

Safety Tips for Senior Living Alone

More and more seniors choose to live on their own these days. Living independently can be very good for your mental health, but you need to take steps to prevent accidents in your house and ensure that help can get to you in the event it's needed:

Avoid slippery conditions: Put down non-slip floor mats in your bathrooms and install safety/grab bars in bath tubs and showers, and next to toilets. Also, install mats at the entry points to your home so floors don't get slick on rainy and snowy days.

Remove tripping hazards: Stray electrical cords, rugs that don't lie flat, and poor lighting are common causes of falls within the home. Make sure your bulbs are the proper wattage and install nightlights to illuminate your floors at night.

Use a medical alert system: Medical alert systems provide affordable, one-touch access to emergency personnel. Should you need help, simply press a button on the medical alert bracelet/necklace and you will be connected with a trained care specialist through the alert system's intercom. There's no need to get to a phone.

Get to know your neighbors: If you and your neighbors get to know each other, you're all more likely to notice when something is awry. Include neighbors on your medical alert system's emergency contact list.

Test smoke alarms regularly: Your alarms only protect you if they have fresh batteries and are operating properly. Change batteries every six months when you reset your clocks for daylight savings time and standard time.

Organize a daily check-in: Ask a loved-one or friend to call each day to make sure everything is OK. You can offer to do the same for them. Medical alert systems also offers a service to check in with you once a day.

Don't place items in hard to reach places: Keep the things you need within easy-to-reach. Climbing to get to items in high places is another common cause of falls.

Put a lock box on your door: A lock box allows family members, friends, trusted neighbors and emergency personnel to access your home when you're unable to get to the door.

Keep lists of medications, allergies and personal information in your wallet or purse: This information can be invaluable to emergency medical personnel when they come to your home, especially if you're unconscious or unable to communicate.

Check for expired food in the refrigerator: Spoiled foods can cause sickness and should be discarded. It is common for leftovers to be shoved to the back of the fridge and forgotten, so do a weekly check of uneaten foods that can be tossed out.

PCA Policy Reminders.....

We want to reiterate the following state rules for PCAs that are considered a FEDERAL OFFENSE, if violated. Both the PCA and client are liable as both sign the timesheets:

- * PCAs **may not** take their children with them to work.
- * PCAs **may not** take their clients to their own homes.
- * PCAs **may not** claim even 1 hour of time that direct services to their client are not provided.
- * PCAs **may not** sleep while working PCA hours.

A pink sticky note with the word "Important" written in black cursive, pinned with a red pushpin.

**Daylight savings begins on
Sunday, March 11th at 2AM!**



Spring is almost here and it is time to think about doing some gardening. Having a vegetable garden in pots is an easy way to get some produce at a very economical price. You don't need a greenhouse to get seeds to grow. Placing them on top of your refrigerator is a great way to get them started. Using a spray bottle to mist the dirt until the seedlings are two weeks old. Keeping the dirt moist at all times. This way you won't kill them giving them too much water. Once they germinate, place them in a sunny window. At night place them back on the refrigerator, to keep the dirt warm. You can stop this once the seedlings are two weeks old.



Tomatoes, peppers, eggplant and herbs are very easy to start with. Growing seeds should be done right now in order to get a nice yield for the growing season.

- Fare for all will be at the Diamondhead Education Center in Burnsville on March 21st from 3-5pm.
- Capable Partners is having a Pheasant Hunt at Major Ave Hunt Club in Glencoe MN on March 25th. If you would like more information, contact Greg Hance at 763-258-4293.
- River Valley Project Explore is having a Move and Groove on April 18th from 7-8pm at Valley Middle School. The cost is \$4. Call to register: 651-423-7931

Until next month...*Jim (client)*

Sandy's Recipe Box

Ranch Roasted Nuts Snack Mix

- 1 cup raw cashews
- 1 Tablespoon lightly flavored oil
- 1 cup dry roasted peanuts
- 3/4 cup dried fruit
- 1 cup plain flavored cereal
- 1 envelope (2 Tablespoons) dry ranch dressing mix
- Kosher salt for extra seasoning, if desired



Line a rimmed baking sheet with parchment paper; set aside. Add raw cashews and dry ranch seasoning to a small mixing bowl; stir to combine. Lay nuts in a single layer on the pan and place pan in the oven. Bake for 60 minutes in a 300 degree oven stirring nuts every 20 minutes to assure even browning. When nuts are golden brown and fragrant, remove from oven. Pour warm nuts into a large mixing bowl. Add remaining ingredients and toss to combine. Serve and enjoy! Store in a tightly covered container for up to 3 weeks, or freeze for up to 4 months.

It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.

-Charles Dickens -

Submitted by Sandy (client)

Maggie Slater has been selected for Superior Home Care's Employee of the Month for March 2018. Maggie has been a PCA with Superior Home Care for 1 year. We are grateful for her hard work and dedication. Thank You Maggie!



MARCH BIRTHDAYS



- | | |
|--------------|---------------|
| 01 - Myena | 17 - Julia |
| 02 - Dim | 18 - Judy |
| 03 - Kay | 20 - Jack |
| 03 - Ann | 22 - Josefina |
| 05 - Sabrina | 22 - Emily |
| 05 - Heather | 23 - Mary |
| 05 - Mary | 23 - Matthew |
| 07 - Steve | 24 - Nicholas |
| 08 - Robert | 24 - Yachin |
| 09 - Shirley | 25 - Julian |
| 12 - Laurie | 25 - Brooke |
| 12 - Nieves | 28 - Bernice |
| 13 - Kyle | 28 - Riley |
| 14 - Amanda | 28 - Adeline |
| 15 - Kerry | 28 - JoEllen |
| 16 - Denise | 28 - Kaylin |
| 17 - Andrea | 30 - Ina |

DID YOU KNOW...

Most of the small schools in the USA of yesteryear were painted red because it was the least expensive paint color.



Submitted by Sandy (client)

**Everyone is Irish
on St. Patty's Day!**

If anyone can use the formula Jevity, please call the office.



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