

JUNE 2016 NEWSLETTER

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This feeling often comes along with chest discomfort. But it can also occur without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

If you or someone you're with has one or more of these signs, call 9-1-1 immediately. Get to the hospital right away.

"Buddy Bench"

Playgrounds can often be the place where friendships are made, but at times, they're also the same place where some kids feel more alone than ever. Kids with an established group of friends may not think to seek out those who feel excluded. Peer pressure, stress, and bullying can all be a part of the rocky journey growing up.

The Buddy Bench is an idea inspired to eliminate loneliness and promote inclusion on the playground. Any student who is feeling left out, bullied or simply sad can sit on the bench. Once there, other student are encouraged to include them in some of the activities that may be happening. Students can show kindness and respect by asking someone on the bench to join their friends. Once a child is asked off the bench to come play, the hope is that they will have the confidence to play with their new friends again the next day.

There are an estimated 2,000 schools across the United States with benches. Christian Bucks is credited with introducing buddy benches to America. For more information, visit his website at: www.buddybench.org.

Do you want to get rid of junk mail?

You can request your address be removed from marketing lists by sending \$1 and your address to: Mail Preference Service, Direct Marketing Association, P.O. Box 643, Carmel, NY 10512 (dma-choice.org). Also check consumer.ftc.gov and catalogchoice.org—both offer options to opt out of junk mail.

COMMUNITY SUMMER HAPPENINGS

<u>Burnsville</u>-"Friday Night Flicks on the Bricks" Nicollet Commons Park, 12550 Nicollet Ave.

Seating begins at 7:30 pm—show at dusk

June 10: Norm of the North (PG)

June 24: Cinderella (PG)

July 8: Hotel Transylvania 2 (PG)

July 22: Tomorrowland (PG)

Aug. 12: Mall Cop 2 (PG)

Aug. 26: Zootopia (PG)

Apple Valley - "Concerts in the Park"

Fridays, June 3-August 12(no July 1 concert) 6:00-9:00 pm at Kelly Park, Galaxie Avenue

Eagan Marketfest

Farmer's Market & Concerts

Wednesdays, June 1-August 31 from 4-8pm

For more information, www.cityofeagan.com

Twin Cities River Rats Water Ski Show

1628 W. River Road, Minneapolis Free shows on Thursday evening at 6:30 pm

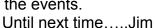


With summer coming around the corner, fishing season has started. Capable Partners has three events for fishing. **June 4th**, there will be Prior Lake fishing. Contact Terry Hanson at 763-535-9603. **June 5th**, there will be muskie

fishing at Surfside Park Mound, MN. For more information, please contact Rod Guthier at 952-888-6494. The last event is on **June 10th**, which is Lanesboro Trout Fishing at Sylvan Park pond. For more information, contact Evan Newton at 952-831-6758.

Strawberry picking season is here as well. The closest berry farm is in Rosemount, MN called Bohn Farm MX, Market and Service Center. The farm is located at 17801 Clayton Ave E

Rosemount, MN 55068. They also have goats that you can see. The number to contact the farm is at 651-967-3276. For fresh produce, look at your local farmers market as they are open. There will be more produce selections in June. If there is anything else that you would be interested in doing, let the office know so that I can research the events.



CONGRATULATIONS to the 2016 Graduates!



Dakota County Curfew

Dakota County's Curfew Ordinance prohibits juveniles from being unsupervised in a public place or establishment during certain night-time hours. Violation of the curfew ordinance may lead to a fine and/or court appearance.

There are exceptions to the curfew laws. These include being in front of his/her own residence, traveling home from an official school or religious event, running an errand for a parent, being in the process of going to or coming home from work, or an emergency situation.

Under 12 years of age	Sunday—Thursday	9:00pm—5:00am
,	Friday & Saturday	10:00pm—5:00am
Ages 12-14	Sunday—Thursday	10:00pm—5:00am
	Friday & Saturday	11:00pm—5:00am
Ages 15-17	Sunday—Thursday	11:00pm—5:00am
	Friday & Saturday	12:00am—5:00am

Unless someone like you cares a whole awful lot, nothing is going to get better. It's not. - Dr. Seuss - Submitted by Sandy (Client)

Teairra Dembley has been selected for Superior Home Care's Employee of the Month for June

2016. She has been a PCA with Superior Home Care for 1 year. We are grateful for her hard work and dedication.

JUNE BIRTHDAYS



01 - Aydann 12 - Amanda 01 - June 12 - Angela 01 - Leila 12 - Megan 01 - Emily 13 - Gretchen 02 - Peach 13 - Darren 02 - Krista 14 - Jennifer 03 - John 15 - Jean 03 - Ben 15 - Grace 03 - Kristen 15 - Isaiah 04 - Amanda 15 - Joanna 04 - Aiden 15 - Arianna 04 - Elisabeth 16 - Gail 04 - Lisa 18 - David 05 - Mindy 18 - Jeanika 05 - Jessica 19 - Melissa 06 - Genevlyn 20 - Nyla 06 - Vidanann 20 - Uriah 06 - Tonya 21 - Ettah 06 - Melissa 21 - Dorene 06 - Afshan 22 - Alexandria 07 - Crystal 24 - Maria 07 - Tiffani 25 - Cayla 08 - June 25 - Noah 09 - Preston 25 - Donald 09 - Eric 26 - Chandrowtee

Did you know...

09 - Dorothy

09 - Vivian

10 - Marilyn

10 - Carly

10 - Leah

11 - Sandra

Everyday is a holiday somewhere in the world. Submitted by Sandy (Client)





26 - Elizabeth

26 - Nicole

28 - Mandi

28 - Thomas

28 - Julie

28 - Lise

SUPERIOR HOME CARE

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