



JUNE IS NATIONAL SAFETY MONTH

Now, more than ever, safety is crucial both inside and outside the workplace. Observed annually by the National Safety Council, the nation's leading nonprofit safety advocate, National Safety Month focuses on saving lives and preventing injuries, from the workplace to anyplace.

Identifying risks around the home or improving safety standards at home and in your community protects everyone. Whether we increase first aid and emergency awareness through drills or provide water safety tips for summer recreation, we're taking steps to provide a safer neighborhood.

Participate in National Safety Month! Safety doesn't stop in the face of a pandemic. In fact, safety is more critical.

Here are some ways to get involved:

- ◆ Report repairs as they are needed
- ◆ Hold drills at home to help children know what to do in the event of: fire, tornado, medical event, another natural disaster
- ◆ Volunteer to participate in community emergency preparedness events
- ◆ Put together a first aid kit
- ◆ Take a CPR class
- ◆ Teach someone to change a tire properly and safely
- ◆ Learn about proper storage and disposal of medications
- ◆ Take a defensive driving course
- ◆ Learn how to identify fall hazards in a home

Can hand sanitizer spontaneously ignite?

It's certainly unsafe to leave a person or a pet inside a hot vehicle, but what about a bottle of hand sanitizer? After all, alcohol-based hand sanitizers are considered flammable liquids.

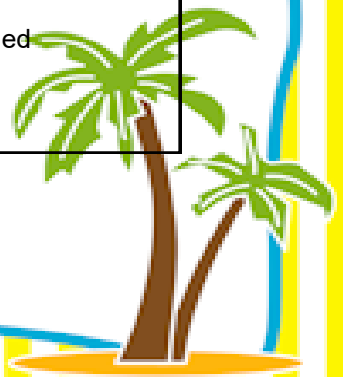
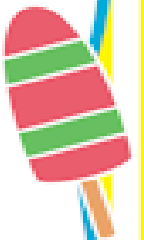
Despite some information currently being released on social media and in the news, the short answer is **NO**. From a fire safety standpoint, it is not unsafe to leave hand sanitizer inside a hot vehicle. Here's why. While hand sanitizer gives off ignitable vapors at roughly room temperature or above, that vapor-air mixture still needs to be exposed to very high temperatures to ignite. A flame can do it. A hot car can't.

Although leaving small amounts of alcohol-based hand sanitizer in your car does not pose a significant fire risk, it should not be kept in vehicles indefinitely because high temperatures can lower its disinfectant ability. The active ingredient, alcohol, can evaporate at higher temperatures.

You may also have heard about a woman who, after applying hand sanitizer and turning on her gas stove, burned her arms. Experts have not been able to prove this happened. While hand

sanitizer is flammable, the fire risks largely disappear when the sanitizer is applied properly and given time to dry. It takes about 20 seconds of rubbing for hand sanitizer to fully dry on your hands. If properly applied with hands rubbed together evaporates, it shouldn't burst into flame.

Happy Father's Day!



This & That....

The St. Paul Farmers Market will reopen for the season starting on June 6th in Apple Valley from 8am - Noon and on June 10th in Lakeville from Noon - 5PM. Both of these locations accept EBT cards. You can also go to their website: www.stpaulfarmersmarket.com and hit a link to preorder/prepay for your produce.

Would you like to watch free classic movies? Check out the website: www.openculture.com.



I Heart Radio offers free music. You can listen to other languages as well. Their website is www.iheart.com.



Until next month ... Jim (client)

SUMMER WORD SEARCH

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

aloe
books
grass
ice tea
playing
relaxing
sunglasses
vacation

bandaid
bug bites
hammock
lemonade
pool
shade
sunscreens
walks

baseball
flowers
hat
mowing
popsicles
sun
swimming
weeding

baseball
gardening
ice cream
park
reading
sun burn
Umbrella
yardwork

Calvin Jackson has been selected for Superior Home Care's Employee of the Month for June 2020. Calvin has been a PCA with Superior Home Care for 1-1/2 years. We are grateful for his hard work and dedication.



Thank You Calvin!

JUNE BIRTHDAYS



01 - Aydann	15 - Isaiah
01 - Leila	16 - Carolyn
02 - Peach	17 - Constance
02 - Bounmy	17 - Annette
03 - John	17 - Elliott
03 - Kristen	17 - Dontell
04 - Amanda	18 - David
04 - Aiden	18 - Patricia
04 - Lisa	18 - Jeanika
05 - Magnus	20 - Curtis
06 - Lynzada	20 - Hawa
06 - Afshan	21 - Dorene
07 - Mirna	22 - Nolan
08 - June	23 - Karina
08 - Jennie	24 - Tovah
09 - Preston	25 - Cayla
10 - Carly	26 - Chandrowtee
11 - Sandra	26 - Ella
11 - Krystina	28 - Sherin
11 - Sanna	28 - Lise
12 - Debra	29 - Rachel
12 - Angela	30 - Natalie
13 - Darren	

*Congratulations
 ~ Class of 2020 ~*

New Address or Phone Number?



Please call our office when you change your phone number or move. We must have your current contact information on file at all times, per state guidelines.

hello 
SUMMER
 JUNE 20th



SUPERIOR HOME CARE

10597 165th Street West, Lakeville, MN 55044
 Phone: 952-898-4911 Fax: 952-898-3088

Email: info@superiorhomecare.org
www.facebook.com/superiorhomecareinlakevillemn/