

**SUMMER WEATHER
Safety and Survival**
The Dangers of Heat and Humidity

Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

Because heat-related deaths are preventable, people need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness or death. The elderly, the very young, and people with mental illness and chronic diseases are at highest risk.

To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important:

Spend as much time as possible in air conditioned buildings.

Increase fluid intake—drink 8 to 10 glass of water a day.

Dress in cool, loose clothing.

Limit sun exposure during mid-day hours.

Do not leave infants, children, or pets in a parked car.



**The Superior Home
Care office will be
closed Monday,
July 4th.**



*For the Freedoms
that we all enjoy...
Our Thanks go to
the men and women
serving in all branches of
the military.*

We Salute You!

Bike Helmets

Studies have shown that wearing a helmet can reduce your risk of a serious brain injury and death because during a fall or collision, most of the impact energy is absorbed by the helmet, rather than your head and brain.

Reasons to Wear Bike Helmets:

*Wearing a bike helmet during a crash can reduce the chances of brain injury by 88%.

*Without a helmet even a low speed fall can cause a serious head injury or death.

*75% of all bike-related injuries and deaths involve some type of head trauma.

Choose a helmet that meets the specific standards set by the CPSC (Consumer Product Safety Commission). Prior to purchasing any helmet, make sure you locate CPSC on the label. The CPSC label on a helmet certifies the helmet has been tested and withstood certain levels of impact and will give adequate protection.

Your bike helmet should fit you properly. You don't want it too small or too big. Never wear a hat under your bike helmet. If you're unsure if your helmet fits you well, ask someone at a bike store.



July Happenings

Capable Partners has two events. On July 11th, there is a deer hunting event. If interested, please contact Nate Sjoln at 763-286-9086. There is also a fishing event on July 16th at Lake Mille Lacs from 4pm-10pm with Capable Partners. Contact Joe Psyk at 763-497-2062. If you are not interested in hunting or fishing, there are open air concerts at the Minnesota Zoo. For more information, call 952-431-9200. There will be fireworks on July 4th around the area:
 Lakeville North High School at 10:00pm
 Apple Valley, Johnny Cake Ridge Park East at 10 pm
 Hastings, Dakota Pines Golf Club
 Prior Lake, Mystic Lake Casino at 10 pm
 Eagan Community Center at 10 pm *Until next time.....Jim*

4th of July Trivia

- The Declaration of Independence wasn't fully signed on the Fourth of July.
- The Fourth of July was originally celebrated with a lot of greenery instead of red, white and blue.
- Two people signed the Declaration of Independence on July 4th.
- The first public reading of the Declaration of Independence was on July 8th, 1776. The Liberty Bell rang out from Independence Hall to summon the crowd.
- Most of the signers actually signed the document on August 2, 1776.
- Ben Franklin was the oldest at age 70.
- Ed Rutledge was the youngest at age 26. He owned 50 slaves.
- Pennsylvania had the most delegates sign. There were 9.

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In the truest sense, freedom cannot be bestowed; it must be achieved.
 -Franklin D. Roosevelt-

Liberty is the breath of life to nations. -George Bernard Shaw-

Submitted by Sandy (Client)

BEWARE OF: The most misleading label of all, the "natural" label. It does NOT mean food is organic or has no GMOs. You should simply ignore "natural" claims. Instead, look for the "organic" seal. It means at least 95 percent of the ingredients are certified organic—and produced *without* genetically modified ingredients.



IGNORE THIS



LOOK FOR THIS

Melissa Chelberg has been selected for Superior Home Care's Employee of the Month for July 2016. Melissa has been a PCA with Superior Home Care for 4 years. We are grateful for her hard work and dedication.



JULY BIRTHDAYS



- | | |
|---------------|----------------|
| 02 - Kristine | 20 - Martha |
| 04 - Lynn | 21 - Tiah |
| 05 - Audrey | 21 - Tony |
| 06 - James R. | 21 - Amelia |
| 06 - James W. | 21 - Mirta |
| 06 - Michelle | 23 - Elizabeth |
| 06 - Tabitha | 23 - Patricia |
| 07 - Denise | 25 - Gabrielle |
| 08 - Sandra | 26 - Andrea |
| 09 - Jennifer | 26 - Janae |
| 10 - Dustin | 27 - Rebecca |
| 10 - Hien | 27 - John |
| 11 - Dorothy | 27 - Patrick |
| 11 - Quinnan | 28 - Logan |
| 13 - Danielle | 28 - Laura |
| 17 - Mary Ann | 30 - Barb |
| 17 - Kempatie | 30 - Luann |
| 17 - Visal | 30 - Madelyn |
| 17 - Ahmed | 31 - Ray |
| 20 - Sabrina | 31 - Rena |

COMMUNITY HAPPENINGS

Burnsville- "Wednesday in the Park Concerts"
 Civic Center Park Amphitheater at 7 P.M.
 July 6: The Whitesidewalls Rock 'n' Roll Revue
 July 13: Tricia & the Toonies
 July 20: Pan-handlers
 July 27: Jack Brass Band
 Aug. 3: Remembering the King (an Elvis tribute)

Apple Valley Water Park - PCA can get in free with the paying client.



ValleyFair - PCA can get in free with the paying client. You will need a letter stating you are an employee of SHC.



SUPERIOR HOME CARE

10597 165th Street West, Lakeville, MN 55044
 Phone: 952-898-4911 Fax: 952-898-3088
 Email: info@superiorhomecare.org