

## Appreciating the Great Outdoors

National Great Outdoors Month in June reminds us to explore our nation's abundant wildlife refuges, parks, and natural beauty. The amazing beauty and majesty in the big skies and open spaces in the great outdoors should definitely be appreciated! Summer is here and it's time to enjoy long sunny days outside. Whether you like to hike, bike, canoe or walk; spend time in the sun, apply sunscreen and delight in being outdoors.

This month also raises awareness of the accessibility of the great outdoors. Many cities create relaxing and vibrant green spaces with trails and paths designed for easy access by the community.

Going outdoors has its health benefits. Along with getting more exercise while doing outdoor activities, studies show your concentration will increase and you will be happier. Being with nature makes us calmer and more balanced. Time spent in the great outdoors reduces blood pressure, increases creativity and improves mood and self-esteem, has a stress reducing effect and can lower anxiety. Children who engage in fun outdoor activities are more likely to be physically fit, have better eyesight, and improved cognitive development.

Getting outdoors doesn't have to mean going to national parks or on pricey road trips; state and local parks can be just as fun to visit for a fraction of the cost. Even going for a walk on your street or camping in your backyard can be good ways to get some fresh air and enjoy being outside. Plan a family picnic, go fishing, fly a kite or take the dog for a walk. Any and all outdoor activities have benefits! Take an outdoor photography class, sign up for a stargazing tour, learn how to identify birds and go birding, visit a historical site. Getting on an outing is frequently a totally free or cheap day trip for families, and could be an enjoyable experience. No matter what you do, you will surely enjoy the Great Outdoors!

## IMPORTANT POLICY REMINDERS

- The PCA and the Responsible Party cannot be the same person.
- The Responsible Party must be at the client's assessment (the county will not do the assessment if the Responsible Party is not present).
- The PCAs and Clients must follow the guidelines set by the state.
- PCAs cannot transport anyone other than the client. Clients must pay mileage if their PCA is using their own car. Each trip must be paid before a PCA can transport subsequent trips.
- If the client wants the PCA to accompany them on outings, the client must pay for transportation for the PCA, such as public transportation and metro mobility.
- Cell phone use for personal reasons is prohibited while on the job.
- PCAs cannot be barefoot while working as a PCA.
- PCAs are in the home to assist the client. PCAs are not there to perform duties that are not related to the client, such as doing laundry for other family members.
- PCAs are not to care for client's pets.
- PCAs may not take clients to their own home.
- PCAs are forbidden to use bleach in client homes.
- PCAs cannot lift over 30 pounds.



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### This and That.....

St. Paul Farmers Market is opening again!

- Apple Valley - Saturdays, 6/5 - 10/30, 8am-1pm.  
Apple Valley Municipal Center - 7100 147th St. W
  - Lakeville - Saturdays 6/19 - 9/25, 9am-1pm.  
Lakeville Arts Center - 20965 Holyoke Avenue
- Both locations take EBT and you get \$20 worth of tokens for \$10. Go to the EBT booth to get your tokens.



*Story Walk in the Park* will be held at Ritter Farm Park in Lakeville. This is a free event for the entire family. The event is held on Tuesday mornings from 9-11am. The event goes from June 15-July 20. You walk through the park and read giant picture books. What a fun way to get out and learn something new!

Fare for All is going to be at the Burnsville Senior Center 200 Burnsville Pkwy on June 30th from 3-5pm. It is still a drive thru and they prefer credit card or EBT.

*Until next month ... Jim (client)*

## HAPPY BIRTHDAY!



01 - Aydann	15 - Isaiah
01 - Leila	16 - Gail
03 - John	17 - Constance
04 - Amanda	17 - Annette
04 - Aiden	17 - Dontell
04 - Lisa	18 - Casey
05 - Magnus	18 - David
06 - Lynzada	20 - Curtis
06 - Afshan	20 - Hawa
07 - Mirna	21 - Dorene
07 - Alisandra	22 - Nolan
08 - June	24 - Tovah
08 - Jennie	25 - Cayla
09 - Preston	25 - Lanetta
10 - Rita	26 - Chandrowtee
10 - Carly	26 - Ella
11 - Sandra	27 - Nabil
11 - Karine	28 - Sherin
11 - Krystina	28 - Lise
12 - Debra	30 - Elizabeth
12 - Angela	30 - Natalie
13 - Darren	

### FUN FACTS

- The Four Corners is the only spot in the US where you can stand in four states at once: Utah, Colorado, Arizona & New Mexico.
- Canada is south of Detroit (just look at a map).
- The northernmost spot in the 48 contiguous U.S. States is the northwest angle in Minnesota.
- There is not one letter "q" in any US State name.
- The word "strengths" is the longest word in the English language with only one vowel.
- There are no muscles in your fingers: their function is controlled by muscles in your palms and arms.
- Skin is the body's largest organ.
- It's impossible to hum while holding your nose (just try it!).



# HELLO SUMMER



This year, the summer solstice falls on Sunday, June 20th, in the northern hemisphere marking the official start of summer! If you want to be really precise, it happens at 11:32pm E.T.. The summer solstice means that on this day, the sun will be at its highest and northern point in the sky, maximizing the amount of sunshine the northern hemisphere gets. Practically speaking, this means that it is the longest day - as defined by the number of hours of sunlight - and the shortest night of the year.



Jeanette Standfield has been selected for Superior Home Care's Employee of the Month for June 2021. Jeanette has been a PCA with Superior Home Care for 12 years. We are grateful for her hard work and dedication.



**Thank You Jeanette!**



## Congratulations CLASS OF 2021



ACCREDITED  
BUSINESS



## SUPERIOR HOME CARE

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