

March is Brain Injury Awareness Month

National Brain Injury Awareness Month in March alerts us to the causes and aims to eliminate the stigma surrounding brain injuries. Every year, 1.7 million Americans will suffer a traumatic brain injury (TBI). While anyone can suffer from a brain injury, it's important to remember that everyone is a person first. Each person has hopes and dreams, and they are not their injury. Each injury affects a person differently. How we support the person and treat the injury will require understanding and patience.

Brain injuries can impair the people who sustain them in a variety of ways. Personality, sleep patterns, memory, concentration, cognitive abilities and other qualities might be affected, making it difficult or impossible to hold a job or perform daily activities. Unfortunately, people with brain injuries can be overlooked when thinking about disability and accessibility because the challenges they face are largely "invisible" to the public.

A TBI may result in mild, moderate, or severe changes in one or more areas, including thinking, speech, physical functions, and social behavior. The consequences of TBI can be lifelong for some people, while others may be able to recover and resume activities they enjoyed before the injury occurred.

The recovery process is different for everyone. Recovery is typically lengthy, from months to years, because the brain takes a long time to heal. These tips, directed at the person with a brain injury, will help your loved one improve after the injury:

- ◆ Get lots of rest.
- ◆ Avoid doing anything that could cause another blow or jolt to the head.
- ◆ Ask the doctor when it's safe to drive a car, ride a bike, play sports, or use heavy equipment, because reaction time may be slower after a brain injury.
- ◆ Take prescription medication according to the doctor's instructions.
- ◆ Do not drink alcohol or use street drugs.
- ◆ Write things down to help with memory problems.
- ◆ Ask the doctor to recommend rehabilitation services that might help recovery, and follow those recommendations.

PCA Policy Reminders...

- Please notify the office when your client is hospitalized.
- When a client is hospitalized or in a rehab facility, the PCA and/or Homemaker is not authorized to work with their client.
- PCA's cannot work more than 40 hours a week.



**Daylight savings begins on
Sunday, March 8th at 2AM!**

This & That....

Everyone can dance! Ballet Royale Minnesota's Ballet Beyond Barriers Adaptive Dance Program is an inclusive class designed for kids (ages 8-15) of all abilities. It is ideal for both girls and boys who are interested in exploring a new way of movement through dance, and will focus on rhythm and musicality, while pushing the barriers of the child's everyday capabilities. All classes are led by a ballet teacher, along with a physical therapist and a live musician. The session will culminate in an in-studio showcase for families. Included with registration is a complimentary ticket to Twin Cities Ballet's spring performance of "The Ruby Slippers" at the Ames Center and a t-shirt.



If your child has a CSG grant or CDCS waiver, Ballet Beyond Barriers may be added into your budget. The class will be held on Sundays March 1- April 5 from 11AM - 12PM. The cost is \$185 and the classes will be held at Ballet Royale Minnesota in Lakeville. Contact information to register: 952-985-4600

Project Explore is having a bird house making project at Valley Middle School in Apple Valley. This will be happening on March 20 from 6:30 - 8PM. The cost is \$9 and you can choose from several styles to paint.



Fare for All will be at the Diamondhead Education Center in Burnsville on March 25th from 3-5 pm. Once again this is a wonderful opportunity to save money on food.

Until next month ... Jim (client)

Thank you for reporting streetlight outages!

Look for the identification number printed on the pole and contact the electric company that supplies service to your area to report the outage. If the streetlight is with Dakota Electric, use the convenient app to report the outage rather than calling the outage line. By simply standing next to the streetlight, the app's GPS technology pinpoints the location of the streetlight, and the outage can be reported with the touch of a button!



Happy St. Patrick's Day!

Skye Jacobs has been selected for Superior Home Care's Employee of the Month for March 2020. Skye has been a PCA with Superior Home Care for 1-1/2 years. We are grateful for her hard work and dedication.



Thank You Skye!



01 - Claire
02 - Dim
03 - Kay
03 - Brian
05 - Sabrina
05 - Leotta
07 - Steve
08 - Ian
09 - Todd
09 - Shirley
09 - Robin
10 - Jozeph
10 - Bounhieng
12 - Krishna
12 - Nieves

13 - Kyle
13 - Laurie
14 - Marina
14 - Muluwork
14 - Amy
14 - Amanda
15 - Kerry
16 - Ray
16 - Pat
16 - Denise
20 - Iris
23 - Mary
24 - Yachin
25 - Julian
28 - Nevaeh
28 - Bernice
28 - Adeline
28 - JoEllen
28 - Morena
28 - Kaylin
30 - Ina
30 - Jesse
31 - Sean

ST. PATRICK'S DAY WORD SEARCH

c	i	r	e	l	a	n	d	s	i	p
j	s	w	e	u	m	a	r	c	h	t
p	f	p	a	c	u	h	s	d	a	r
f	a	o	i	k	a	c	p	s	r	a
a	o	t	u	y	h	e	a	h	t	i
l	e	p	r	r	e	c	h	a	u	n
u	m	a	a	i	t	r	r	m	w	b
i	e	r	r	o	c	e	s	r	x	o
r	r	a	s	d	l	k	p	o	t	w
i	a	d	g	g	o	l	d	c	h	n
s	l	e	a	r	v	l	l	k	t	d
h	d	s	c	h	e	s	a	i	n	t
k	w	e	e	r	r	e	f	r	i	e
h	c	g	o	h	o	l	n	t	f	k

Irish
Emerald
Clover
Lucky
Ireland

Parade
Leprechaun
Patrick
Gold
Rainbow

Pot
Shamrock
Green
Saint
March



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