

### **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. If you work more than 40 hours a week, you will be volunteering your time and will not be paid by SHC.
- 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 3 months or longer, please call Kris in HR to re-establish employment. You cannot work as a PCA without a valid background check.
- Responsible Party and PCA are required to be present on an Annual visit.
- Cell phone use for personal reasons is prohibited while on the job.

**Per the State of Minnesota, PCA's must submit time and activity documentation to the provider at least monthly.**



## **How to reduce your risk of Shingles**

If you have ever had chickenpox, the virus that causes it - varicella zoster virus, or VZV - is still in your system. Specifically, VZV has been hiding out in your nerve cells. If you are lucky, it will stay there! But if the virus emerges again, it causes shingles. When VZV reactivates, it begins to replicate and travel along the nerve to the skin. The result is inflammation and a rash with blisters. The rash is often painful because the virus affects sensory nerves.

The shingles rash usually develops on one side of the body. Some people may experience itching or tingling in the affected area a few days before it appears. Others may have additional symptoms including headaches, nausea, chills and fever. In a week to ten days, the blisters form scabs and the rash begins to disappear.

In the US, about one million individuals get shingles every year and half of the population who lives to 85 years of age will experience shingles during their lifetime. You have a greater chance of getting shingles as you get older; so, as the population ages, it is likely that more people who do not get vaccinated will get shingles every year. Increasing age isn't the only risk factor. Shingles is more common in people with a weakened immune system due to acute or chronic illness. Medications that affect your immune system, such as steroids or chemotherapy, can also make you more susceptible.

The only way to reduce the risk of developing shingles and the long-term pain from postherpetic neuralgia (PHN) is to get vaccinated. CDC recommends that healthy adults 50 years and older get two doses of the shingles vaccine. Shingles vaccine is available in pharmacies and doctor's offices. Talk with your healthcare professional if you have questions about shingles vaccination. The shingles vaccine is the most important single intervention that anyone can use. It reduces the likelihood of developing the disease and related complications.

If you have shingles, here are some tips that might help you feel better:

- Get plenty of rest and eat well-balanced meals.
- Apply a cool washcloth to your blisters to ease the pain and help dry the blisters.
- Avoid stress. It can make the pain worse.
- Wear loose-fitting, natural-fiber clothing.
- Take an oatmeal bath or use calamine lotion to see if it soothes your skin.
- Limit your scratching. Scratching can create the ideal condition for a bacterial skin infection.

While there is no cure for shingles, getting immediate treatment can help speed the healing process and reduce the risk of complications. Use over-the-counter pain relievers (ibuprofen or acetaminophen) for pain.

## Community Happenings

Lakeville Family Fun Fest - Friday April 5th at Ames Arena. Free Activities 5-7 p.m.: Inflatable jumpers, kids activity tables, turf games, chair massages, ice skating - skate rentals available for \$1, sponsor booths, concessions. Movie on the Turf: "Ralph Breaks the Internet" - begins at 7 PM. Bring a chair or blanket to sit on! This is a free event and no registration required.



Apple Valley Community Center is having some family Easter activities on Saturday, April 13th. Cookie baking sessions are at 9, 10 and 11AM. Egg dying class is at 8:45, 9:45 or 10:45AM. You will bring home 3-4 dozen cookies or 3-4 dozen eggs that are decorated. The cost is \$14 for either event. To register call: 952-953-2300 or register online at [www.cityofapplevalley.org](http://www.cityofapplevalley.org).

There will be an Easter Egg Scramble & Breakfast on Saturday, April 13th at Lakeville Heritage Center. Two sessions: 9-9:45 or 10-10:45 AM. The cost is \$8 a person.

Register online at [www.lakevillemn.gov](http://www.lakevillemn.gov) or call 952-985-4400. "Fare for All" is coming to the Diamondhead Education Center in Burnsville on April 24th from 3-5pm. This is a great way to save on your groceries!

Capable Partners is having a pheasant hunt on April 27th at Emerald Ridge in Menomonie WI. Contact Ken Johnson if you want to participate: 651-792-2079. *Until next month ... Jim (client)*



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|---------------|----------------|
| 01 - Cindy    | 13 - Jennifer  |
| 01 - Joni     | 13 - Angel     |
| 01 - Shelly   | 13 - Elizabeth |
| 02 - Grant    | 14 - Celestino |
| 03 - Natalia  | 15 - Greg      |
| 03 - Lynn     | 16 - Qing      |
| 03 - Ang      | 17 - Alyson    |
| 03 - Colleen  | 19 - Arlyce    |
| 03 - David    | 19 - Doug      |
| 03 - Paul     | 20 - Bonnie    |
| 05 - Michelle | 20 - Barbara   |
| 06 - Devoura  | 21 - Elizabeth |
| 07 - Jamie    | 21 - Eileen    |
| 07 - Eman     | 22 - Brenda    |
| 08 - Angela   | 22 - Kiz       |
| 10 - Ellie    | 23 - Edwin     |
| 10 - Naranjan | 25 - David     |
| 10 - Phavy    | 27 - Caleb     |
| 10 - Deanna   | 27 - Elizabeth |
| 11 - Daniel   | 28 - Bryana    |
| 12 - Sophia   |                |

## Spring - Pothole Season!



Some potholes are unavoidable, but learning how to safely handle them on the road may help you save money and frustration down the road. Hitting a pothole with your car can cause a great deal of damage, particularly to the tires, rims and suspension. It is imperative that you take the proper precautions to keep your car out of harm's way. Keep these tips in mind to help minimize vehicle damage:

- Slow down** - The slower you drive on pothole-ridden streets, the more time you have to react. The faster you are driving when you hit a pothole, the worse the damage is likely to be.
- Give some space** - You should maintain a safe distance between your vehicle and the car in front of you so it's easier to spot potholes ahead.
- Prepare for puddles** - Puddles can be deceptively deep. Use caution and avoid puddles all together if possible.
- Hold tight** - Potholes can cause a violent jolt to your car, so it's very important that you have a solid grip on the steering wheel. Otherwise, your car can veer into the next lane or you can lose control entirely.
- Don't brake** - You'll want to avoid braking as you hit the pothole because doing so can actually cause more damage.
- Keep your tires full** - Properly inflated tires will give your car added protection from potholes

### Signs of Pothole Damage

If you find yourself jolted by an unforeseen pothole (surprise!), keep an eye out for these common signs of pothole damage:

- The steering wheel seems off-center.
- You are hearing weird noises after hitting a pothole.
- The steering wheel shakes or vibrates.
- Your car pulls to one side.
- Your car doesn't handle the way it usually does.



Here's any easy egg bake for Easter brunch:

### Sausage Hash Brown Breakfast Casserole

- 2 lb. bag frozen hash browns, thawed and dried
- 1 lb. pork breakfast sausage, sage or spicy
- 1/2 onion, finely chopped
- 8 eggs
- 1/2 cup milk
- 2 cups shredded cheddar cheese
- 1 tsp salt
- 1/4 tsp pepper



- Preheat oven to 375°. Spray 13x9 baking dish with non-stick spray.
- In a saute pan, cook onions, brown and crumble sausage. Drain any excess grease.
- In medium bowl, whisk together eggs, milk and 1 cup shredded cheese.
- In a baking dish, spread thawed hash browns into bottom of dish. Spread cooked sausage on top of hash browns. Next, pour egg mixture on top of that. Sprinkle with remaining cup of cheese on top.
- Cover with aluminum foil and bake for about 30 minutes. Remove foil and bake an additional 10 minutes. Keep an eye on it to make sure the cheese doesn't brown up too much. The center should be set and edges golden brown.



ACCREDITED  
BUSINESS



Wanika Robinson has been selected for Superior Home Care's Employee of the Month for April 2019. Wanika has been a PCA with Superior Home Care for 5 years. We are grateful for her hard work and dedication.



**Thank You Wanika!**

## SUPERIOR HOME CARE

10597 165th Street West, Lakeville, MN 55044

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

Email: [info@superiorhomecare.org](mailto:info@superiorhomecare.org)

[www.facebook.com/superiorhomecareinlakevillemn/](http://www.facebook.com/superiorhomecareinlakevillemn/)