

Summer survival: Ways to stay safe and well when temperatures soar

While thunderstorms usually get the most attention when it comes to dangerous weather in our area, summertime heat and humidity are also threats that we need to be aware of. Heat kills by taxing the human body beyond its abilities.

In a normal year, approximately 175 Americans die from extreme heat. Young children, elderly people and those who are sick or overweight are more likely to become victims. Because men sweat more than women, men are more susceptible to heat illness because they become more quickly dehydrated.

You can help yourself and others avoid experiencing heat disorders by following these safety rules:

- ◆Avoid the heat. Stay out of the heat and indoors as much as possible. Spend time in an air conditioned space. Remember, electric fans do not cool, they just blow hot air around.
- ◆Protect your skin. There's no such thing as a healthy tan, so be sure to guard against the sun's harmful rays. Use a sunscreen with a SPF of at least 30. Reapply every two hours.
- ◆Drink for the heat. Drink plenty of water and natural juices, even if you don't feel thirsty. Avoid alcohol and beverages with caffeine, such as coffee, tea and cola. Alcohol actually causes further body dehydration.
- ◆Eat for the heat. Eat small meals more often. Avoid foods that are high in protein because they increase metabolic heat.
- ◆Living in the heat. Slow down. Reduce, eliminate, or reschedule strenuous activities such as running, biking and lawn care work when it heats up. Take cool baths or showers.
- ◆Hot cars kill. Hot cars can be death traps for children. Even with windows left slightly open, the temperature inside a car can increase by 20 degrees in just 10 minutes. Teach children that the car is not a safe place to play.
- ◆Once bitten, twice wise. Most insect bites are harmless but some can spread dangerous diseases. To protect against mosquitoes, ticks, and other bugs, use insect repellent that contains 20 to 30% DEET on exposed skin and clothing.
- ◆Be swim-savy. If you are out on the water, make sure everyone in your party has a U.S. Coast Guard-approved life jacket. If swimming at a pool, keep a close eye on children and never let them swim alone. Water wings or noodles are no substitute for a life jacket.

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!



Our office will be closed
on Friday, July 3rd for
Independence Day.
Have a safe and
happy holiday!

Interesting Facts about Independence Day

- On July 4, 1776, the American colonies were declared free and independent States from Great Britain and its King.
- Thomas Jefferson drafted the Declaration of Independence. He later served as the third president of American from 1801 to 1809. Coincidentally, Jefferson died on July 4th, 1826.
- Strangely, two other US presidents, John Adams and James Monroe, have also died on July 4th.
- Meanwhile, the 30th president of America, Calvin Coolidge, was born on July 4th, 1872.
- Every 4th of July, the Liberty Bell in Philadelphia is tapped - although not actually rung - 13 times in honor of the original 13 American colonies.
- The stars on the original American flag were in a circle so all the Colonies would appear equal.
- The White House celebrated independence Day for the first time in 1801.
- The first Independence Day was celebrated by around 2.5 million people compared to more than 316 million people today.
- Almost 100 years after the Declaration of Independence, in 1870, July 4th was made an official holiday by Congress.
- Americans take their July 4th celebrations seriously. On this day, some 150 million hot dogs will be eaten!
- Benjamin Franklin proposed the turkey as the national bird but he was overruled by John Adams and Thomas Jefferson, who recommended the bald eagle.

HAPPY BIRTHDAY AMERICA!


JULY BIRTHDAYS



- | | |
|---------------|---------------|
| 01 - Nermin | 15 - Kailee |
| 01 - Caleb | 17 - Horl |
| 02 - Kristine | 18 - Colton |
| 03 - Deb | 18 - Macey |
| 04 - Lynn | 19 - Stephen |
| 05 - Heidi | 20 - David |
| 06 - Karter | 20 - Martha |
| 06 - James | 21 - Anthony |
| 06 - Michelle | 21 - Laurie |
| 07 - Jaelynn | 21 - Tresha |
| 07 - Denise | 22 - Doug |
| 07 - Sabrina | 22 - Berlinda |
| 08 - Hunter | 24 - Mason |
| 09 - Ian | 24 - Colleen |
| 10 - Hien | 25 - Emily |
| 10 - Rosa | 26 - Tete |
| 11 - Quinnan | 26 - Andrea |
| 13 - Seng | 26 - Esther |
| 13 - Fredrick | 27 - Patrick |
| 13 - Carol | 28 - Logan |
| 15 - Berndt | 28 - Tammy |
| 15 - Maya | 29 - Brian |
| 15 - Ali | 30 - Barbara |
| 15 - Robin | 31 - Ray |
| 15 - Susan | |

This & That....

Due to COVID, Fare for All is having very few site locations open. Redwing will be open Tuesday July 7th, 3:30 - 5:00pm at Twin Bluff Middle School, 2120 Twin Bluff Rd. This is a drive thru sale only and they will not accept cash. EBT, debit and credit cards only.

Another fun activity that you could do is go strawberry picking. Lorences Berry Farm is located at 28556 Foliage Ave in Northfield. They also sell asparagus and raspberries. Cash or check only. 

Do you want to go on a virtual dogsled race in Alaska? Visit the website: www.travelandleisure.com. There are several other virtual tours of the world too.

Until next month ... Jim (client)

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



Thank You Tatyana!



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