

## Distracted Driving Awareness Month

On average, nine people a day are killed in distracted driving crashes. Distracted driving has become a deadly epidemic on our roads. Cell phone use - specifically texting, talking, and social media use - has become the most common distraction. Other risky actions include adjusting the radio or GPS, applying makeup, eating and drinking. By driving distracted, you're robbing yourself of seconds that you may need to avoid a close call or deadly crash.

April, which is national Distracted Driving Awareness Month, is a good time to regroup and take responsibility for the choices we make when we're on the road. Follow these safety tips for a safe ride:

- \*Need to send a text? Pull over and park your car in a safe location.
- \*Designate your passenger as your "designated texter" to respond to calls or messages.
- \*Do not scroll through apps while driving. Struggling not to text and drive? Put the cell phone in the trunk, glove box, or back seat of the vehicle until you arrive at your destination.

With Minnesota's "Hands-Free" law, it's illegal for drivers to read, send texts and emails, and access the web while the vehicle is in motion or a part of traffic, that includes sitting at a stoplight or stop sign. The first ticket is more than \$120.00, which includes the fine plus court fees, not to mention the rise in your car insurance rate. Also, did you know that in the state of Minnesota, cell phone use is totally banned for teen drivers during their permit and provisional license stages?



## KEEP YOUR EYES ON THE PRIZE AND JUST DRIVE!



### Did you know???

**EARTH DAY EDITION**

- \*Earth Day was created in 1970 after an oil spill in California the previous year.
- \*Earth Day started in the USA, but as of 1990, it is a global event.
- \*Earth Day is on April 22nd every year.
- \*Earth is the only planet in our solar system that is known to support life. Its distance from the sun means that it's not too hot or too cold for living things to survive.
- \*About 90% of Earth's freshwater is locked in the polar ice sheets of Antarctica.
- \*About 250 million years ago, the continents were all connected in a massive land mass called Pangea.

## PCA Reminders...

- Caregivers may **NOT** pick up/sign for a client's controlled substances from the pharmacy.
- In order for payroll to approve any EVV time submissions, it is **EXTREMELY** important that the PCA and Client/Responsible Party sign off each day that is worked. PAVILLIO does not allow us to approve time if both parties have not signed off. This may result in any unsigned time being paid during the next pay period.
- The State of Minnesota mandates that your location **MUST** be turned on while using the EVV application. Please make sure your location is turned on when using the PAVILLIO application to ensure that you are in compliance.



## Farm Babies at the Minnesota Zoo

Check out the Wells Fargo Family Farm at the Minnesota Zoo! You can see: calves, goat kids, bunnies, chicks and piglets. Guests get a close up experience that will provide great photo opportunities and on the weekends you can enjoy music, games, tractors, and more! Farm Babies is included with regular zoo admission.

### Dates

Friday, 4/26/2024 - Thursday, 5/02/2024

### Rates

Children (2 and under) **FREE**  
 Children (3-12) **\$15.95**  
 Adults (13-64) **\$21.95**  
 Older Adults (65+) **\$15.95**



## In The Know with John.....

On a recent visit with my Dad, he mentioned that there are many benefits of using Extra Virgin Olive Oil (EVOO). This got my attention, so I began my investigation and these are some of the findings:



### Benefits:

1. EVOO is a very powerful antioxidant.
2. EVOO contains polyphenols which may be important in reducing LDL cholesterol and inflammation as well as increasing HDL cholesterol and a reduced risk of type 2 diabetes and cognitive decline.
1. EVOO contains vitamins E & K along with Omega-3, which may protect against heart disease.
1. EVOO supports a healthy immune system along with digestive system (constipation).

In addition to the benefits, EVOO has a robust flavor that some may find bitter. If consuming for digestive issues, make sure to take 20 minutes before eating. You can even add honey to sweeten the taste. You should store your EVOO in a cool place that is not in direct sunlight. You will notice that some bottles are tinted dark so that light can't pass through.

I know as you start your own investigation, you will find out so many more health benefits of Extra Virgin Olive Oil.

Article Submitted to SHC by Client John



Hope - 01	Greg - 15
Laura - 02	Jean - 16
Paul - 03	Kyri - 16
Jane - 05	Nevaeh - 17
Michelle - 05	Senna - 18
Choiwah - 07	Abrehet - 19
Eman - 07	Douglas - 19
Bissii - 07	Arlyce - 19
Valerie - 07	Barbara - 20
Tonya - 08	Emily - 20
Jeanne - 09	George - 21
Lisa - 09	Elizabeth - 21
Naranjan - 10	Brenda - 22
Ha - 10	Sandra - 23
Monique - 11	Edwin - 23
Daniel - 11	Catherine - 25
Jennifer - 13	Aimee - 27
Virgil - 15	Lisa - 27



## EMERGENCY PLAN



**National security emergencies can include terrorist acts such as bombings and biological or chemical attacks. Although terrorists want to spread fear, the actual damage they cause can be reduced with preparedness and quick action.**

**If the U.S. Department of Homeland Security becomes aware of a credible terrorist threat in a community, the public will be alerted by local and federal officials. Heed their warnings and advice.**

### Raise Your Awareness

Be aware of your surroundings. Note emergency exits and staircases. Inform local authorities if you see suspicious packages, people behaving strangely, or someone using strange communications. Be aware of exits and hiding areas wherever you go.

### In Case of Explosion

Watch for falling debris. Crawl beneath the smoke and exit the area as quickly as possible. If you are trapped in debris, minimize your movements and cover your mouth with a cloth. Tap on a pipe or wall so rescuers can hear you. Do not use a match or lighter.

### In Case of a Biochemical Attack

Evacuate if ordered by authorities. Stay tuned to radio or TV for updates. If not evacuating, take shelter in an interior room. Turn off air conditioning or heating system. Remain sheltered until advised it's safe to leave.

### If Exposed to Chemicals

Quickly remove all clothing and items in contact with the body. Flush eyes with water. Wash hands and face with soap and water. Change into clean clothes. Seek medical help as soon as possible.

### If Exposed to a Biological Attack

Pay close attention to instructions from authorities. Cover mouth and nose with layers of fabric that can filter air but allow breathing. Remove and bag clothes that may have come in contact with an infectious substance. Seek medical assistance.

### In Case of Nuclear Attack

Take shelter even if you are many miles from the site of the explosion. Fallout is most dangerous in the first few hours after detonation. Inside a building, use a basement or underground area as shelter, or a central room on the lowest floor. Stay tuned to radio or TV for updates and instructions. Remain in the shelter until authorities say it is safe to leave.



# SUPERIOR HOME CARE



ACCREDITED  
BUSINESS



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