

THE LONGEST DAY—June 21, 2017

The Longest Day is all about love. Love for all those affected by Alzheimer's disease. On the summer solstice, team up with the Alzheimer's Association and select any activity you love — or an activity loved by those affected — to help end Alzheimer's. It's a day to raise funds and awareness for care and support while advancing research toward the first survivor of Alzheimer's.

Ways to participate:

- * Do something you love — or honor a caregiver, someone living with Alzheimer's, or someone you've lost by selecting his or her favorite hobby. From swimming, scrapbooking, dance, bowling, gardening, hiking...the list is endless... you're limited only by your imagination.
- * Start or join a team, host an event, choose the way that works best for you!
- * Raise money to move the cause forward to advance research and provide care and support.
- * Participate and Celebrate! Share your photos, stories and fundraising successes on Facebook, Twitter and Instagram. Use the hashtags: #TheLongestDay and #ENDALZ

The annual Twin Cities Walk to End Alzheimer's will be held on Saturday, Sept. 9th at Target Field. For more information, visit the Alzheimer's website at: www.ALZ.org

Attached you find "Dementia Dozen". This is a well written, informative article by Marlene, a nurse at Superior Home Care Nursing.

REMINDER.....

With the summer season upon us, we would like to remind our employees of the dress code:

- Walking shorts or denim jeans may be worn. Short shorts, tank tops, halter-tops, tube tops and short or sheer blouses are not appropriate work apparel. Midriffs should be covered. Low cut tops are not appropriate.
- For males, pants must be to the waist and no underwear should be showing.

Please use common sense in dressing to avoid offending our clients or their families.

DISCOUNTS For PCA's

Science Museum of MN & Omni Theatre - Admission is free for working PCA when they are visiting with a client.
ValleyFair - PCA is free with the paying client. Need proof you are the PCA.
MN Zoo - PCA is free with paying client. Need proof you are PCA.
Apple Valley Water Park - PCA is free with paying client.
If you know of other discounts, please contact our office and we will print in the newsletter.

It is a wise father that knows his own child. - William Shakespeare -

Submitted by Sandy (client)

**HAPPY
FATHER'S
DAY!**

FREE COMMUNITY SUMMER HAPPENINGS

Burnsville - "Friday Night Flicks on the Bricks"

Nicollet Commons Park, 12550 Nicollet Ave.

Seating begins at 7:30 pm—show at dusk

June 9: The Mighty Ducks

June 23: Sing

July 14: A Dog's Purpose

July 28: Finding Dory

Aug. 11: Shall We Dance

Aug. 25: The Great Gilly Hopkins

Apple Valley - "Concerts in the Park"

Fridays, June 16-August 18

6:00-9:00 pm at Kelly Park, Galaxie Avenue

Eagan Marketfest

Farmer's Market & Concerts

Wednesdays, June 7-August 30 from 4-8pm

For more information, www.cityofeagan.com

Twin Cities River Rats Water Ski Show

1628 W. River Road, Minneapolis

Thursday evening at 7:00 pm. June 1-July 20

Well it is finally time to plant our gardens and flower pots! The Farmer's Market is the perfect place to get those at a fair price.

Apple Valley: 7100 147th St. W. Saturdays, 8am-1pm, June 10th thru October 28th.

Burnsville: 3333 Cliff Road, Thursdays, noon - 5pm, May 4th thru October 26th and 200 W. Burnsville Parkway, Saturdays, 8am-1pm, June 17th thru October 28th.

Lakeville: 208th & Holyoke, Wednesdays, noon-5pm, June 14th thru October 25th and Saturdays, 9am-1pm, June 24th thru September 30th.

Eagan: 1501 Central Parkway, Wednesday, 4pm-8pm, June 7th thru August 30th, 3pm-7pm, Sept 6th thru Sept 27th

Rosemount: 13885 S. Robert Trail, Tuesdays, 1pm-5pm, June 13th thru September 26th.

Prior Lake: 16228 Main Ave SE, Saturdays, 8am-noon, May 6th thru October.

Savage: Quentin & Highway 13, Sundays, 8am-1pm, June 4th thru October 29th

Remember to stop by the EBT booth to take advantage of the double your money. For every \$10 you use your EBT card, they give you another \$10 in farmers market vouchers.

Capable Partners are having three fishing events: June 10th in Pine City, June 16th in Lanesboro and June 24 on Lake Mille Lacs. If you are interested in these trips contact: Evan Newton at 952-831-6758.



Until next time.....Jim

Tornado Warning: Tornadoes can strike quickly and with little warning, and winds can reach in excess of 200 miles per hour. Minnesota averages 40 tornadoes a year. Is your family prepared?

If a warning is issued:

- * Take shelter immediately: head to the basement or small interior room on the lowest level of your house.
- * Stay away from windows; it is flying debris, not air pressure that causes windows to break in a tornado.
- * Get out of your mobile homes or trailers and seek sturdy shelter.
- * Get out of your vehicle and seek sturdy shelter. Avoid bridges or overpasses; these act as wind tunnels during a tornado.
- * Watch out for flying or falling debris.



**CONGRATULATIONS
To The
2017
GRADUATES!**



Gail Burke has been selected for Superior Home Care's Employee of the Month for June 2017. Gail has been a PCA with Superior Home Care for over 1 year. We are grateful for her hard work and dedication.

Thank You Gail!

JUNE BIRTHDAYS



- | | |
|----------------|------------------|
| 01 - Aydann | 12 - Dawn |
| 01 - June | 13 - Gretchen |
| 01 - Leila | 14 - Marvin |
| 01 - Emily | 15 - Grace |
| 02 - Peach | 15 - Isaac |
| 03 - John | 15 - Isaiah |
| 03 - Kristen | 15 - Phyliscia |
| 03 - Kathlina | 15 - Joanna |
| 04 - Amanda | 16 - Gail |
| 04 - Aiden | 16 - Carolyn |
| 04 - Elisabeth | 17 - Dontell |
| 04 - Lisa | 18 - Angelina |
| 05 - Mindy | 18 - David |
| 06 - Genevlyn | 18 - Patricia |
| 06 - Vidanann | 18 - Jeanika |
| 06 - Tonya | 19 - Zhanna |
| 06 - Melissa | 21 - Dorene |
| 07 - Mirna | 25 - Cayla |
| 08 - June | 25 - Noah |
| 08 - Forest | 25 - Donald |
| 09 - Preston | 26 - Chandrowtee |
| 09 - Eric | 26 - Ella |
| 10 - Marilyn | 28 - Julie |
| 10 - Carly | 28 - Thomas |
| 10 - Leah | 28 - Lise |
| 11 - Sandra | 30 - Hunter |
| 12 - Angela | 30 - Lorie |

DID YOU KNOW...

June bugs get their name from emerging in great quantities in June. These beetles make a tasty food for your pet toads and lizards.



June is National Candy Month



Submitted by Sandy (client)



ACCREDITED BUSINESS



SUPERIOR HOME CARE

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