

ATTENTION PCA's

Any employee that has not submitted hours for 120 days or more **MUST** have a new background check run before they can return to work with their client. Clients who use PCAs for summer only, need to contact our office before allowing those PCAs to work. If hours are submitted without a current background study on file, the PCA will not be paid.

REMEMBER THOSE WHO SERVED



ALL GAVE SOME, SOME GAVE ALL

CodeRED and Emergency Alert Program Provides Many Benefits

Would you like to be alerted about emergencies and other important community news? There are systems in place that enables you to be provided with critical information quickly in a variety of situations.



If you are a Scott County resident and want to sign up for CodeRED, go to [www.scottcountymn.gov/1545/code red](http://www.scottcountymn.gov/1545/code%20red), click to sign up.

If you are a Dakota County Resident and would like to sign up for the Emergency Alert Program, visit www.mn-dcc.org. Click on Community Notification, click on register.

For Rice County residents:
www.co.rice.mn.us. Click on Notify Me.

Get Emergency Alerts Now

Our office will be closed on Monday, May 27th in observance of Memorial Day.

Let us remember all our wonderful military personnel for their service to our country.

NATIONAL BIKE MONTH

May is National Bike Month. It is sponsored by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling - and encourage more folks to giving biking a try.



Whether you bike to work or school; ride to save money or time; pump those pedals to preserve your health or the environment; or simply to explore your community, National Bike Month is an opportunity to celebrate the unique power of the bicycle and the many reasons we ride. Bicycling is one of the best ways to stay in shape, see the sights, save money on gas and reduce pollution. Biking improves mental well being, promotes weight loss, builds muscle and cuts heart disease and cancer risk. It can also strengthen your immune system and help you sleep better.

Follow these rules to keep safe:

- * Get acquainted with traffic laws; cyclists must follow the same rules as motorists. Don't run red lights or stop signs. Ride single-file in the direction of traffic and watch for opening car doors and other hazards.
- * Use hand signals when turning and use extra care at intersections.
- * Before entering traffic, stop and look left, right, left again and over your shoulder. Drivers may not be looking out for you. Pay attention and always watch for turning cars.
- * Wear bright clothing and ride during the day. If night riding can't be avoided, wear reflective clothing.
- * Make sure the bike is equipped with reflectors on the rear, front, pedals and spokes.
A horn or bell and a rear-view mirror, as well as a bright headlight, is also recommended.
- * Stay off sidewalks, except where allowed, or walk your bike.
- * Wear a helmet.



Community Happenings

* River Valley Project Explore is having a tie dye t-shirt class on May 2nd from 6:30 - 8:00pm at Valley Middle School. The cost is \$9 and you can register online and select your t-shirt size. www.district196.org/projectexplore.



* Holz Farm in Eagan is having a Spring Festival on Sunday, May 19th from 11am-4pm. Churn butter in the kitchen, take a hay ride, hang out with barnyard animals and so much more! Tickets are \$2/per person and can be purchased in advance at: www.discovereagan.com.



* Fare for All will be at the Diamondhead Education Center in Burnsville from 3-5pm on May 22nd.
Until next month ... Jim (client)



Free Community Meals

Apple Valley

Grace Lutheran Church

County Road 42 & Pennock

Meals served from 6:00-6:30 p.m.

1st, 2nd and 4th Monday of each month (Sept.-May)

1st and 4th Monday of each month (June/July/Aug).



Burnsville

Episcopal Church of the Nativity

15601 Maple Island Rd

Wednesdays, 5-7 pm.

Free will offering.

Mary, Mother of the Church

3333 Cliff Road East

Every Thursday, 5:15-6:30 pm.

Church of the Risen Savior

1501 E. County Rd 42

Meals served from 6:00-6:30 p.m.

Doors open at 5:30

May 6, 13 & 20; June 3 & 24; July 1 & 22; Aug 5 & 26; Sept 9, 16 & 30;

Oct 7, 14 & 28; Nov 4, 11 & 18; Dec 2, 9 & 16

Eagan

Easter Lutheran Church

4545 Pilot Knob Rd

Monday thru Thursday, 5:30-6:30 pm

Hastings

Hastings United Methodist Church

615 15th Street West

4th & 5th Thursday, 6-7 pm

Lakeville

All Saints Catholic Church

19795 Holyoke Ave.

2nd Thursday of each month

5:30-6:30 pm

Cross of Christ Community Church

8748 210th St. West

3rd Thursday of each month

5:30-7:30 pm

Crossroads Church

17671 Glacier Way

Wednesdays, 5:30-6:30 pm

During school year only.

Hosanna Lutheran Church

9600 163rd St.

Tues., 4:45 - 6:00 pm



02 - Tung	19 - James
03 - Pam	20 - Preston
03 - Elizabeth	20 - James
04 - Anna	20 - Adam
04 - Chantry	20 - Callie
05 - Desiree	20 - Latesha
05 - Angel	21 - Megan
06 - Darrell	22 - Dorothy
08 - Patrick	22 - Erin
09 - Jostina	23 - Alexis
09 - Marize	23 - Reevu
09 - Jackson	23 - Toan
10 - Betty	24 - Luke
10 - Carla	24 - Niki
10 - Briley	24 - Brittany
12 - Lanita	25 - Joshua
12 - Caitlin	26 - Joe
13 - Keegan	26 - Suzanne
13 - Lori	26 - Sovanna
13 - Lisa	27 - Ken
13 - Vince	27 - Norman
14 - Nicholas	28 - Mike
16 - Jamison	29 - Alexis
16 - Alison	30 - Jaime
17 - Nancy	30 - Sana
18 - Cynthia	31 - Debra
19 - Celestino	31 - Michelle

Mother's Day Fun Facts...

* More phone calls are made on Mother's Day than any other day of the year.

* Mother's Day is the third most popular holiday in the world, behind only Christmas and Easter.

* One-quarter of all flowers purchased throughout the year are purchased for Mother's Day.

* Mother's Day is the busiest day of the year for the restaurant industry with 62% of Americans dining out.

* Approximately \$14 billion dollars is spent on Mother's Day.

* Women purchase 80% of all Mother's Day cards.



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



Thank You Cindy!



ACCREDITED
BUSINESS



SUPERIOR HOME CARE

10597 165th Street West, Lakeville, MN 55044

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

Email: info@superiorhomecare.org

www.facebook.com/superiorhomecareinlakevillemn/