

JUNE 2014 NEWSLETTER

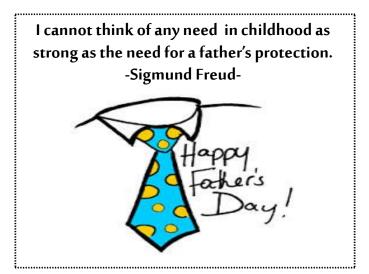
Time Off Requests for Summer PCAs are required to give 4 weeks notice for time off.

With summer upon us, we would like to remind everyone of our policy regarding time off requests.

Traditional clients can expect our agency to do our very best to find coverage when their PCA has appropriately requested time off. However, it may be necessary for you to depend on your emergency back-up caregivers when we are unable to find replacements, despite our best efforts.

Choice clients are responsible for finding their own replacements when their PCAs request vacation days.

All clients and PCAs need to realize that summer scheduling can be especially challenging and will require an extra measure of respect and courtesy by all parties involved.



Pay Increase

The legislation has approved a 5% increase for all homecare workers. This bill is on Governor Dayton's desk for approval. Hopefully this increase will be signed and become effective by July 1, 2014.



2014 Special Olympics USA Games

Opening Ceremonies Sunday, June 15

More than 3,500 Special Olympics athletes from throughout the United States will compete in 16 Olympic-style team and individual sports, with the support of 1,000 coaches, 10,000 volunteers and 70,000 family, friends and spectators in the 2014 Special Olympics USA Games. The games will be hosted by New Jersey, June 14-21.

This year's event is the largest and most diverse of its kind ever, not only showcasing the athletes competing, but also serving as a platform to expose to the largest media and brand audience possible all that Special Olympics does for the love of thousands. . . programs in education, health and community building that have had transformative powers not just to those competing but to their families and friends and millions who know of the movement from what they have heard and witnessed over the years.

> Life isn't about getting and having, it's about giving and being. -Kevin Kruse-



Karina Buckingham has been selected for Superior Home Care's Employee of the Month for June, 2014. Karina has been a PCA with Superior Home Care for one year. We are grateful for her hard work and dedication.



Housekeeping Hazards

Housekeeping activities can put you at risk for strains and sprains.

Making beds

Risk factors:

- Awkward postures like bending over while reaching forward to tuck in the sheets.
- Gripping with force like using a pinch grip when pulling up the sheets.

Safe work practices:

Avoid bending forward. Bend your knees, not your back. Walk around the bed rather than reaching over it. If you must work from one side, keep one hand on the bed for support.

Cleaning

Risk factors:

- Awkward postures like bending over or kneeling, or reaching overhead for a long time.
- Static postures with force like scrubbing while bending or reaching.

• Contact stress — like kneeling on hard surfaces. Safe work practices:

Use cleaning equipment with long handles for hard-toreach areas. If kneeling, place a folded towel under your knees to avoid the pressure.

Doing Laundry

Risk factors:

- Awkward postures like bending forward and twisting when loading and unloading the washer and dryer.
- Gripping with force like lifting laundry with a pinch grip which increases the force required by the muscles in your hand and forearm.

Safe work practices:

Carry loads you can manage comfortably. Don't twist your body while lifting. Follow your feet and move side-toside. Avoid bending forward. Flex your knees when reaching into the washer or dryer. Use a power grip rather than a pinch grip when handling laundry. Fold clothes at a comfortable height. Your shoulders should be relaxed.



15—Phylicia 15—Teresa

18—Jeanika

18—Brennen

18—David

19—Molly

20—Judith

20—Uriah

20—Patrick

21—Dorene

21—Etta

23—Carla

23—Robin

23—Erick

21—MegAnne

22—Shannon

19—Abigail

20—Meghan

- 01—Leila
- 01—June 02—Peach
- 02—I each 02—Ben
- 02 Den 03—Mason
- 03—Liana
- 03—Kristin
- 04—Jessica
- 04—Cynthia
- 04—Elisabeth
- 04—Katheryn 21—Tabitha
- 04—Mykayla
- 05—James
- 07—Joseph
- 08—Mary
- 08—Avery
- 09—Eric
- 09—Taya 10—Melissa

10—Leah

10—Carly

- a 25—Donald
 - 25—Noah
- 10—Amanda 26—Chandrowtee
 - 26—Elizabeth
- 11—Sandra 27—Hailey
- 11—Michelle 28—Mandi
- 12—Angela 28—Lise
 - 28—Julie
- 13—Gretchen
- 13—Preston

13—Darren

