

National Sleep Awareness Week

March 3-10 is the National Sleep Foundation's annual "Sleep Awareness Week." This campaign celebrates the benefits of sleep. Most of us understand the importance of getting a good night's sleep, especially when we experience the after effects often associated with little or no sleep; fatigue, bad mood, lack of focus, etc.

Sleep changes as you age: the amount of sleep your body needs, your ability to fall (and stay) asleep, your body's response to lack of sleep. Healthy sleep is important at every age. Sleep benefits your physical and mental health. Studies show that good sleep lowers risk for depression, cardiac distress, hypertension, swings in blood sugar and more. For kids, good sleep helps physical growth and cognitive development.

How can you tell if someone needs more sleep? There are different signs at every age:

Toddlers and children: Irritability, moodiness, poor emotional control. Often, overtired kids can't focus, and that lack of concentration is sometimes misdiagnosed as ADHD. Talk to your pediatrician if you're concerned.

Teens: Lack of concentration, poor impulse control and emotional control, riskier behavior. Chronically overtired teens have higher risks of depression and anxiety, especially after puberty. If you're concerned about depression and sleep, contact your teen's primary care provider.

Adults: Overeating, reliance on caffeine, lower productivity, coordination, concentration. Overtired adults feel run down. If that's you, consider a sleep study; you may have apnea, which can be treated.

Seniors: Daytime drowsiness, lower immunity, lack of concentration that can feel like memory loss...but isn't. Body changes make it easier to wake up and harder to fall back asleep, so seniors often don't get enough sleep at night. With lower sleep drive, you can sleep the edge off in a few hours, then wake up but aren't fully rested. Chronic illness and some medications can also affect sleep.

If you think you're suffering from a sleep disorder, you may want to consider getting a medical sleep evaluation.

*Do you regularly have difficulty getting to sleep or staying asleep?

*Do people tell you that you snore? Has anyone ever told you that you have pauses in breathing or that you gasp for breath when you sleep?

*Are your legs "active" at night? Do you experience tingling, creeping, itching, pulling, aching or other strange feelings in your legs while sitting or lying down that cause a strong urge to move, walk or kick your legs for relief?

*Are you so tired when you wake up in the morning that you cannot function normally during the day?

*Does sleepiness and fatigue persist for more than two to three weeks?

If you answered yes to any of the above questions, you should talk with your physician to determine next steps. Your doctor may ask you to track your sleep patterns and provide a list of medications you are taking before your visit.



IMPORTANT Payroll Reminders

*Timesheets are due in the office on Tuesdays by 5PM per your payroll schedule.

You may send them in weekly (preferred).

*Use only **BLACK** ink when filling out your timesheets!

*Do not take pictures of your timesheets! Use CamScanner app or a similar scanner app. SHC needs to have clean, clear copies on file for the State of MN.

*Please hold onto your paystubs. SHC does not keep copies.

*If you email your timesheets, you will get an email response from the Office that your timesheets were received. Please check your email. If no response, no timesheets were received.

*If you fax your timesheets, you must call the Office to make sure they were received!



Reminder of the following note that appears on the bottom of your timesheets:

Timesheets must be submitted by email, fax, mail or in person within thirty (30) days after the first original date of service to which the timesheet relates. Timesheets received after 30 days will be held for confirmation of payment to SHC before paycheck is issued.

Community Happenings

The 16th Annual Landscape & Home Expo will be held at Lakeville North High School on March 9th from 9am-3pm. It will feature over 150 exhibitors covering all the needs for home improvement projects and services. It is free to attend and will get you out of the house and find some new ideas!

River Valley Project Explorers is having a St. Patrick's Day dance on Friday March 15 from 6:30-9:00pm at Valley Middle School. The cost is \$6 for this event.

A bowling league is starting at Bogarts in Apple Valley, Monday March 18 for ten weeks, ending on Monday May 20. The cost is \$40 and the time is 4-5:15pm.

These activities are for anyone over the age of 18.

Register at District 196 Community Education.

Fare For All will be at the Diamondhead Education Center in Burnsville from 3-5pm on March 27th.

Until next month ... Jim (client)



Birthdays of the Month



01 - Myena	14 - Julie
02 - Dim	14 - Amy
03 - Kay	15 - Kerry
03 - Brian	16 - Pat
05 - Sabrina	16 - Denise
05 - Leotta	23 - Mary
05 - Mary	24 - Yachin
06 - Alix	25 - Julian
06 - Arie	28 - Nevaeh
07 - Steve	28 - Bernice
08 - Ian	28 - Adeline
08 - Robert	28 - JoEllen
09 - Shirley	28 - Morena
12 - Nieves	28 - Kaylin
13 - Kyle	30 - Aizen
13 - Laurie	30 - Ina
14 - Marina	31 - Sean

Free Tax Help Available

The Volunteer Income Tax Assistance (VITA) and AARP Tax-Aide programs help prepare federal and state income tax and property tax refund returns. There are over 200 free tax preparation sites available across Minnesota. You may qualify for free tax preparation for your returns at the VITA site if any of the following are true:

- You are 60 or older.
- You are a person with a disability
- You speak limited or no English.
- Your annual income is less than \$55,000.

For more information, go to: www.revenue.state.mn.us
Search: free tax preparation help



In-person assistance will be available at these area sites:

New Creation Lutheran Church
1053 Jefferson St S, Shakopee
Monday, 5 to 8 PM
Walk-In, English or Spanish

DC Library, Farmington
508 3rd Street, Farmington
Tuesdays, 12 PM to 5 PM
Walk In, Mobility Accessible

Shakopee Community Center
1255 Fuller St S, Shakopee
Wednesdays, 9 AM to 1 PM
Clients served first-come basis

DC Library, Burnhaven
1101 W. Cty Rd 42, Burnsville
Thursdays, 10 AM to 2 PM
Appointments (952) 891-0300
Mobility Accessible

Prior Lake City Hall
4646 Dakota St SE, Prior Lake
Tuesdays, 10 AM to 1:30 PM
Walk in, Mobility Accessible

Burnsville Senior Center
296 W. Bville Pkwy, Burnsville
Wednesdays, 9AM to 12 Noon
Appointment (952) 707-4120
Mobility Accessible

DC Library, Apple Valley
14955 Galaxie Ave, Apple Valley
Thursdays, 10 AM to 2 PM
Mobility Accessible



**Set your clocks ahead
Sunday, March 10th 2:00 AM**

Some St. Patrick's Day Facts.....

- ♣ Shamrocks are the national flower/emblem of Ireland.
- ♣ Beer is one of the most widely consumed beverages on St. Patrick's Day.
- ♣ Legend says that each leaf of the clover has a meaning: Hope, Faith, Love and Luck.
- ♣ Your odds of finding a four-leaf clover are about 1 in 10,000.
- ♣ 1962 marked the first time Chicago dyed their river green for St Patrick's Day.
- ♣ There are 34.7 million U.S. residents with Irish ancestry. This number is more than seven times the population of Ireland itself.
- ♣ The world's shortest St. Patrick's Day parade is held in an Irish village. It lasts only 100 yards, between the village's two pubs.

Happy St. Patrick's Day

Laura Ochs has been selected for Superior Home Care's Employee of the Month for March 2019. Laura has been a PCA with Superior Home Care for 1 year. We are grateful for her hard work and dedication.



Thank You Laura!



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