

MAY is NATIONAL STROKE AWARENESS MONTH

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, or trouble speaking, or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden, severe headache with no known cause



Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are some of the signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. This may occur with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.



Dial 9-1-1 FAST

Heart attack and stroke are life-or-death emergencies - every second counts. If you suspect you or someone you are with has any of the symptoms of heart attack or stroke, immediately call 9-1-1 or your emergency response number so an ambulance can be sent. Don't delay - get help right away!

For a stroke, also note the time when the first symptom(s) appeared. If given within 3 to 4.5 hours of the start of symptoms, a clot-busting drug may improve the chances of getting better faster.



Household Hazardous Waste Drop-Off Day

Dakota County and the City of Lakeville are hosting their annual Household Hazardous Waste Drop-off Day on Saturday, May 6th, from 9:00 am to 2:00 pm at the Lakeville Central Maintenance Facility (CMF). The drop off is open to all Dakota County Residents. Driver's license required.



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.



Remember -
our fallen heroes.
They are the reason
that we are free.

Our office will be closed on Monday, May 29th in observance of Memorial Day.
Have a safe and happy holiday weekend!

Here are a couple of outings you may be interested in:

If you would like to take part in a turkey hunt with Capable Partners, they are having an outing on Sunday May 7th. Contact Tom Gindorff at 651-429-7625.



Another great family outing will be held at Lebanon Hills Regional Park on Friday May 5th from 7-8:30pm. You can explore how pollinators help your garden grow. The park is located in Apple Valley and is wheel chair accessible.

The MN History Center is also a great place to visit. The newest exhibit is WWI America. Daily visit is \$12, seniors 65 and older \$10. PCA is admitted free with paying client. The MNHC is located at 345 N. Kellogg Blvd in St. Paul.

With spring here and with many of us having physical limitations, look into a raised garden bed or container gardening. This is something we can do from our wheelchairs and is very rewarding.



Next month I will be able to refer you to a place to get reasonable priced plants. Try something new and maybe you will enjoy it like I do.

Until next month....Jim

The Best Place to Seek Shelter from the Storm

The safest place to be during a storm is indoors, but that's not always an option while you're out and about on a summer day. So just where is the safest place to go if you're stuck outside?



Seek Substantial Shelter

Just because there is a roof over your head does not mean you are protected. The safest place to be is inside a substantial building with electricity and plumbing. Get out of the dugout, picnic shelter or band shell immediately and head toward more substantial shelter.

WARNING: If you hear thunder, you are close enough to be hit by lightning. Time to pack it up and head for shelter.

Ride It Out in Your Car

Despite common belief, it's the metal in the roof and sides of a car that protects you against lightning, not the rubber in the tires. ATVs, motorcycles, even soft or fiberglass topped vehicles will not protect you against lightning. Seek shelter in a metal-topped car until the danger has passed.

Stay Away from Tall Objects

It's not the presence of metal, but often the height, shape, and isolated location of objects that attracts lightning. Non-metallic objects like trees, utility poles and buildings are frequent targets. Metal conducts electricity so stay away from metal fences, railings, bleachers, etc. during a thunderstorm.

Keep Moving Toward Shelter

If you're caught out in the open during a storm, keep moving toward safe shelter. Crouching low or lying flat on the ground makes no difference; ground currents can be just as deadly as a direct strike.

**STORM
SHELTER**



MAY BIRTHDAYS



01 - John	20 - Adam
02 - Ron	20 - Elizabeth
02 - Tung	20 - Latesha
02 - Brooke	20 - James
03 - Pam	21 - Megan
03 - Elizabeth	22 - Amanda
04 - Anna	22 - Dorothy
05 - Angel	23 - Reevu
06 - Ava	23 - Toan
06 - Darrell	24 - Luke
08 - Colleen	24 - Brittany
09 - Jackson	25 - Joshua
10 - Carla	26 - Joe
10 - Catherine	26 - Suzanne
11 - Keegan	26 - Nathan
13 - Lori	26 - Karla
13 - Vincent	26 - Sovanna
16 - Lisa	27 - Norman
16 - Jamison	28 - Michael
16 - Michael	28 - Lisa
16 - Naeema	30 - Jaime
16 - Alison	30 - Sana
17 - Jacob	31 - Debra
19 - James	31 - Michelle



The true sign of intelligence is not knowledge but imagination.

- Albert Einstein-

Submitted by Sandy (client)

Did you know....

Squirrels cannot remember where they have hidden half of their food.



A 'spat' is a baby oyster.

Submitted by Sandy (client)



**ACCREDITED
BUSINESS**



Suzanne Galles has been selected for Superior Home Care's Employee of the Month for May 2017. Suzanne has been a PCA with Superior Home Care for 1-1/2 years. We are grateful for her hard work and dedication. Thank You Suzanne!



SUPERIOR HOME CARE

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