

### **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.

## **Alzheimer's and Brain Awareness Month**

Alzheimer's and Brain Awareness Month is observed in June as an opportunity to spread the word about and discuss Alzheimer's disease and other dementias. President Ronald Reagan initiated the observance of Alzheimer's and Brain Awareness Month in 1983 to raise awareness about Alzheimer's and get people involved in the recognition of the diseases as well as the types of care required by someone suffering from it.

### **5 Facts About Alzheimer's That You Didn't Know:**

1. An estimated 47 million people around the world are living with Alzheimer's and other dementias, and if a change does not come by 2030, this number will continue to grow to 76 million.
2. A person develops Alzheimer's disease in the United States every 65 seconds.
3. In America, more than 16 million people take care of family or friends with Alzheimer's or dementia, and that, too, without pay.
4. In the US, Alzheimer's is the sixth leading cause of death and 6.2 million of those living with Alzheimer's disease are over 65.
5. Alzheimer's or other dementia kills one in three seniors. Deaths due to this disease are more than prostate cancer and breast cancer combined.

### **Why Alzheimer's and Brain Awareness Month is Important:**

1. This month helps spread awareness about Alzheimer's and other dementia along with the different kinds of care that people with the disease require. It motivates people to know more about the disease.
2. People with Alzheimer's or other dementia often withdraw from society and even family. This month promotes talking to them and reminding them that they are special.
3. Alzheimer's and Brain Awareness Month is a way to propel research and find a cure for Alzheimer's disease. When more people come together, things are achieved faster.

Throughout the month of June, the Alzheimer's Association encourages people around the globe to support the movement by wearing purple and training their brains to fight the disease.

## Community Happenings....

River Valley Project Explore is having Rock n' Roll summer dance on June 17th from 6-9pm. This will be held at Valley Middle School and the cost is \$10. PCA'S are free.

Fare for All will be at the Burnsville Senior Center on June 22nd from 3-5pm. Remember to bring your masks.

Go to Whitetail Woods Regional Park, 17100 Station Trail, Farmington on June 28th from 5:45 - 6:15 to watch free Mexican folkloric dancers. This will be held in the amphitheater. There will be food trucks there also.

Here is a fun fishing event and free for everyone! It will be held on June 30th at Cobblestone Park in Apple Valley from 6-8pm. There will be free treats and bait. Register online on the City of Apple Valley's website. When registered, you will be eligible to win great fishing prizes!

Turn back the years and go to the free car show on Friday, July 1st from 5-9pm. The event will be at the Apple Valley American Legion, 14521 Granada Drive. There will also be live music starting at 8pm.

*Until next month ... Jim (client)*

## Happy Birthday To Everyone Born in June!

01 - Aydann	17 - Annette
03 - John	17 - Dontell
04 - Amanda	18 - David
04 - Aiden	20 - Curtis
05 - Magnus	21 - Margarita
07 - Mirna	21 - Dorene
07 - Alisandra	22 - Nolan
09 - Preston	23 - Melony
09 - Christopher	24 - Tovah
10 - Carly	25 - Cayla
10 - Gianna	26 - Ella
11 - Krystina	26 - Ruby
11 - Mary	26 - Chandrowtee
12 - Debra	27 - Nabil
12 - Angela	28 - Sherin
16 - Gail	28 - Lise
17 - Constance	30 - Natalie

**2022**  
class of  
**CONGRATULATIONS!**

## EMPLOYEE OF THE MONTH

Aretha Yeboah has been selected for Superior Home Care's Employee of the Month for June 2022. Aretha has been a PCA with Superior Home Care for over a year. We are grateful for her hard work and dedication.  
**Thank You Aretha!**



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## SUPERIOR HOME CARE

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## Tornado Warnings....

Tornadoes can strike quickly and with little warning, and winds can reach in excess of 200 miles per hour. Minnesota averages 40 tornadoes a year. Is your family prepared?

If a warning is issued:

- \* Take shelter immediately: head to the basement or small interior room on the lowest level of your house.
  - \* Stay away from windows; it is flying debris, not air pressure that causes windows to break in a tornado.
  - \* Get out of your mobile homes or trailers and seek sturdy shelter.
  - \* Get out of your vehicle and seek sturdy shelter.
- Avoid bridges or overpasses; these act as wind tunnels during a tornado.
- \* Watch out for flying or falling debris.

