

NATIONAL MILITARY APPRECIATION MONTH

Congress designated May as National Military Appreciation Month in 1999 to ensure the nation was given the chance to publicly show their appreciation for troops past and present. Each year the president makes a proclamation reminding Americans of the important role the U.S. Armed Forces have played in the history and development of our country.

Not only do we pause on Memorial Day to remember the sacrifice and service of those who gave all, but the month also holds several other military anniversaries and events. Some of the individual days marked to note our military's achievements include:

Loyalty Day which is May 1st and is a special day for people to reaffirm their loyalty to the United States and to recognize the heritage of American freedom.

Military Spouse Appreciation Day is celebrated on the Friday before Mother's Day. We honor the contributions and sacrifices made by military spouses. They are the backbone of the families who support our troops during missions, deployments, etc.. Military spouses are silent heroes and they serve our country just like their loved ones.

Victory in Europe (VE) Day - May 8th, commemorating the end of WWII in Europe.

Children of Fallen Patriots Day - May 13th, a day to honor children left behind by the brave men and women who lost their lives fighting for our freedom.

Armed Forces Day is celebrated on the 3rd Saturday of every May. It is a special day for people all over the world to come together and thank the men and women of the United States Armed Forces.

Please join SHC in honoring all those who are serving and those who have served our great country!

Superior Home Care's Automobile Policies

Superior Home Care offers a service to our clients that allows PCAs to provide transportation. PCAs can use the client's car or their own personal vehicle. If the PCA uses their own car, the client is obligated to pay mileage at the rate of \$.50 per mile. *This is to be paid in full to the PCA during the shift when transportation is provided.* Subsequent trips cannot be provided until the previous mileage is paid. Also, when a PCA is the driver, the client can be the only passenger in the car.

In order for PCAs to transport a client, they must provide SHC with a signed waiver of responsibility and a current copy of their insurance card. PCA must also provide a driving record to SHC. Most auto policies issue new cards every 6 months. A copy of this updated card needs to be sent to SHC for the employee's file in order for the employee to continue to transport their client.



We Honor and Love You!

Our office will be closed on Monday,
May 30th in honor of Memorial Day!

Have a safe and happy holiday!



Community Happenings....

Interested in learning about bird migration? Check out the Forever Wild Family Friday: Spring Migration on May 6th from 6PM-7:30PM. This is a free event being held at the Dakota Lodge at Thompson County Park in West St. Paul. Join park naturalists to learn birding basics and discover which birds are returning for the spring.

Enjoy a spring afternoon of old fashioned fun at Historic Holz Farm in Eagan on Sunday, May 15th. The Friends of the Farm and the City of Eagan invite you to join them for one of the two available sessions to learn about life on the farm. Guests will be able to enjoy a hayride, event sponsor tour of the house and listen to live music! Tickets required for all individuals 12 months and older and are available at www.discovereagan.com or onsite. Admission price is \$3. The two timeslots are: 10am-12:30pm or 1pm-3:30pm.

Fare For All will once again be at the Burnsville Senior Center from 3-5pm on May 25th.

It's that time of year again for the Farmers Market! They are starting up in Dakota County the first week of June. Go to www.stpaulfarmersmarket.com to find the location convenient for you. Remember that you can use your EBT card for great savings. Go to the farmers deck at the site to get your tokens.

Until next month ... Jim (client)



01 - Joey	20 - James
01 - Ehab	20 - Callie
01 - Shira	20 - Latesha
02 - Satyawatee	21 - Aretha
05 - Desiree	24 - Luke
06 - Darrell	24 - Niki
06 - Tara	24 - Fatima
09 - Jostina	24 - Brittany
09 - Marize	25 - Joshua
09 - Shamiyah	26 - Suzanne
10 - Betty	27 - Ken
10 - Carla	27 - Norman
13 - Keegan	28 - Darlene
13 - LuAnn	28 - Mike
13 - Lisa	29 - Kate
14 - Nicholas	30 - Teresia
16 - Jamison	30 - Sana
16 - Leonard	30 - Mackenzie
16 - Corey	31 - Debra
18 - Cindy	31 - Josie
19 - Jim	



SWEET FACTS....

2 MILLION Number of flowers it takes for honeybees to make 1 pound of honey.

1.31 POUNDS Approximate amount of honey each person in the US consumes every year.

Brain Health: Use It or Lose It

You use your brain for everything, but are you doing enough to keep it healthy? Aging in the brain can have a negative effect on memory, decision-making ability and verbal skills. Fortunately there are many things you can do to keep your brain young and healthy:

Exercise Your Mind - Challenge your brain daily with games, hobbies or reading.

Exercise Your Body - Physical activity can reduce depression and stress.

Eat Healthy - Enjoy a variety of foods low in cholesterol and saturated fats, and be sure to include sources of protein, unsaturated fats, and vitamins C and E.

Protect Your Head - Wear a helmet when doing activities like bike riding and always wear your seatbelt in the car.

Get Some Sleep - Prevent mental fatigue and memory loss by getting enough sleep; try to get 7-9 hours every night.

Quit Smoking - Cigarette smoking can lead to mental decline.

Listen To Music - Music can reduce stress and stimulate the brain.

Relax - Reduce stress with exercise, or a quiet activity you enjoy.



EMPLOYEE OF THE MONTH

Greg Renn has been selected for Superior Home Care's Employee of the Month for May 2022. Greg has been a PCA with Superior Home Care for over a year. We are grateful for his hard work and dedication.

Thank You Greg!



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/