

## February is Heart Health Month



Heart disease is the leading cause of death for both men and women in the US. The good news is that it is also one of the most preventable. Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer.

Symptoms of a heart attack or myocardial infarction can vary greatly from person to person, but in order to help you identify a possible heart attack, we have listed some of the most common symptoms below:

- Approximately 2 out of every 3 people who have heart attacks experience chest pain, shortness of breath or fatigue a few days or weeks before the attack.
- During a heart attack, a person may feel pain in the middle of the chest which can spread to the back, neck, jaw or arms. The pain may also be felt only in the back, neck, jaw or arms rather than the chest.
- A person having a heart attack may have gas-like pain or pressure in the stomach area which is often mistaken for indigestion. The pain is similar to angina, but it is usually more severe, longer lasting and does not improve with rest or a nitroglycerin pill.
- It is important to note that approximately 1 out of every 3 people who have heart attacks do not feel any chest pain. Many of these are women, non-Caucasian, older than 75, have heart failure or diabetes or have had a stroke.
- Nausea & vomiting which are sometimes mistaken for food poisoning or the stomach flu
- Light headedness or dizziness
- Bluishness of the lips, hands or feet
- Feelings of restlessness, sweatiness, anxiety or a sense of impending doom
- Loss of consciousness (This can be the first symptom of a heart attack!)
- Disorientation resembling a stroke may occur in older people.
- Shortness of breath, especially in older people
- Heavy pounding of the heart or abnormal rhythms



Half of the deaths from heart attack occur in the first 3 or 4 hours after the onset of symptoms, so it is important to know and recognize the warning signs. If you think that you or someone in your presence is having a heart attack:

- **CALL 911 IMMEDIATELY!** Every minute you delay can result in more damage to the heart muscle.
- Having the victim chew an aspirin after the ambulance has been called may help reduce the size of the blood clot.
- Begin CPR which can double or triple a cardiac arrest victim's chances of survival. **The key is to act quickly!**



### Disability Days at the Capital

#### • **February 27th from 9:00AM - 3:00PM**

This event will be sponsored by Arc Minnesota. For more information or if you are planning on attending, please visit the website: <https://arcminnesota.org/event/disability-day-capitol-2018/>

#### • **March 6th from 9:00AM - 3:00PM**

This event is being sponsored by the Minnesota Home Care Association. Concerned home care providers from all over Minnesota will convene in St. Paul for a day of education, networking, and lobbying. Whether you're a seasoned lobbyist or haven't set foot in the Capitol since 5th grade, MHCA needs your voice! While lobbyists have a steady presence at the Capitol, nothing has the same impact as you sharing your stories with your legislators! Visit their website at: [www.mnhomecare.org](http://www.mnhomecare.org)

These events will be held at the Minnesota State Capitol:  
75 Rev Dr. Martin Luther King Jr. Blvd. St. Paul

### TRAINING



Superior Home Care is committed to providing ongoing training to keep our employees up-to-date on current practices. Our 1st training will be in February and covering Basic First Aid Cares.

This is a non-certified class.

This class will be offered on 2/20 @ 10AM - 11AM and 2:30PM - 3:30PM in person at the office. It will also be online via Facebook Live.

Please call the office to sign up for a class and let us know if you will be coming in person or attending online.

First Aid is a required training for all PCA's. Please sign up for a time that is most convenient for you.

- River Valley Project Explore is a program that provides educational, social, and recreational opportunities for adults (18 and up) with disabilities and encourages inclusion in community activities. They will be having a Valentines dance on Feb 9th from 6:30-9pm at Scott Highlands Middle School in Apple Valley. The cost is \$6 and you must preregister. Call 651-423-7931 to register.
- Fare for All will be held at Diamondhead Education Center in Burnsville on February 21st from 3-5pm.
- Capable Partners is having an ice fishing event on Medicine Lake in Feb and March. Contact Bob Lindig at 612-224-6330 for the dates.



Stay Warm...Jim (client)

## FEBRUARY BIRTHDAYS

- |                |                 |
|----------------|-----------------|
| 02 - Kris      | 15 - Patty      |
| 02 - Corinne   | 15 - Angela     |
| 03 - Mary      | 15 - Erica      |
| 03 - Gina      | 19 - Tina       |
| 04 - Amanda    | 19 - Tatyana    |
| 06 - Jack      | 20 - Amanda     |
| 06 - Susan     | 21 - Kelly      |
| 06 - Dawn      | 21 - Mary       |
| 08 - Skye      | 23 - Gael       |
| 09 - Caitlynn  | 24 - LeaAnne    |
| 10 - Lois      | 24 - Angela     |
| 10 - Jailine   | 25 - Eng        |
| 12 - Deborah   | 25 - Peggy      |
| 12 - Christine | 25 - Gabrielle  |
| 13 - Paula     | 27 - Marissa    |
| 13 - Janell    | 28 - Shauntrell |
| 14 - Judy      | 28 - Richard    |
| 14 - Charlotte | 28 - Jesse      |

### Safely Get Where You Need to Go This Winter



Winter driving is nothing new to most Minnesotans. Be smart and arrive safe. Here are some driving tips from AAA:

#### Accelerate and Decelerate Slowly

Slowly apply the gas until you gain some traction. Allow extra time to slow down when approaching a red light or preparing to turn.

#### Increase the "3 second" Rule

Leave extra room between you and the car in front of you. Increase your following distance to 8-10 seconds, giving you enough time to stop.

#### Avoid Slamming on the Brakes

Use "threshold braking" to slow down and stop whenever possible. Keep your heel on the floor and use the ball of your foot to apply firm, steady pressure to the brake.

#### Keep Moving If You Can

Your car requires more force to start moving after a full stop than it does from a rolling stop. But instead of blowing through stop signs and running red lights, try to slow down enough to keep rolling, even a teensy bit, until you have the right of way.

#### Get a Head Start on Hills

Don't try to muscle your way up a snow-covered hill or you'll turn into a 1-ton toboggan. Instead, try to gain some speed before you hit the hill and let forward motion carry you to the top. Slow down at the crest and go down the hill as slowly as possible. Avoid coming to a complete stop if safe to do so.

#### Stay Home

If the weather is truly frightful, and there's nowhere you need to go, skip the roads all together.

#### Additional Winter Driving Tips

Wear your seatbelt, keep tires properly inflated, keep your gas tank at least half full, and never warm up your vehicle in an enclosed space.

#### DID YOU KNOW...

If you put a can of Diet Coke in water, it floats. Regular Coca-Cola sinks.



Today is Valentine's Day - or, as men like to call it, Extortion Day!

-Jay Leno-  
Submitted by Sandy (client)

♥ Happy Valentines Day ♥

I have never once celebrated a Valentine's Day as a romantic holiday. For me, it's another opportunity to tell my kids or whoever how much I love them. I hang pink crepe paper and make heart-shaped pancakes!



- Delilah-  
Submitted by Sandy (client)

**Tara Rose** has been selected for Superior Home Care's Employee of the Month for February 2018.

Tara has been a PCA with Superior Home Care for 1-1/2 years. We are grateful for her hard work and dedication. Thank You Tara!



ACCREDITED BUSINESS



## SUPERIOR HOME CARE

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