

"One Text or Call Could Wreck It All"

"If you're texting, you're not driving." Minnesota State Statute H.F. 3800 makes it illegal to drive any motor vehicle while composing or sending an electronic text message or an electronic mail message.

Startling Facts

1. More than 3,000 teens die each year in crashes caused by texting while driving.
2. Texting while driving is now the leading cause of death among teenagers – surpassing drinking and driving, according to a study by Cohen Children's Medical Center.
3. More than 50 percent of teens admit to texting while driving.
4. Virginia Tech studies show drivers are 23 times more likely to be in an accident while texting.
5. Five seconds is the average time your eyes are off the road while texting. If traveling at 55 mph, this equals driving the length of a football field without looking at the road.
6. At any one time, 9% of drivers are talking on cell phones, making them 4 times as likely to crash.
7. Talking on a cell phone while driving requires the brain to multitask—a process it cannot do safely while driving. While a growing number of drivers are turning to hands-free devices, studies show hands-free devices provide no safety benefit. The area of the brain responsible for processing moving visual information—a vital part of driving—has 37% less capacity to gather and process critical driving data and instead, focuses on the cell phone conversation.
8. It's the conversation, not the device, which creates the danger.
9. Engaging in visual-manual subtasks (such as reaching for a phone, dialing and texting) associated with the use of hand-held phones and other portable devices, increased the risk of getting into a crash by three times.



VERY IMPORTANT INFORMATION

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.

ATTENTION PCAs

If you quit working with your client or if you would like more hours, please contact Kris in HR:
kris@superiorhomecare.org or 952-898-4911.

Our office will be closed on
Monday, May 30th in
observance of Memorial Day.

MEMORIAL DAY...

...IS THE DAY THAT'S SET
ASIDE TO REMEMBER WITH
GRATITUDE AND PRIDE
ALL THOSE WHO SERVED
AND DIED FOR OUR
COUNTRY AND OUR
FREEDOM.

MAY YOUR DAY BE
FILLED WITH
MEMORIES AND
PEACE.
GOD BLESS AMERICA

On the calendar, spring has sprung, even though at this time of year it doesn't always feel like it. As I write this article, the burr factor this morning is a lovely 26 degrees. Not many flowers or vegetables will grow at that temperature. Are you ready for your spring planting? The St. Paul Farmers Market will have a lot of fresh bedding plants. It is located in Burnsville at Mary Mother of the Church on Cliff Road. The plants and produce that are available in May are asparagus, bedding plants, green onions, radishes, rhubarb, and spinach.



I myself have over 200 plants started in my little greenhouse in the garage. I hope all of you who like to garden have got your seeds planted and just can't wait for that lucky day of May 10th, the date we are not supposed to get any more frost, HaHa!

There is a fun activity on May 1st for all of you who are adventurous and handicapped. It is hosted by Capable Partners. It is the Mark Ryan Turkey Shoot at LeBlanc's in Little Falls, MN. Please contact Tom Gindorff at 651-429-7625 for more information.

Enough of your time for now. I'll visit you again next month.



Signing off,
Your favorite journalist Jim

MAY BIRTHDAYS



- | | |
|----------------|----------------|
| 01 - John | 20 - Latesha |
| 01 - Brenna | 20 - Linda |
| 02 - Ron | 21 - Megan |
| 02 - Tung | 21 - Barbara |
| 02 - Brooke | 22 - Amanda |
| 03 - Pam | 22 - Dorothy |
| 04 - Anna | 22 - Mandy |
| 05 - Angel | 22 - Susan |
| 06 - Ava | 23 - Reevu |
| 06 - Dilbir | 23 - Toan |
| 06 - Darrell | 24 - Luke |
| 07 - Lara | 24 - Sandeep |
| 08 - John | 24 - Brittany |
| 09 - Jackson | 25 - Joshua |
| 09 - Rose | 26 - Joe |
| 10 - Carla | 26 - Suzanne |
| 10 - Catherine | 26 - Amanda |
| 11 - Susan | 26 - Karla |
| 13 - Lori | 26 - Jamie |
| 13 - Vincent | 27 - Maaz |
| 14 - Estella | 27 - Melody |
| 16 - Jackie | 27 - Norman |
| 16 - Jamison | 28 - Michael |
| 16 - Michael | 28 - Jennifer |
| 16 - Naeema | 30 - Geraldine |
| 16 - Alison | 30 - Sana |
| 17 - Jacob | 31 - Jeff |
| 19 - James | 31 - Debra |
| 20 - Adam | 31 - Michelle |
| 20 - Elizabeth | |

Did you know...

the most common mental illnesses are anxiety and depression

Submitted by Sandy (Client)



Calm mind brings inner strength and self-confidence, so that's very important for good health. -Dalai Lama-

Submitted by Sandy (Client)



to all our wonderful moms!

Mical Vandine has been selected for Superior Home Care's Employee of the Month for May 2016. She has been a PCA with Superior Home Care for over 1 year. We are grateful for her hard work and dedication.



SUPERIOR HOME CARE

10597 165th Street West, Lakeville, MN 55044

Phone: 952-898-4911 Fax: 952-898-3088

Email: info@superiorhomecare.org