

Keep Your Eyes (and Mind) on the Road: April is Distracted Driving Awareness Month

Distracted driving has become a deadly epidemic on our roads. On a typical day, more than 700 people are still injured in distracted driving crashes. While drivers texting behind the wheel tops what seems like an endless list of distractions, other risky actions include talking—whether it be on the phone or to others in the car, setting your navigation, adjusting what you're listening to, drinking coffee, applying makeup, and more.

Drivers using cell phones causes an estimated one in four crashes. Contrary to popular belief, this distraction cannot be thwarted by using a hands-free headset because many drivers have a false sense of security that hands-free devices make cell phone use while driving safe. Studies have shown that hands-free devices provide no safety benefit as the distraction to the brain remains.

By driving distracted you're robbing yourself of seconds that you may need to avoid a close call or deadly crash. Cognitive distractions cause your mental focus to drift while driving. These may include: talking to a passenger or yelling at another driver, paying attention to a child or pet traveling with you in the car, daydreaming or getting lost in thought, thinking about problems at home or work, driving under the influence of drugs or alcohol, searching for items on the floor, rubbernecking, grooming, checking out the view on a scenic drive. Checking a text is no different. Drivers took their eyes off the road for an average of 4.6 seconds when sending or reading a text message. How does that translate in the real world? It's like driving the length of a football field with your eyes closed.

Follow these safety tips for a safe ride every time:

- ◆ Need to send or read a text? Pull over and park your car in a safe location.
- ◆ Designate your passenger as your "designated texter". Allow them access to your phone to respond to calls or messages.
- ◆ Struggling to not text and drive? Put the cell phone in the trunk, glove box or back seat of the vehicle until you arrive at your destination.
- ◆ Limit phone use while you're driving - turn it off if necessary.
- ◆ Get a phone app that silences calls or texts while your car is in motion.
- ◆ Driving is no time for multitasking. Avoid eating, searching for items and anything else that takes your attention away from the road.
- ◆ Keep conversation light when talking to passengers. Save the serious discussions for later.
- ◆ Make sure children and pets are properly secured in their seats before driving.

IMPORTANT Payroll Reminders

*Timesheets are due in the office on Tuesdays by 4:30PM per your payroll schedule.

You may send them in weekly (preferred).

*Use only **BLACK** ink when filling out your timesheets!

***Do not** take pictures of your timesheets! Use CamScanner app or a similar scanner app.

SHC needs to have clean, clear copies on file for the State of MN.

*Please hold onto your paystubs. SHC does not keep copies.

* If you email your timesheets, you will get an email response that your timesheets were received. Please check your email. If no response, no timesheets were received.

*If you fax your timesheets, you must call the Office to make sure they were received!





Looking for some outdoor activities? Bring the outdoors to you, with virtual events led by naturalists. Go to: www.co.dakota.mn.us/parks/ProgramsEvents/Virtual. Lots of events to choose from!

Head out to Lebanon Hills Regional Park on April 2 from 6-7:30 to learn about the sky. This is a free event. Registration is required at: www.co.dakota.mn.us/parks/ProgramsEvents

Visit the MN Zoo. Free to Explore provides free admission during regular Zoo hours for a **qualifying guest and their dependents**. If you are enrolled in SNAP, general assistance, MA, MN Care or WIC, call 952-431-9200 or visit: www.mnzoo.org/us/freetoexplore/

Until next month ... Jim (client)



HAPPY BIRTHDAY!



01 - Cindy	11 - Daniel
01 - Joni	11 - Monique
02 - Grant	13 - Jennifer
02 - Laura	13 - Angel
03 - Natalia	15 - Greg
03 - Ang	17 - Neveah
03 - David	17 - Abigail
03 - Paul	19 - Arlyce
04 - Avery	19 - Doug
05 - Brenda	20 - Bonnie
05 - Michelle	21 - Elizabeth
06 - Devoura	22 - Brenda
07 - Eman	23 - Edwin
09 - Leann	24 - Jessica
09 - Jeanne	25 - Catherine
09 - Rachel	27 - Caleb
10 - Naranjan	27 - Lisa
10 - Ha	27 - Scott
10 - Deanna	27 - Elizabeth

Unwanted Robocalls

Whether it's a helpful announcement or an appointment reminder, getting robocalls has become an everyday occurrence. Unfortunately, robocalls are also used by criminals to collect consumers' personal and financial information and/or conduct various scams. Here are some things you can do to protect yourself from unwanted robocalls:

- Don't answer calls when you don't recognize the phone number.
- If you pick up an unwanted robocall, hang up right away and avoid answering "yes" or "no" questions, providing personal information, or pressing a number to "opt out."
- Consider signing up for a robocall blocking service. Many phone service providers now offer robocall blocking solutions at no additional charge, or you can download additional robocall protection through a third-party app.
- Register your phone number on the National Do Not Call (DNC) Registry, which removes your number from the call lists used by legitimate telemarketing companies. Keep in mind that registering with the DNC Registry will result in your getting fewer calls from legitimate telemarketers, but it won't stop illegal robocallers from contacting you.



April Showers
Bring May Flowers



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