

PCA Policy Reminders...

- Please notify the office when your client is hospitalized.
- When a client is hospitalized or in a rehab facility, the PCA and/or Homemaker is not authorized to work with their client.
- PCA's cannot work more than 40 hours a week.

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!



*Happy Fourth
of July!*

Our office will be closed on
Thursday, 7/4 and
Friday, 7/5
for Independence Day.

Have a safe and
Happy Holiday!

Stand Up for Your Health!

The average American adult now spends about 6-1/2 hours a day sitting, an increase of about an hour a day since 2007. Sitting has been called "the new smoking" when it comes to the wide-ranging health problems it can trigger. Studies show that people who spend more time sitting have an increased risk for obesity, diabetes, high blood pressure, heart disease and more.

The key to reducing the risk of obesity is consistent, moderate levels of movement throughout the day. There are opportunities to move around substantially more during the work day such as walking over to a colleague's office instead of emailing, or taking the stairs instead of the elevator. It is recommended that people with desk jobs build a habit of standing up and moving for five minutes every consecutive 30 minutes of sitting down to offset its negative side effects.

As more and more studies reveal the negative impact of sitting all day, desks that encourage workers to stand are becoming more commonplace. Here are some benefits to using a standing desk:

1. Standing lowers your risk of weight gain and obesity. Simply choosing to stand instead of sitting can be beneficial. An equal amount of time spent standing vs sitting, has been shown to burn over 170 additional calories.
2. Using a standing desk may lower blood sugar levels. Generally speaking, the more your blood sugar levels increase after meals, the worse it is for your health. Standing for 180 minutes after lunch reduces the blood sugar spike by 43% compared to sitting for the same amount of time.
3. Standing desks appear to reduce back pain. A study by the CDC found that use of a sit-stand desk reduced upper back and neck pain by 54% after just 4 weeks.

Reducing sedentary time can improve physical, metabolic and even mental health. This is why sitting less and standing more is such an important lifestyle change.



Community Happenings

*Looking for something to do on Saturday July 13th? There is a bird house making class for children 4-12 years of age at the Lakeville Art Center, 20965 Holyoke. This is a free event from Noon - 2pm. Hang around for the huge Pan-O-Prog parade from 5:30 -7:30. The route is from Holyoke Rd to Iberia Ave.



*Cruise-In Classic Car Show will be in downtown Hastings on 2nd St. every other Saturday, 5-9pm from July 13th thru August 24th. There are food vendors and a lot of old cars to look at. This is also a free event. Go see the cars and take a stroll down the river front.



*Fare for All will once again be at the Diamondhead Education Center in Burnsville from 3-5pm on Wednesday July 31st..

Until next month ... Jim (client)



JULY BIRTHDAYS

01 - Nermin	16 - Joceen
02 - Kristine	17 - Horl
03 - Deb	18 - Colton
04 - Lynn	18 - Kathryn
05 - Heidi	19 - Stephen
06 - Karter	20 - Martha
06 - Jimmy	21 - Tony
06 - Michelle	21 - Tresha
07 - Denise	22 - Berlinda
07 - Sabrina	24 - Colleen
08 - Hunter	26 - Andrea
09 - Ian	27 - Laquis
10 - Hien	27 - Pat
11 - Quinnan	28 - Logan
13 - Fredrick	28 - Tammy
13 - Carol	29 - Brian
15 - Berndt	30 - Barb
15 - Maya	31 - Ray
15 - Susan	31 - Lily

4th of JULY WORD SEARCH

R D H X M S H J G A U N Z P V
 I M O D E E R F U M D O W L Z
 G H J T S K R O W E R I F Q W
 H O A M S E X U Y R E T P K Q
 T T A C Y C N R I I V A E H J
 S D E I B N O T L C O R V N X
 A O Y D A E S H U A L A J K N
 E G T T R D R C C J U L Y J H
 X S I M B N E Q O N T C T P G
 V O L V E E F Z I L I E R A E
 N F A D C P F T E D O D E R K
 Q Z U P U E E T Y S N N B A I
 D X Q R E D J X J W R I I D A
 S S E R G N O C P S F J L E M
 X W P T H I R T E E N U F K S

ADAMS	FOURTH	NATION
AMERICA	FREEDOM	PARADE
BARBECUE	HOTDOGS	REVOLUTION
COLONIES	INDEPENDENCE	RIGHTS
CONGRESS	JEFFERSON	STATES
DECLARATION	JULY	THIRTEEN
EQUALITY	LIBERTY	UNITED
FIREWORKS		

MORE SPECIAL DISCOUNTS

Works Museum - Bloomington
 PCA gets in free with paid admission of client.



Lifetime Fitness - PCA's can come into the club at no charge if they are accompanying a member.

Minnesota Children's Museum - St. Paul
 If Client /Client's family has a membership, the accompanying PCA will be admitted at no charge. Anyone can visit the museum for free every 3rd Sunday of each month from 9AM until 5PM.

Fourth of July Food

Consider these mind-blowing food facts as we celebrate our nation's birth:

- *Over 74 million Americans are planning a barbeque for the 4th.
- *Americans consume 150 million hot dogs on the 4th of July weekend.
- *Americans buy 750 million lbs. of chicken leading up to the 4th of July celebrations.



- *About 68.3 million cases of beer are sold over the 4th of July weekend.

- *Americans spend \$92 million on chips and \$60.3 million on dip.



ACCREDITED BUSINESS



SUPERIOR HOME CARE

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Martha Sellars has been selected for Superior Home Care's Employee of the Month for July 2019. Martha has been a PCA with Superior Home Care for 4-1/2 years. We are grateful for her hard work and dedication.



Thank You Martha!