

NATIONAL WELLNESS MONTH

All during August, National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

Research has shown self-care helps manage stress and promotes happiness. Make a small change and impact your health in positive ways. Here are ways to make those small changes:

- ◆ Increase your water intake. Drink more water! Water lubricates joints (especially important as we age!) and transports nutrients for energy and health.
- ◆ Get outside and exercise. You'll reap the benefits of a psychological boost that an indoor environment can't compete with.
- ◆ Practice deep breathing. Stress has a way of hurting your health and interfering with your breathing. You may not mean to do it, but when you're stressed you hold your breath or take much shallower breaths. Your whole body tenses, creating muscle tension and maybe even pain.
- ◆ Cut back on sugar. The average American consumes 22 teaspoons of sugar a day! Excess sugar consumption is linked to diabetes and heart disease and can make you feel tired and grumpy. The number to aim for is 6 teaspoons per day according to the American Heart Association.
- ◆ Stay accountable to your health. Read food labels. Add more fruits and veggies to your meals.
- ◆ Learn to meditate. Slow down when walking. Slow walking is actually a way of actively meditating.
- ◆ Be kind to your eyes. Too many people neglect the health of their eyes, and each year about 50,000 Americans go blind, mostly from treatable or preventable eye diseases like macular degeneration and diabetic retinopathy. Make sure to get annual eye exams, eat a well-balanced diet, and, if you smoke, quit. Also wear sunglasses and use safety eyewear or protective goggles where necessary.
- ◆ Stretch. Begin your day with a good stretch. Aside from preserving mobility and independence as you age, stretching helps keep your muscles flexible and strong and protects your joints and muscles from injury.



ATTENTION PCA's

You should have received an email from SHC regarding COVID-19 Policy and Preparedness Plan. If you did not receive it, contact the office. Please return the signed and dated COVID Acknowledgement Sign Off Sheet per instructions. This is required for you to be able to work with your client!

Superior Home Care's Automobile Policies

Superior Home Care offers a service to our clients that allows PCAs to provide transportation. PCAs can use the client's car or their own personal vehicle. If the PCA uses their own car, the client is obligated to pay mileage at the rate of \$.50 per mile. *This is to be paid in full to the PCA during the shift when transportation is provided.* Subsequent trips cannot be provided until the previous mileage is paid. Also, when a PCA is the driver, the client can be the only passenger in the car.

In order for PCAs to transport a client, they must provide SHC with a signed waiver of responsibility and a current copy of their insurance card. PCA must also provide a driving record to SHC. Most auto policies issue new cards every 6 months. A copy of this updated card needs to be sent to SHC for the employee's file in order for the employee to continue to transport their client.



Decision Tree for People with COVID-19 Symptoms

Symptoms of COVID-19 include:

New onset cough or shortness of breath by themselves OR at least 2 of the following:

- Fever (100.4°F or higher)
- Chills
- Muscle Pain
- Sore Throat
- Loss of sense of smell or taste
- Gastrointestinal symptoms of diarrhea, vomiting, or nausea

If a person has a new symptom (for example, new loss of smell only) with no other diagnosis to explain it, they should stay home and talk to their health care provider about testing for COVID-19, even if it is the only symptom they are experiencing.

For people who received a laboratory test for COVID-19

Positive test result: Stay home at least 10 days since symptoms first appeared AND until no fever for at least 3 days without medication AND improvement of other symptoms.

Siblings and household members also stay home for 14 days.

Negative test result but symptoms with no other diagnosis:

Stay home at least 10 days since symptoms first appeared AND until no fever for at least 3 days without medication AND improvement of other symptoms.

Siblings and household members also stay home for 14 days.

For people with a COVID-19 diagnosis *without* a lab test OR people with symptoms consistent with COVID-19 *without* a medical evaluation:

Stay home at least 10 days since symptoms first appeared AND until no fever for at least 3 days without medication AND improvement of other symptoms.

Siblings and household members also stay home for 14 days.

For people with another diagnoses (e.g., norovirus, strep throat) that explain the symptoms, or when a health care provider says symptoms are connected to a pre-existing condition:

Stay home until symptoms have improved.

If symptoms related to a pre-existing condition change or worsen, talk to a health care provider to determine next steps.

Siblings and household members **do not** need to stay home.

AUGUST BIRTHDAYS

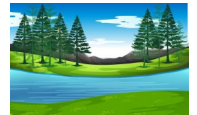


01 - Nader	13 - Julia
01 - Sam	15 - Erin
03 - Isabelle	17 - Bhagmatie
03 - Courtney	18 - Susan
03 - Irene	18 - Kyle
04 - Eleanor	18 - Calvin
04 - Nancy	18 - Allen
04 - Charlene	19 - Caroline
04 - Miles	20 - Jerome
05 - Dillon	20 - Patricia
05 - Janet	21 - Dreonna
07 - Ryan	23 - Sherri
07 - Melissa	23 - Jon
07 - Michelle	23 - Belinda
08 - Thu Thi	25 - Joe
10 - Chung	26 - Sandy
10 - Barb	27 - Abigail
11 - Nabiha	29 - James
12 - Adam	30 - Milton
12 - Susan	30 - Nancy
13 - Barbara	31 - Emmalee
13 - Dianne	

This & That...

Fare for All is having a drive-thru in South St Paul on July 28th from 4-6pm. The location is at Central Square Community Center, 100 7th Ave N. Once again, they will not take cash: debit, credit or EBT.

Lake Byllesby Regional Park is a wonderful handicapped accessible place to go. It is located at: 8150 295th St. E in Cannon Falls. There is a paved walking path, picnic area, a lake with beautiful views. This would be a wonderful opportunity to do something outdoors.



Dakota County Library is offering books by mail for people that can't get out of their homes. To signup, call 952-891-0300 and hit option #3. This will get you to a staff member.
Until next month ... Jim (client)

Mary Anthony has been selected for Superior Home Care's Employee of the Month for August 2020. Mary has been a PCA with Superior Home Care for 1 year. We are grateful for her hard work and dedication.



Thank You Mary!



ACCREDITED
BUSINESS



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