

MAY is NATIONAL STROKE AWARENESS MONTH

When it comes to stroke, every second counts! Nearly 2 million brain cells die each minute a stroke remains untreated. Rapid access to medical treatment often times make the difference between full recovery and permanent disability. A clot-busting drug can reduce long-term disability for the most common type of stroke if given within three hours of the start of symptoms. Know these warning signs:

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

Call 9-1-1 or get medical help immediately!

The Facts:

- Strokes can happen to anyone at any age.
- 80% of all strokes are preventable.
- Stroke is the 5th leading cause of death in the US & leading cause of severe disability.
- On average, one person dies from stroke every 4 minutes.
- More than 795,000 people have a stroke each year in the US.

Prevent stroke by following these 7 tips:

- Manage blood pressure
- Control cholesterol
- Reduce blood sugar
- Get active
- Eat better
- Lose weight
- Stop smoking

Stroke –
there's treatment if you act **FAST.**



**Our office will be
closed on
Monday,
May 31st
in honor of
Memorial Day.**

**Have a safe and
happy holiday!**

REMEMBER THOSE WHO SERVED



ALL GAVE SOME, SOME GAVE ALL



PCA Policy Reminders.....

- Please notify the office when your client is hospitalized.
- When a client is hospitalized or in a rehab facility, the PCA and/or Homemaker is not authorized to work with their client.
- PCA's cannot work more than 40 hours a week.
- Per the State of Minnesota, PCA's must submit time and activity documentation to the provider within 30 days of working. If we do not have timesheets during this timeframe, you will not get paid until we get reimbursement from the State. This could take up to 6 weeks.

This and that....

Looking for an outdoor activity this spring? Try going to Lake Byllesby, 7650 Echo Point Rd in Cannon Falls. This park just finished a renovation. The park has two new play areas and 2 miles of paved trails. There are also docks that are accessible.



Looking for something special to do for Mom? Go to Lebanon Hills Visitor Center on Mother's Day, May 9th, to make a gift for a mom in your life. Learn about the importance of native plants for local pollinators. Design and build a small patio pot for your porch or balcony. Cost is \$15.00. You need to register for the class at: www.dakotacounty.us/parks. The event number is 111302-01

Until next month ... Jim (client)

SPRING WORD SEARCH

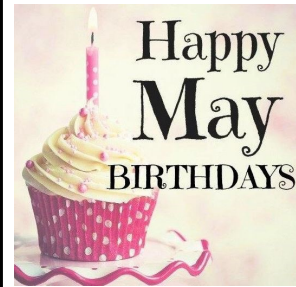
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BLOSSOM
BLUEBIRD
BOOTS
CHICKS
DAFFODIL
FLOWERS

GARDEN
GRASS
GREEN
KITE
MUD
NEST

RAIN
SEEDS
TULIPS
UMBRELLA
WARM



01 - Joey
02 - Satyawatee
03 - Elizabeth
04 - Anna
05 - Desiree
06 - Darrell
09 - Jostina
09 - Marize
09 - Shamiyah
10 - Betty
10 - Carla
12 - Ridwan
13 - Keegan
13 - LuAnn
13 - Lisa
14 - Nicholas
16 - Jamison

16 - Alison
18 - Cindy
19 - Jim
20 - James
20 - Adam
20 - Callie
20 - Latesha
23 - Reevu
23 - Shannon
23 - Toan
24 - Luke
24 - Niki
24 - Fatima
24 - Brittany
25 - Joshua
25 - Stacey
26 - Suzanne
26 - Hailey
27 - Maaz
27 - Ken
27 - Norman
28 - Mike
30 - Teresia
30 - Sana
31 - Debra
31 - Josie

Spring Shred Events

Need to get rid of sensitive documents? These events are open to residents of Apple Valley, Burnsville, Eagan and Lakeville. Shredding will occur on-site and services are free (limit to four paper bags or small boxes per vehicle).

Saturday, May 1st, 9AM - 1PM
Eagan Community Center
1501 Central Parkway, Eagan



Saturday, June 5th, 9AM - 1PM
Burnsville Maintenance Facility
13713 Frontier Ct, Burnsville

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.



Marty Daniels has been selected for Superior Home Care's Employee of the Month for May 2021. Marty has been a PCA with Superior Home Care for 1 year. We are grateful for her hard work and dedication.



Thank You Marty!



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/superiorhomecareinclakevillemn/