

## People With 'Invisible Disabilities' Fight For Understanding

The term *invisible disabilities* refers to symptoms such as debilitating pain, fatigue, dizziness, cognitive dysfunctions, brain injuries, learning differences and mental health disorders, as well as hearing and vision impairments. These are not always obvious to the onlooker, but can sometimes or always limit daily activities, range from mild challenges to severe limitations, and vary from person to person. For those who struggle with an invisible disability, occasional hospital stays and surgeries are not the hard part. Everyday activities can be more difficult. People who live with invisible disabilities face particular challenges in the workplace and in their communities.

It's that invisible nature of an illness that people don't understand. When they see someone in a wheelchair, OK, they get that they're in a wheelchair. But what if they have chronic pain, what if they have PTSD — anything from cancer to peripheral neuropathy to autism?

It is hard to pinpoint the number of Americans with an invisible disability, but it's estimated there are millions. The severity of each person's condition varies, and the fear of stigma means that people often prefer not to talk about their illnesses. Others are comfortable being vocal about their disability. They hope by discussing their own experiences, it will help boost understanding, but they acknowledge invisible disabilities can be hard to fathom — especially when so many people who live with it seem, outwardly at least, to be just like everyone else.

Unfortunately, people often judge others by what they see and often conclude a person can or cannot do something by the way they look. This can be equally frustrating for those who may appear unable, but are perfectly capable, as well as those who appear able, but are not. The next time you see someone park in disabled parking not using a wheelchair or cane, they may have a "invisible" disability.

### PCA Policy Reminders.....

- When a client is hospitalized or in a rehab facility, the PCA and/or Homemaker is not authorized to work with their client.
- Clients receiving PCA services must accompany their PCA on all errands and outings. Clients receiving Homemaking services may have their worker run errands without them along.
- PCA's cannot work more than 40 hours a week.
- The state requires a new background check for any PCA who has not worked for Superior Home Care in the last 120 days. If you have not worked in the last 4 months or longer, please call Kris in HR to re-establish employment. You cannot work as a PCA without a valid background check.



April Showers



bring May Flowers

Please Notice This



Please notify Superior Home Care immediately if you have any changes to your address, phone number or e-mail. Call the office or send an e-mail to: [mary@superiorhomecare.org](mailto:mary@superiorhomecare.org)



Hello all again,

As always, Capable Partners has an event for anyone that is interested in doing a little spring hunting. There will be a Major Ave pheasant shooting with Capable Partners in Glencoe, MN on April 9th, 2016.

For more information, please call Greg Hance at 763-258-4293.

As the trees are starting to bud, a very special spot in Dakota County right on the border of Apple Valley and Eagan, is a large park named Lebanon Hills Regional Park. They have a lot of things to do. There are 14 miles of hiking and biking trails. There are even guided hiking tours that you can be a part of. However, Lebanon Hills Regional Park is not just for hiking. You can also go swimming, fishing on four lakes, have a bonfire, take your dog on walks, mountain bike the trails, canoeing, kayaking, and paddleboarding. Some other things that you can do are camping, having picnics, and most of all, enjoy being outside in the beautiful weather. If you are interested in fishing, they have beginner level courses available. If you have any questions or want more information, please call 952-891-7000.



Signing off for now,  
Jim (client)

## APRIL BIRTHDAYS



01 - Jaben	15 - Emily
01 - Joni	15 - Greg
01 - April	16 - Qing
01 - Shelly	16 - Orion
02 - Laura	16 - Chelsea
02 - Jess	16 - April
03 - Natalia	17 - Jaiden
03 - Lynn	19 - Barbara
03 - Ang	19 - Doug
03 - David	20 - Bonnie
03 - Paul	20 - Barbara
05 - Mackenzie	22 - Brenda
05 - Michelle	22 - Kiz
06 - Janet	24 - Melissa
07 - Jamie	24 - Sarah
07 - Eman	24 - Tracy
07 - Jevgenija	25 - David
08 - Benita	25 - Jessica
09 - Karen	26 - Tim
11 - Daniel	27 - Jeanne
11 - Kelsey	28 - Lauren
13 - Jennifer	28 - Renee
13 - Angel	30 - Janet
14 - Deloris	



### April Fools Day

*"The one day a year where all bets are off and pranks are to be expected"*



#### Some of the top hoaxes/pranks:

•**Taco Liberty Bell**— 1996: The Taco Bell Corporation took out a full-page ad that appeared in six major newspapers announcing it had bought the Liberty Bell and was renaming it the Taco Liberty Bell. Hundreds of outraged citizens called the National Historic Park in Philadelphia where the bell was housed to express their anger. Their nerves were only calmed when Taco Bell revealed, a few hours later, that it was all a practical joke. The best line of the day came when White House press secretary Mike McCurry was asked about the sale. Thinking on his feet, he responded that the Lincoln Memorial had also been sold. It would now be known, he said, as the Ford Lincoln Mercury Memorial.

•**Whistling Carrots**—2002: The British supermarket chain Tesco ran an ad in *The Sun* announcing the successful development of a genetically modified 'whistling carrot.' The ad explained that the carrots had been specially engineered to grow with tapered airholes in their side. When fully cooked, these airholes caused the vegetable to emit a "97 decibel signal" indicating they should be removed from the stove.

•**Sidd Finch**—The April 1985 issue of *Sports Illustrated* revealed that the New York Mets had recruited a rookie pitcher named Sidd Finch who could throw a baseball at 168 mph — 65 mph faster than the previous record. Surprisingly, Sidd Finch had never played baseball before, but he had mastered the "art of the pitch" in a Tibetan monastery. Mets fans couldn't believe their good luck and, accepting at face value the peculiarities of Sidd Finch's past, flooded *Sports Illustrated* with requests for more information. But in reality this amazing player only existed in the imagination of author George Plimpton, who had left a clue in the sub-heading of the article: "He's a pitcher, part yogi and part recluse. Impressively liberated from our opulent life-style, Sidd's deciding about yoga —and his future in baseball." The first letter of each of these words, taken together, spelled "H-a-p-p-y A-p-r-i-l F-o-o-l-s D-a-y — A-h F-i-b".

Life is really simple, but we insist on making it complicated. -Confucius-  
Submitted by Sandy (Client)

Did you know...

you can only see a rainbow if you have your back to the sun.



Submitted by Sandy (Client)



ACCREDITED  
BUSINESS



**Patricia Tellez** has been selected for Superior Home Care's Employee of the Month for April 2016. Patricia has been a PCA with Superior Home Care for almost 3 years. We are grateful for her hard work and dedication.



## SUPERIOR HOME CARE

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