



## Heat Stress



Heat illnesses can occur when you are in hot environments and fail to take in enough fluids, salts or both. The most severe heat illness is heat stroke, a life-threatening condition. Heat stroke happens when the body fails to regulate its core temperature. At this point, the body stops cooling itself through perspiration and can't get rid of excess heat. The end result can be death if the body temperature isn't lowered!

### Heat Stress Hazards include:

- Heat Cramps - Painful muscle spasms most likely in the arms, legs and abdominal area.
- Heat Rash - Cluster of red bumps on skin, usually on neck, upper chest, elbow creases and groin.
- Heat Exhaustion - Symptoms include profuse sweating, headaches, extreme weakness or fatigue, dizziness, fast pulse, rapid breathing and nausea or vomiting.
- Heat or Sun Stroke - Symptoms include a very high body temperature (104° F or higher); mental confusion, slurred speech; hot, dry, red skin or profuse sweating; convulsions; and loss of consciousness. Seek medical help immediately and keep the person cool with fans, ice and water until help arrives.

### Safe procedures:

- Adjust yourself to the heat through short exposure periods followed by longer exposure until your body is acclimated to the heat. It may take up to 14 days.
- Drink lots of liquid to replenish the fluid that your body is losing through sweating. Drink water to stay hydrated (about 1 cup every 15 minutes), and electrolyte drinks (Sport Drinks) to replace salt. Don't wait to drink until you're thirsty and avoid alcohol and caffeinated beverages.
- Do not ignore possible symptoms of heat stress. If you feel very hot, dizzy, nauseous or if your muscles cramp, stop, hydrate, rest and cool off in the shade or air-conditioned area.
- Wear light-colored and loose-fitting clothes. Cotton breathes better than synthetic fabrics.
- Schedule work activities during the coolest parts of the day.
- Take time to rest and cool down.

**In conclusion:** Heat stress is serious. If an employee appears to be suffering from heat stress illness, remove him or her from the heat and provide a cool, shaded place to rest. If the employee is disoriented or non-responsive, call for medical attention immediately.



★ HAPPY ★  
**4TH OF JULY**

**In observance of  
Independence Day,  
Superior Home Care  
will be closed on  
Thursday July, 4th 2024  
Have a happy &  
safe holiday!**

## 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.

- \*PCA's may NOT provide care for others who reside in the client's home. E.g. a PCA cannot babysit client's siblings while also providing PCA services.
- \*PCA's may NOT bring their children with them to work in a client's home.

# Local Happenings....

## Lakeville Farmers Market

Wednesdays 12 pm - 5 pm (June 5 - October 30)  
20965 Holyoke Ave  
Lakeville, MN 55044



## Friday Night "Flicks on the Bricks" - Nicollet Commons Park

Seating 7:30 - show begins at dusk  
12550 Nicollet Ave  
Burnsville, MN 55337  
7/26/2024 - "Wonka"



## Pan-O-Prog - July 7th - 14th, 2024 - Lakeville

Holyoke Ave (various locations)  
Lakeville, MN 55044  
For information on events, go to: [www.panopro.org](http://www.panopro.org) or call, 952-985-4400



## Discount State Fair Tickets - ON SALE NOW - \$15!

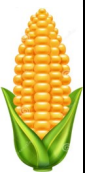
Pre-fair discount admission tickets for the 2024 Minnesota State Fair are on sale now at the pre-fair discount price of \$15 online or by calling Etix @ 1-800-514-3849. Tickets are available via free print-at-home or mobile download delivery options. Or, if you'd like hard tickets mailed to you, select "regular mail" delivery for an additional fee.



- |               |               |
|---------------|---------------|
| Nermin - 1    | Kailee - 15   |
| Fatira - 2    | Viviana - 17  |
| Hussan - 2    | Bethany - 18  |
| Cassandra - 3 | Macey - 18    |
| Lynn - 4      | Florence - 19 |
| Abdi - 4      | Xuan - 20     |
| Heidi - 5     | Martha - 20   |
| Laura - 5     | Anthony - 21  |
| Mickelle - 6  | Donovan - 22  |
| Denise - 7    | Valencia - 23 |
| Sabrina - 7   | Mason - 24    |
| Hunter - 8    | Yousuf - 24   |
| McKenzie - 7  | Tete - 26     |
| Hien - 10     | Andrea - 26   |
| Rosa - 10     | Elise - 26    |
| Quinnan - 11  | Rebecca - 27  |
| Carol - 13    | Brian - 29    |
| Thuong - 14   | Barbara - 30  |
| Berndt - 15   | Marcea - 30   |
| Maya - 15     | Ray - 31      |
| Susan - 15    | Wafaa - 31    |
| Jay - 15      |               |

## Corn Farmers' Measuring Stick

"Knee High by the Fourth of July" is an old saying once used by farmers to measure the success of their corn crops. Years ago, if corn had grown knee high by July 4th, it was a good sign and meant they could count on high yields for the year. However, due to the advancements in agriculture, growing techniques, and disease and pest control, corn farmers can expect plants to reach 8 feet by midsummer, if growing conditions are good, according to the Iowa Corn Growers Association. Now, knee-high doesn't quite measure up!



# SUPERIOR HOME CARE



ACCREDITED BUSINESS



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# 4th of July

## Word Search

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

FIREWORKS  
HOT DOG  
PARADE  
FLAG

COOKOUT  
RED  
WHITE  
BLUE

SUMMER  
PICNIC  
REVOLUTION  
SPARKLERS

FREEDOM  
NATION  
FOURTH  
EAGLE