

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.

I cannot think of any need in childhood as strong as the need for a father's protection.

-Sigmund Freud-



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-to-reach 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-to-side. 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.

June Birthdays



01—Leila	15—Phylicia
01—June	15—Teresa
02—Peach	18—Jeanika
02—Ben	18—Brennen
03—Mason	18—David
03—Liana	19—Molly
03—Kristin	19—Abigail
04—Jessica	20—Judith
04—Cynthia	20—Meghan
04—Elisabeth	20—Uriah
04—Katheryn	20—Patrick
04—Mykayla	21—Tabitha
05—James	21—Dorene
07—Joseph	21—MegAnne
08—Mary	21—Etta
08—Avery	22—Shannon
09—Eric	23—Carla
09—Taya	23—Robin
10—Melissa	23—Erick
10—Leah	25—Donald
10—Amanda	25—Noah
10—Carly	26—Chandrowtee
11—Sandra	26—Elizabeth
11—Michelle	27—Hailey
12—Angela	28—Mandi
13—Darren	28—Lise
13—Gretchen	28—Julie
13—Preston	



SUPERIOR HOME CARE

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