



Happiness Happens Month

August is Happiness Happens Month, a whole month dedicated to celebrating what makes you happy. It's based on the premise that happiness is unlimited and contagious and that sharing one's happiness can bring a lot of joy in other people's lives. What makes you happy?

The month reminds us that happiness happens one small moment at a time and it's our job to recognize those moments when they happen. It reminds us that sometimes a small action boosts our happiness. It reminds us that happiness is a personal experience and it's also contagious!

Happiness is a choice. Remembering happiness does not mean you are problem free. That kind of life doesn't exist. Happiness is all about the quality of your thoughts. Happiness is not a destination, but rather a life-long pursuit. Joy can be anywhere at any time. Don't limit yourself to searching for pleasure. Enjoy everything and anything that makes you happy!

Remember to *laugh* as laughter is still the best medicine!
Smile and the world smiles with you!



IMPORTANT
Please Read
Before You Continue

SUPERIOR HOME CARE MUST BE NOTIFIED OF THE FOLLOWING:

Client hospitalizations: It is very important to contact SHC to let us know of any hospital admissions for a client. Once a client is admitted to a hospital, PCA's may not submit any hours during that time as it is considered a duplication of services.

Out of state travel: Please call the office and notify us of out of state travel and if a PCA will be traveling with a client.

Out of country travel: PCA's are not permitted to work with a client if traveling outside of the USA.



Get ready to vote!!!

Voters will cast ballots in two state elections in 2022. The primary election is Tuesday, August 9th. The general election is Tuesday, November 8th.

Voters can cast their ballot in one of three ways—in person, with an absentee ballot or by early voting.

You can cast your ballot at the polling place on Election Day. Voting hours are 7 a.m.—8 p.m.

Vote by absentee ballot by requesting one, completing it according to the enclosed instructions and returning it in the envelopes provided. Absentee ballots must arrive by Election Day. Absentee voting started June 24th for the primary election.

Early voting for the primary election is available August 2nd-9th. You can cast your ballot and feed it directly into a ballot counter at your city hall.

To find your polling place, register to vote, check your registration and/or apply for an absentee ballot, go to: www.mnvotes.org. To apply to be an election judge, contact your city/township office.



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| 03 - Isabelle | 17 - Hung |
| 03 - Ramiz | 17 - Kelsie |
| 04 - Charlene | 18 - Georgette |
| 04 - Nancy | 18 - Susan |
| 04 - Eleanor | 18 - Kyle |
| 05 - Dillon | 20 - Ann |
| 05 - Janet | 20 - Luz |
| 06 - Dolores | 20 - Patricia |
| 07 - Emily | 20 - Ellen |
| 07 - Melissa | 23 - Jon |
| 07 - Ryan | 23 - Caleb |
| 08 - Thu | 25 - Joseph |
| 08 - Robbin | 27 - Abigail |
| 11 - Reegan | 29 - James |
| 12 - Susan | 29 - George |
| 12 - Adam | 30 - Nancy |
| 15 - Erin | 30 - Davilyn |



Dakota County Fair, Farmington
Aug. 8-14

Goodhue County Fair, Zumbrota
Aug. 9 - 13

Steele County Free Fair, Owatonna
Aug. 16-21

Minnesota State Fair -
Aug. 25 - Sept. 2

Buy this year's tickets at Cub before *The Great Minnesota Get-Together* starts and save! MN State Fair tickets are available from Cub at a discount from July 17 to August 24, 2022, while supplies last. **Advance Admission Tickets: \$14 each, a savings of \$3.00.**

Community Happenings....

Fare For All: This will be at the Burnsville Senior Center on August 24th from 3-5 p.m. If you have never been there, it's amazing! You walk in and order your boxes of food. There is a photo of each box so you know what is in it. Pay for it and they take it out to your car for you.

Music in Kelley Park:

8/5/22 is Power of 10 & 8/12/22 Riverside All Stars
This is a great outing in Apple Valley. This is a free event from 6:30—8:30 p.m. There will be food and beverages for a fee. Kelley Park is located at 6855 Fortino St. This is a fun event, I have been there many times.

Lebanon Hills Regional Park: September 2nd from 6-7:30 p.m. If you enjoy live dancing, this is a free event. There will be a Kalpulli Ketzalcoatlucue, a community of Indigenous people who share Aztec dancing rooted in the environment. Go to the visitor center for the performance.

Until Next Time.... Jim (Client)

SUPERIOR HOME CARE



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