



FEBRUARY 2020 NEWSLETTER

February is American heart Month

Traditionally the month for lovers and all things heart related, February also reminds us to take care of our heart. It is American Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Heart disease can happen at any age. It is happening to younger adults more and more often. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking). Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

High blood pressure. Millions of Americans of all ages have high blood pressure, including millions of people in their 40's and 50's. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and stroke.

High blood cholesterol can increase the risk for heart disease. Having diabetes, obesity, smoking, eating unhealthy foods and not getting enough physical activity can all contribute to unhealthy cholesterol levels.

Smoking. More than 37 million U.S. adults are current smokers and thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease.

Other conditions and behaviors that affect your risk for heart disease include:

Obesity. Carrying extra weight puts stress on the heart. More than 1 in 3 Americans and nearly 1 in 6 children ages 2 to 19 has obesity.

Diabetes causes sugar to build up in the blood. This can damage blood vessels and nerves that help control the heart muscle. Nearly 1 in 10 people in the US has diabetes.

Physical inactivity. Staying physically active helps keep the heart and blood vessels healthy. Only 1 in 5 adults meets the physical activity guidelines of getting 150 minutes a week of moderate-intensity activity.

Unhealthy eating patterns. Most Americans, including children, eat too much sodium (salt), which increases blood pressure. Replace foods high in sodium with fresh fruits and vegetables each day. A diet high in trans-fat, saturated fat, and added sugar increases the risk factor for heart disease.

Here are some ways to take control of your heart health:

Don't smoke. Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, quit!

Manage conditions. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed.

Make heart-healthy eating changes. Eat foods low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options.

Stay active. Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks.

PCA Policy Reminders...

Any employee that has not submitted hours for 120 days or more **MUST** have a new background check run before they can return to work with their client. If hours are submitted without a current background study on file, the PCA will not be paid.

Per the State of Minnesota, PCA's must submit time and activity documentation to the provider within 30 days of working. If we do not have timesheets during this timeframe, you will not get paid until we get reimbursement from the State. This could take up to 6 weeks.

We greatly appreciate your cooperation!

Mid-Winter Fest is coming to Apple Valley Community Center on February 1, 10am-2pm. There will be lots of free indoor and outdoor activities for the whole family! There will be bouncing jumpers, face painting, ice skating, medallion hunt, sleigh rides, and a bonfire with s'mores to mention a few activities.

On February 8, Valley Lake Park in Lakeville is having a free ice fishing contest from noon - 2pm, for children 13 and under. Holes will already be cut in the ice. Bring your own equipment and bait. Prizes to be awarded. Register the day of the contest.

River Valley Project Explore is having a Valentine Dance on February 14 from 6:30 -9pm at Valley Middle School in Apple Valley. The cost is \$6. Make sure to wear your pink and red!

Fare for All will be on February 26th at the Diamondhead Education Center in Burnsville from 3-5pm.

Until next month ... Jim (client)



01 - Hany	13 - Paula
02 - Kris	13 - Janell
03 - Mary	14 - Angel
03 - Gina	15 - Patricia
04 - Daralene	16 - Austin
04 - Laurie	18 - Austin
06 - Lucinda	18 - Rachel
07 - Cassandra	19 - Tina
08 - Skye	20 - Amanda
10 - Lois	20 - Shayna
10 - Jailine	21 - Kelly
10 - Brooklyn	21 - Erik
12 - Deborah	26 - Otis
12 - Christine	28 - Ansharah



A Tasty Treat for Valentine's Day

Chocolate Raspberry Cake

1 chocolate cake mix
3 eggs
1 cup sour cream
1/2 cup oil
1 - 12oz bag frozen raspberries - partially thawed



Mix the cake mix, eggs, sour cream and oil together in mixer. Fold in the raspberries. Pour into a well greased bundt pan. Bake at 350 for 45 minutes or until toothpick inserted comes out clean. Let cool 15 minutes before removing from pan and placing on a plate.

Frosting

5 Tbsp butter
1/3 cup milk
1 cup sugar
3/4 cup semi-sweet chocolate chips
In medium pan, melt the butter over low heat. Add the milk and sugar and bring to a boil, stirring constantly. Boil for 1 minute and remove from heat. Stir in the chocolate chips until completely melted. Let sit for a couple of minutes before spreading on the cake.



Avoid Slips and Falls This Winter

Winter slips and falls can easily be avoided by taking some simple precautions:

Don't be distracted. Don't text or use your cellphone while walking. Focus on your path.

No shortcuts. Use only pathways that have been cleared of snow and ice and have been salted.

Wear sensible footwear. No heels or smooth-soled shoes. Choose footwear with a non-slip, thick sole and a wide, low heel.

Use caution around curbs. Step on and off the curb flat footed, not heel first.

Walk like a penguin. Use short, slow, flat-footed steps. Don't lean forward. Concentrate on maintaining your center of balance over your feet.

Carry only what you can. Use a bag or backpack to keep your hands free.

Step down, not out from cars. Step out flat footed, and maintain three points of contact with either the ground or the vehicle while getting out.



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



Thank You Lauren!



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