least, June 13th is fishing on Lake Mille Lacs, contact Violet Foster at 763-444-4427. I hope this helps you find a few handicap accessible things to do in the month of June. Once again, if you haven't tried Capable Partners, you don't know what you're missing because they take very good care of people with disabilities in our community.

Submitted by James (Client)

COMMUNITY SUMMER HAPPENINGS

Burnsville Events

Friday Night Flicks on the Bricks
Nicollet Commons Park,
12550 Nicollet Ave.

Seating begins at 7:30 pm

June 5: Alexander and the Terrible,
Horrible, No Good, Very Bad Day (PG)

June 19: Maleficent (PG)

July 10: Bears (G)

July 24: Earth to Echo (PG)

Aug. 7: Finding Nemo (G)

Aug. 21: Dolphin Tale 2 (PG)

Apple Valley - "Concerts in the Park"
Fridays, June 5-August 7 (no July 3
concert)

6:00-9:00 pm at Kelly Park, Galaxie
Avenue



CONGRATULATIONS
to the
2015 Graduates!

Community Tips from Project Explore - some ideas to help save money:

- Regal 16 Theatre in Eagan provides free movie tickets to staff escorting consumers to the movies. Staff must show a current pay stub to get a discount.
- Science Museum of St Paul offers discounted admission fee for museum and Omni shows for consumers and free escort pass for staff.
- Nickelodeon Universe provides a free wrist band to staff escorting consumers on the rides. Go to guest services for assistance.
- Minnesota Zoo provides 50% discount for consumers and a discounted admission fee for staff.
- Sea Life Minnesota Aquarium- Mall of America provides free ticket to staff escorting consumers
- Consumers needing a fishing license can apply for a permanent lifelong license by calling the Minnesota DNR at 651-296-6157.

JUNE BIRTHDAYS



01 - Aydann	13 - Darren
01 - June	14 - Alexa
01 - Brenda	14 - James
01 - Leila	15 - Isaiah
01 - Emily	15 - Phylcia
02 - Peach	15 - Arianna
02 - Krista	16 - Tamara
02 - Absar	18 - Brennen
03 - Mason	18 - David
03 - Ben	18 - Jeanika
03 - Liana	19 - Molly
03 - Kristen	19 - Abigail
04 - Cynthia	19 - Melissa
04 - Elisabeth	20 - Judith
04 - Christopher	20 - Uriah
04 - Lisa	21 - Ettah
04 - Joanne	21 - MegAnne
04 - Jessica	21 - Laura
05 - James	21 - Dorene
05 - Mindy	22 - Mary
06 - Genevlyn	22 - Alexandria
06 - Afshan	23 - Carla
07 - Tiffani	23 - Robin
08 - June	23 - Pamela
09 - Preston	24 - Maria
09 - Eric	25 - Cayla
09 - Dorothy	25 - Noah
10 - Bernice	25 - Donald
10 - Carly	26 - Chandrowtee
10 - Leah	26 - Elizabeth
10 - Amanda	26 - Lauren
11 - Sandra	26 - Nicole
11 - Michelle	28 - Julie
12 - Amanda	28 - McNamara
12 - Angela	28 - Mandi
13 - Gretchen	28 - Thomas
13 - Preston	

Did you know..... There's a funny way to cure hiccups: the person with hiccups and another person attempt to connect index fingers without actually touching. *Submitted by Sandy (Client)*



ACCREDITED
BUSINESS



SUPERIOR HOME CARE

10597 165th Street West, Lakeville, MN 55044

Phone: 952-898-4911 Fax: 952-898-3088

Email: info@superiorhomecare.org