



## National Stroke Awareness Month



A stroke can happen to anyone, at any time, and at any age. It is the #5 cause of death and a leading cause of disability in the US. In America today, a stroke in young adults is increasing at an alarming rate. On top of that, 73% of young Americans are not familiar with stroke symptoms and the need for urgent medical attention.

Someone has a stroke every 40 seconds in the US, about as many Americans have a stroke as a heart attack. Strokes kill more than 133,000 Americans annually and is the leading cause of serious, long-term disability. A stroke is largely treatable and most are preventable. The faster you are treated, the more likely you are to recover.

Here are some signs of a stroke:

- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance
- Sudden severe headache with no known cause

**FAST** is an easy way to remember and identify the most common symptoms of a stroke:

**F** - Facial weakness/drooping

**A** - Arm Weakness

**S** - Speech difficulty

**T** - Time to call 9-1-1



Take these simple steps to help avoid a stroke, dementia or memory loss:

### **Prevent or control high blood pressure**

It is the #1 risk factor for a stroke.

### **Be physically active**

Get your heart pumping, (walk/run/dance) helping to supply oxygen and blood flow to the brain.

### **Lose weight**

A healthy weight and body mass index can lead to health benefits, like lower blood pressure.

### **Manage Cholesterol**

A healthy brain requires normal blood flow and oxygen, which may be impacted by high cholesterol.

### **Stop Smoking**

Smoking is a leading risk factor for a stroke and slow brain function!

### **Control Blood Sugar**

Untreated diabetes can cause a number of health complications.




## MEMORIAL DAY

Each year on the final Monday in May the United States celebrates the federal holiday, Memorial Day. Originally Memorial Day was known as Decoration Day, meant to honor the Union and the Confederate soldiers who died during the American Civil War. By the 1900s it had become a day to celebrate all American soldiers who died while serving in the military. It wasn't until 1967 that it was legally named Memorial Day. It became a federal holiday in 1971.

Some Interesting facts:


\*Congress passed a law in 2000 that requires all Americans to stop what they are doing at 3pm on Memorial day to remember and to honor those who have died serving the United States. President Clinton signed this action.

\*The flag should be flown at half-mast until noon, then raised to full mast until sunset on Memorial Day.


\*The reason red poppies are used to remember those who have given their lives in battle is because they are the flowers which grew on the battlefields after WWI ended. 


\*There are still some people in rural areas of the South that continue to practice the old tradition to eat a picnic meal while sitting on the ground of a cemetery.

\*It's common for volunteers to place the American flag on graves in the national cemeteries. Memorial Day is also a popular day for people to visit cemeteries and honor those who have died while serving in the military.

\*It's estimated that approximately 32 million people travel by car over Memorial Day weekend. 

\*Memorial Day also marks the beginning of the summer vacation season while Labor Day marks the end.

\*There are more than 300,000 fallen soldiers buried at Arlington Cemetery, an average of 28 burials there each day. 

We need your help to stop a 7% cut for disability supports. This cut will affect all people who access home and community based supportive services via Minnesota's MA waiver. Minnesota DHS received notification from the Federal Centers for Medicare and Medicaid Services of a problem with Minnesota's rate setting policy for Minnesotans receiving waived services. If the Minnesota legislature does not fix this issue, then a 7% cut will go through on July 1, 2018. You can find more information on this subject at [www.armm.org/stop-the-cut](http://www.armm.org/stop-the-cut). Please contact your legislator and ask them to stop this cut. 



### New Address or Phone Number?

Please call our office when you change your phone number or move. We must have your current contact information on file at all times, per state guidelines.



REMEMBER THOSE WHO SERVED



ALL GAVE SOME, SOME GAVE ALL

**Our office will be closed on Monday, May 28th in honor of Memorial Day. Have a safe and happy holiday weekend!**

Here are some fun activities for May:

\* Lebanon Hills Regional Park in Eagan will be hosting "Forever Wild Family Friday: Geocaching" on Friday 5/4 from 7pm-8:30pm. This is a free family event with outdoor park activities and s'mores. Have fun exploring the park while finding geocaches hidden throughout.

\* Capable Partners is having a fishing trip to Lake Mille Lacs on May 19th from 4-10pm. Contact Violet Foster @ 763-444-4427 for details.

\* With many of us on a fixed income, the Fix-It-Clinic is a place you may want to visit. It takes place from noon-3pm on May 19th at Pleasant Hills Library in Hastings. This is a free clinic. For more information, go to [www.dakotacounty.us](http://www.dakotacounty.us), search: Fix It Clinic.

\* Holz Farm in Eagan is having a Spring Festival on Sunday, 5/20 from 11am-4pm. This free event with lots of fun family activities: garden planting, old fashioned laundry, barnyard animals, corn grinding, bread baking, egg picking, and much, much more! Concessions available for purchase. Visit [www.cityofeagan.com](http://www.cityofeagan.com) for more details.

\* Fare for All will be at the Diamondhead Education Center in Burnsville from 3-5pm on May 23rd.  
*Until next month ... Jim (client)*



## MAY BIRTHDAYS



- |                |               |
|----------------|---------------|
| 01 - Rumduol   | 19 - James    |
| 02 - Tung      | 20 - James    |
| 02 - Brooke    | 20 - Preston  |
| 03 - Pam       | 20 - Adam     |
| 03 - Elizabeth | 20 - Betty    |
| 04 - Anna      | 20 - Latesha  |
| 04 - Chantry   | 21 - Megan    |
| 05 - Mark      | 22 - Dorothy  |
| 05 - Nichole   | 22 - Rachel   |
| 05 - Angel     | 22 - Erin     |
| 06 - Darrell   | 23 - Alexis   |
| 08 - Colleen   | 23 - Reevu    |
| 09 - Jackson   | 23 - Toan     |
| 10 - Betty     | 24 - Luke     |
| 10 - Carla     | 24 - Niki     |
| 10 - Catherine | 24 - Brittany |
| 12 - Lanita    | 25 - Joshua   |
| 12 - Caitlin   | 26 - Joe      |
| 13 - Keegan    | 26 - Suzanne  |
| 13 - Vince     | 26 - Sovanna  |
| 14 - Nicholas  | 27 - Norman   |
| 16 - Jamison   | 28 - Maria    |
| 16 - Michael   | 28 - Michael  |
| 16 - Alison    | 29 - Alexis   |
| 16 - Catherine | 30 - Jaime    |
| 17 - Jacob     | 30 - Sana     |
| 19 - Celestino | 31 - Debra    |
| 19 - Mia       | 31 - Michelle |

### Slow Down and Watch Out for Potholes

Between freezing temperatures, snow and ice, salt, sand, and chemicals, our roadways take quite the beating every winter, making potholes inevitable. You can, however, avoid damage to your vehicle by watching out for potholes:

#### Keep Your Distance

Give yourself plenty of space between the car in front of you to spot and avoid potholes.

#### Pay Attention

Anything that takes your attention away from the task of driving is a distraction. Put away your phone, secure your pets, and keep the radio volume low.

#### Hands on the Wheel

For the most control, grip the steering wheel at the midpoint on both sides.

#### Slow Down

Obey posted speed limits, and slow down on well-worn, rutted or damaged roads.

#### Do Not Swerve

Swerving to avoid potholes can be more dangerous and damaging than hitting one head on. If you can't avoid a pothole, slow down and release the brakes before you hit to reduce the risk of impact damage.



You can maintain the safety of our roadways by reporting potholes and other roadside issues to MnDOT, or your city or county.

**Sabrina Dirksen** has been selected for Superior Home Care's Employee of the Month for May 2018.

She has been a PCA with Superior Home Care for over 1 year. We are grateful for her hard work and dedication. Thank You Sabrina!



ACCREDITED BUSINESS



## SUPERIOR HOME CARE

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