

VERY IMPORTANT PAYROLL INFORMATION!

Due to software changes, timesheets will now be due on **MONDAYS** by 4:30PM. Important to note: You have the option to submit them weekly! Also, they can be submitted as soon as you have completed your shift for the week. You do not have to wait until Monday.

Thanks for your part in making a smooth payroll!

**HAPPY
4TH OF
JULY!**



The Superior Home Care Office will be closed Monday, July 5th in observance of Independence Day.

Have a safe and happy holiday!

Celebrating the American Bald Eagle

The bald eagle has been the national bird of the United States since 1782, when it was placed with outspread wings on the Great Seal of our country. It has been seen by many as a symbol of strength, courage, freedom and immortality for generations. The bald eagle is highly revered and considered sacred within Native traditions, culture and religion. They are honored with great care and shown the deepest respect.

A bald eagle is not really bald! Their white head may make it look bald. The female eagle is a bit bigger than males. Their bodies can be 3 feet long and their wingspan can be 8 feet across. The average weight of an eagle is 10-14 lbs.. Bald eagles can soar over 10,000 feet high and their great eyesight, at least four times that of a person with perfect vision, lets them see fish up to a mile away. They can drop down at up to 100 miles an hour, gliding just above the water to snag a fish with their feet and flying off to eat it!

It's possible for an eagle in the wild to live longer than thirty years, but the average lifespan is 15 - 20 years. At one time, bald eagles were on the brink of extinction because of hunting, pollution and the use of pesticides. They were placed on the endangered species list in 1978 and removed in 2007. Eagles, their feathers, as well as their nest and roost sites are all protected under multiple federal laws and regulations. To learn more about them, visit the National Eagle center located on the Mississippi River in Wabasha, MN.

Bald eagles are remarkable creatures! Considering their courage, strength, and overall dominant characteristics, it's no wonder why they were chosen as the national symbol of the United States. Long live the bald eagle!



This and that....

- There will be a free car show at the Apple Valley American Legion on July 2nd from 5-9pm. Music will start at 8pm. Come and see some nice cars. Seeing these cars, I'm sure will bring back some memories!
- Apple Valley is having their Freedom Days Parade on July 4. The parade starts at 1pm. After the parade, head on down to the Family Leisure pre-fireworks party from 6-10 pm. This will be located at Johnny Cake Ridge Park East, 5800140th St W. There will be dancing, food vendors, playground and pony rides for the kids, plus much more. The fireworks start at 10pm.
- Capable Partners is having a fishing trip on Mille Lacs Lake on July 17, 8am - 12pm. This event will be on a 52 foot pontoon. Must have a fishing license and will depart Nitti's Hunters Point Resort. This is a free event and you must preregister to attend. Go to their website to register.

Until next month ... Jim (client)

HAPPY BIRTHDAY!



01 - Nermin	15 - Robin
01 - Caleb	15 - Susan
02 - Fatira	15 - Kailee
02 - Kristine	18 - Colton
03 - Deb	18 - Macey
04 - Lynn	19 - Stephen
05 - Heidi	20 - David
06 - Karter	20 - Martha
06 - Michelle	21 - Anthony
07 - Denise	21 - Laurie
07 - Sabrina	21 - Tresha
08 - Hunter	22 - Douglas
08 - Sylvia	24 - Mason
09 - Asha	25 - Emily
10 - Sharon	26 - Tete
10 - Hien	26 - Andrea
10 - Rosa	26 - Esther
11 - Quinnan	27 - Rebecca
13 - Carol	28 - Logan
15 - Berndt	29 - Brian
15 - Maya	30 - Barbara
15 - Ali	31 - Ray
15 - Ramona	

4TH OF JULY WORD SEARCH

T M N W Q J E T A R B E L E C D Y
I M T Q H H Y M Q R Q U D U E I A
O Q T A W Q M Z Y E X U C C N T D
I N D E P E N D E N C E L C J A I
A S I O U O R H A M U A A T U Q L
N K S A M E R I C A R P P S O S O
U R P U F U B E E A Y S T R U B H
P O A Y D L D W T O E C I N C I P
K W R W E A A I L P O E A U E O N
F E K H T F O G I A D E U S D I H
Y R L I I N T R B E M D T N A T L
L I E T N P T Z E U R A E T R S C
U F R E U S L Q R R R U I U A A E
J V S O D L K V T S L R O K P J B
W I T O E O M O Y B B F I U P J L
I A S V Y E M R E D R E M M U S E

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	

COMMUNITY SUMMER HAPPENINGS

Burnsville - "Friday Night Flicks on the Bricks"

Nicollet Commons Park, 12550 Nicollet Ave.

Seating begins at 7:30 pm - show at dusk

Cost: FREE

June 25: Spider-Man Into the Spider-Verse
(this evening will be held at Civic Center Park)

July 9: The Mighty Ducks

July 30: Alladin

Aug. 13: Harry Potter and the Sorcerer's Stone



Apple Valley - "Concerts in the Park"

Fridays, June 18th - August 20th

6:00-9:00 pm at Kelly Park, Galaxie Avenue

Apple Valley Freedom Days - July 2nd - July 4th

Eagan Marketfest - Farmer's Market & Food Vendors

Wednesdays, June 9 - September 29 from 4-8pm

Eagan Community Center, 1501 Central Parkway

For more information, www.cityofeagan.com

Lakeville Pan-O-Prog - July 4th - July 11th

Rosemount Leprechaun Days - July 16th-July 25th

Twin Cities River Rats Water Ski Show

1628 W. River Road, Minneapolis

Free shows on Thursday evening at 6:30 pm



ACCREDITED
BUSINESS



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Samantha Ruby has been selected for Superior Home Care's Employee of the Month for July 2021. Samantha has been a PCA with Superior Home Care for 2 years. We are grateful for her hard work and dedication.

Thank You Samantha!

