



MARCH 2024  
**NEWSLETTER**

## Caregiver Appreciation Day - March 3rd, 2024

Caregiver Appreciation Day is observed on March 3rd every year. The day aims to honor, appreciate, and thank the selfless caregivers who give their time and effort to care for those in need. Caregivers cater to people with different conditions such as those living with disabilities, illnesses, and the elderly. Did you know that around 40 million caregivers provide care to 16.6% of Americans in the U.S.? Caregivers play an essential role in providing care and today is a reminder to recognize and celebrate all these professionals who are doing an amazing job.

You can observe Caregiver Appreciation Day by taking the time to thank a caregiver for their dedication and care of our loved ones. Give them a card of thanks. It may seem like a simple gesture, but it will mean a lot to the caregiver. Let them know with a kind word of encouragement. Your recognition will inspire them to continue their quality work. Compliments are rarely voiced - take the time to make yours heard.

**Superior Home Care wishes to thank all of our wonderful caregivers!  
We appreciate all that you do!!**



### **PCA Policy Reminders....**

We want to reiterate the following state rules for PCAs that are considered a FEDERAL OFFENSE, if violated. Both the PCA and client are liable as both sign the time worked.

- \*PCAs may not take their children with them to work.
- \*PCAs may not take their clients to their own homes.
- \*PCAs may not claim even 1 hour of time that direct services to their client are not provided.
- \*PCAs may not babysit other children in the clients home.
- \*PCAs may not sleep while working PCA hours.

**Daylight Savings Time begins  
Sunday, March 10th @ 2 AM**



**This is a great time to check  
batteries in your  
smoke detectors!**

# Community Happenings....

## Sensory Friendly Sunday at the Walker Art Center

March 10th, 8:00 AM - 11:00 AM (recurring event)  
 Sensory Friendly Sunday is a monthly event designed for kids, teens, and adults with sensory processing differences, autism spectrum disorder or developmental disabilities. From 8 AM until 11 AM on the second Sunday of the month, the galleries will be closed to the general public and sound and light levels will be adjusted allowing visitors to enjoy the museum in a calm environment with accommodations such as quiet spaces, fidgets, and sunglasses available. Experience select Walker exhibitions, make art, watch a short film, or just hang out in a different setting. Exhibitions & activities change each month.  
 Visit: <http://walkerart.org/visit/sensory-friendly-sundays/> for more information or to register.

## Fare for All - Burnsville Senior Center (door 11)

200 W. Burnsville Parkway  
 When: March 27th, 2024 from 3 PM - 5 PM

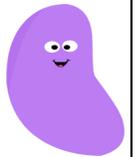
## Shredding Events

Need to get rid of sensitive documents?  
 Attend these **FREE** Shred Events:  
 \* **March 23, 2024** - Cascade Bay Waterpark  
 1360 Civic Center Drive in Eagan  
 \* **March 30, 2024** - Apple Valley Aquatic Center  
 14421 Johnny Cake Ridge Road in Apple Valley



- |                |               |
|----------------|---------------|
| 01 - Sharlene  | 15 - Kerry    |
| 05 - Sabrina   | 16 - Patsy    |
| 07 - Steven    | 16 - Noah     |
| 08 - Ian       | 17 - Brooklin |
| 09 - Shirley   | 17 - Alexa    |
| 10 - Jozeph    | 23 - Stone    |
| 10 - Kate      | 23 - Mary     |
| 11 - Liam      | 24 - Yachin   |
| 12 - Khursheed | 25 - Tiana    |
| 12 - Emma      | 27 - Monique  |
| 12 - Olivia    | 28 - JoEllen  |
| 13 - Deja-Nae  | 29 - Zelpia   |
| 13 - Kyle      | 30 - Ina      |
| 13 - Laurie    |               |

16 million jelly beans are made exclusively for Easter! That is enough jelly beans to fill a plastic egg the size of a nine story building!



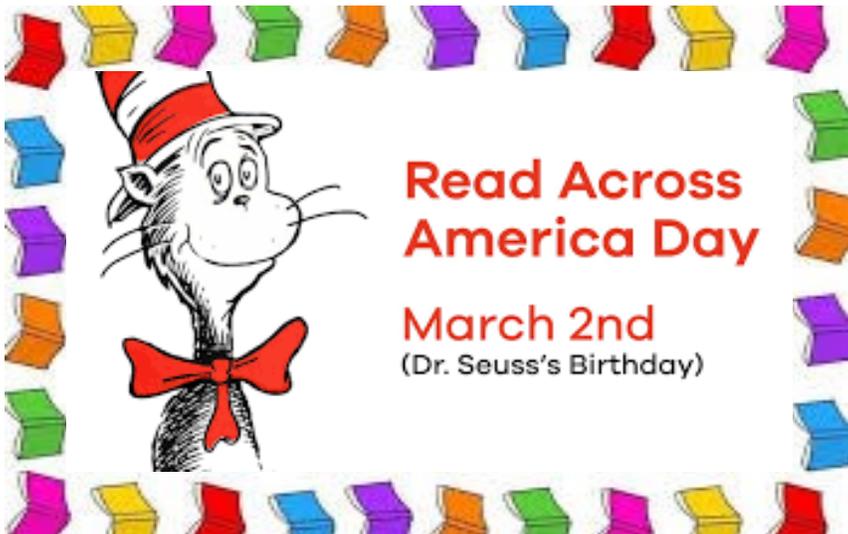
When is the first day of spring?  
 In 2024, the official **first day of spring** is **Tuesday, March 19**. This date marks the vernal equinox, which is when the amount of sunshine is approximately 12 hours long. The amount of sunlight will incrementally increase until the first day of summer.

## Did you know?!



Blue was actually the color that was most associated with Patrick and green was considered unlucky. Blue is still considered symbolic of Ireland - so how did green become the go-to hue for those who don't want to get pinched?

Historically, green has been the color that's been linked to a series of Irish rebellions that took place in order to gain independence from the English crown. The color stuck once waves of Irish immigrants made their home in America and began wearing green and carrying the Irish flag to show their pride for their home country.



# Read Across America Day

**March 2nd**  
 (Dr. Seuss's Birthday)



ACCREDITED BUSINESS



## SUPERIOR HOME CARE

10597 165th Street West, Lakeville, MN 55044  
 Phone: 952-898-4911 Fax: 952-898-3088  
 Email: [info@superiorhomecare.org](mailto:info@superiorhomecare.org)  
[www.facebook.com/superiorhomecareinlakevillemn/](http://www.facebook.com/superiorhomecareinlakevillemn/)