



## MAY 2024 NEWSLETTER

### May is Mental Health Awareness Month

What is Mental Health? Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage in life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected.

Mental illnesses are disorders, ranging from mild to severe, that affect a person's thinking, mood and/or behavior. According to the National Institute of Mental Health, nearly one-in-five adults live with a mental illness. Many factors contribute to mental health conditions, including: Biological factors, such as genes or brain chemistry, Life experiences, such as trauma or abuse, Family history of mental health problems.

Having a mental health condition can make it a struggle to work, keep up with school, stick to a regular schedule, have healthy relationships, socialize, maintain hygiene, and more. However, it is possible to manage these conditions, overcome challenges, and lead a meaningful, productive life. Some tips, tools and strategies include: Sticking to a treatment plan. Even if you feel better, don't stop going to therapy or taking medication without your doctor's guidance. Keep your primary care physician updated, as they are an important part of long-term management. Learn about the condition, being educated can help you stick to your treatment plan. Education can also help your loved ones be more supportive and compassionate. Practice good self-care. Control stress with activities like meditation; eat healthy and exercise; and get enough sleep. Reach out to family and friends. Maintaining relationships with others is important. In times of crisis or rough spells, reach out to them for support and help. Develop coping skills. Get enough sleep. Good sleep improves your brain performance, mood and overall health. Consistently poor sleep is associated with anxiety, depression, and other mental health conditions.

If you or someone you know is struggling or in a crisis, help is available.

Call or text **988** or chat at **[988lifeline.org](https://988lifeline.org)**.

To learn how to get support for mental health, drug, and alcohol issues,

### PCA Policy Reminders.....

- Any employee that has not submitted hours for 120 days or more **MUST** have a new background study run before they can return to work with their client. If hours are submitted without a current background study on file, the PCA will not be paid. If you have any questions regarding this, please reach out to Mary in HR.
- 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.

**Our office will be closed on  
Monday, May 27th in honor  
of Memorial Day.**

REMEMBER THOSE WHO SERVED



ALL GAVE SOME, SOME GAVE ALL

**Have a safe and  
happy holiday!**

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

One thing you may find in your kitchen cupboard is Barley Grass. It is the leaf of the barley plant. Although fresh barley grass can be tricky to find, it's available in other forms, including powders, juices, tablets and gummies.

It's often dubbed a superfood and used as a supplement to boost weight loss, enhance immune function and support overall health. It has been linked to lower blood pressure, reduce inflammation and enhance heart health. It is high in fiber, contains antioxidants, promotes blood cleansing, protects against UV radiation, all while boosting the immune system.

If you're taking medications or have any underlying health conditions, talk to a healthcare provider before using barley grass supplements.

Until next time, we will continue to see what else we can find in the kitchen cupboard!

Article Submitted to SHC by Client John



Joey - 01	Julie - 15
Ehab - 01	Soledad - 15
Shefali - 01	Jamison - 16
Abigail - 02	Leonard - 16
Amanda - 03	Jessica - 17
Sorn - 04	Gwendolyn - 20
Aleah - 05	Latesha - 20
Lori - 06	Ri - 20
Darrell - 06	Niki - 24
Luciana - 07	Fatima - 24
Debra - 09	Luke - 24
Rachael - 10	Suzanne - 26
Angelo - 12	Norman - 27
Rachel - 12	Darlene - 28
Arthur - 13	Teresia - 30
Keegan - 13	Cheryse - 30
Luann - 13	Sophia - 30
Nicholas - 14	Sana - 30
Logan - 14	Josie - 31

## SPRING WORD SEARCH

O	K	J	G	H	P	Z	F	V	X	Y	Z
G	I	S	R	U	W	B	B	O	O	T	S
A	T	Y	A	B	L	U	E	B	I	R	D
E	E	U	S	G	A	R	D	E	N	T	H
A	H	U	S	W	Y	W	B	K	M	U	K
P	X	U	K	Q	B	L	O	S	S	O	M
M	G	L	M	S	J	B	A	R	T	R	C
J	U	R	R	B	A	N	E	R	A	G	R
A	P	F	A	V	R	W	E	W	F	S	L
T	D	R	I	Q	O	E	V	S	K	V	U
U	L	I	N	L	L	G	L	C	T	R	G
L	D	A	F	F	O	D	I	L	N	V	R
I	V	U	E	P	J	H	O	J	A	C	E
P	W	I	Q	N	C	M	U	D	O	Q	E
S	E	E	D	S	B	S	Q	C	X	Q	N



BLOSSOM  
BLUEBIRD  
BOOTS  
CHICKS  
DAFFODIL  
FLOWERS

GARDEN  
GRASS  
GREEN  
KITE  
MUD  
NEST

RAIN  
SEEDS  
TULIPS  
UMBRELLA  
WARM



## MAY NATIONAL MILITARY APPRECIATION MONTH

**Remember ~ Honor ~ Support**

May is Military Appreciation Month, a special time for those in and out of the military. It is a time designated to honor and recognize the contributions, sacrifices, and service of the members of the armed forces, past and present.

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

## SUPERIOR HOME CARE



ACCREDITED  
BUSINESS



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