

New law offers immunity for life-saving call

An amendment to Minnesota's Good Samaritan Law now offers immunity to those who summon medical help for someone who has overdosed on an illegal narcotic.

As of July 2014, a person who seeks medical assistance for someone who is in a medical crisis because of an overdose cannot be prosecuted for possession of drugs or drug paraphernalia if found as a result of that person seeking help. The overdose victim is protected from prosecution as well. This new law will save lives. An overdose can occur no matter the person's tolerance level, experience with the drug, or amount taken, and it can be lethal, if untreated.

EMS ambulances carry naloxone, a non-addictive prescription medication that reverses opioid drug overdose. But to avoid a fatality, medical personnel need to be called quickly. That's the only way to reduce opioid fatalities.

The primary cause of death is respiratory depression. Once enough time has elapsed, the insult to the brain is too great. Time is critical. The longer someone waits to call for help, the more likely the patient is to die.



WELCOME

We would like to introduce our new office employees. Mary H. is our new receptionist/administrative assistant. Pat S. will be filling in as a supervisor for the PCA's and will be doing some home visits. Please be patient while they learn their new duties. Both Mary and Pat have many years of experience in their field, and we are delighted to have them join our team.

MARCH 8, 2015
IS DAY LIGHT SAVINGS TIME.
SET YOUR CLOCKS AHEAD
ONE HOUR!



Take action to stop distracted driving

Distracted driving is a serious issue. According to the Minnesota Office of Traffic Safety, distracted driving is a contributing factor in 25 percent of highway crashes, resulting in at least 70 deaths and 350 serious injuries. Some tips to avoid distracted driving include:

Cell phones

Turn off cell phones, or place them out of reach to avoid the urge to dial or answer.

Eating and drinking

Try to avoid food/beverage, at least messy foods, and be sure food and drinks are secured.



Children

Teach children the importance of good behavior in a vehicle; do not underestimate how distracting it can be to tend to children while driving.

Music and other controls

Pre-program favorite radio stations for easy access and arrange music in an easy-to-access spot. Adjust mirrors and heat/AC before traveling, or ask a passenger to assist.

Navigation

Designate a passenger to serve as a co-pilot to help with directions. If driving alone, map out destination in advance, and pull over to study a map.

Passengers

Speak up to stop drivers from distracted driving behavior. When making/receiving a call, ask if the person is driving. If so, ask them to call back at a safer time.



Jackie Lorentz has been selected for Superior Home Care's Employee of the Month for March 2015. Jackie has been a PCA with Superior Home Care for four years. We are grateful for her hard work and dedication.

Minnesota National State Parks

Are you a person who is interested in the outdoors and likes seeing new fantastic sites?! Well then visiting one of the Minnesota National State Parks is for you! There are 6 national parks around Minnesota.

The closest park is in the Twin Cities metro area on the Mississippi River. The 72 mile river park offers fishing, boating, and canoeing. There are also spots to birdwatch or hike and many other outdoor activities. To contact this resort, call 651-290-4160.

In Grand Portage, MN there is a national monument that explains the history of the Ojibwe people along with the North West Company of the North fur trade. To contact Grand Portage, call 1-218-475-0123.

In Pipestone, MN, this is where the American Indians used carved pipestones for sacred prayer. Things to do there: explore museums, interpretive programs, cultural demonstrations, and watch "Pipestone: An Unbroken Legacy," a 22-minute film. Entrance fees are \$3 per person 16 and up which is valid for 7 days. There is lodging close to this national park as well. The number to contact Pipestone National Monument is 1-507-825-5464.

Between Minnesota and Wisconsin lies the St. Croix National Scenic Riverway. You can choose to boat, fish, canoe, and even camp there. All you would have to do is call and find out how they could accommodate your specific conditions. This beautiful campsite is wonderful in the spring and summer because of the scenic views and wildlife. To contact them, call 1-715-483-2274.

There are plenty of things to do at each of these National Monuments and Parks, all you have to do is inquire based on your interests! To learn more visit: <http://www.nps.gov/state/mn>

Contribution by James H. (client)



St. Patrick's Day Fun Facts:

- Corned beef and cabbage is a traditional dish.
- The very first St. Patrick's Day parade was not in Ireland. It was in Boston in 1737.
- Lime green chrysanthemums are often requested for St. Patrick's Day parades and celebrations.
- There are 34.7 million US residents with Irish ancestry. This number is more than 7 times the population of Ireland itself.
- 9 of the people who signed our Declaration of Independence were of Irish origin, and 19 Presidents proudly claim Irish heritage - including our first President, George Washington.
- The color green is also commonly associated with Ireland, also known as "the Emerald Isle".
- Many bars in the US and abroad, serve green beer to celebrate St. Paddy's Day.
- Shamrocks are worn on the lapel on this day.

Wearing headphones for just an hour will increase the bacteria in your ear by 700 times.

Submitted by Sandy (Client)

MARCH BIRTHDAYS



01 - Elaine	16 - Roy
02 - Cheryl	19 - Myra
03 - Zachary	20 - Brandon
03 - Kay	20 - Lois
03 - Jaiden	21 - Randy
05 - Susan	22 - Mary
05 - Jahan	23 - Andrew
06 - Ashlyn	23 - Mary
06 - Mary	23 - Marian
07 - Wiley	24 - Scott
07 - Jondah	24 - Patricia
08 - Miranda	24 - Nicholas
09 - Emily	24 - Yachin
09 - Shirley	25 - Julian
11 - Alexa	25 - Jaci
12 - Nieves	26 - Ali
12 - Sherman	27 - Debra
13 - Mariah	28 - Kaylin
13 - Anastasiya	28 - Nevaeh
13 - Dong	28 - Adeline
13 - Kaylee	28 - JoEllen
14 - Lisa	29 - Krisann
14 - Angelica	30 - Nanu
14 - Keryn	30 - Ina
16 - Katelyn	31 - Myiion

I never think of the future. It comes soon enough.

- Albert Einstein



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