



## Quality Home Care You Can Trust

May has a ton going on: It's National Blood Pressure Month, Salad Month and "Date your Mate" Month!

Working in the healthcare industry you know the signs and symptoms of blood pressure but when was the last time you had yours checked?

You can keep your blood pressure down by keeping a balanced work/home life, and having a healthier diet and exercise. Here are a couple fun ideas to do at home and around town to combine these things!



### Quinoa Cooked Salad

1 cup cooked quinoa  
1 bunch spinach chopped  
1 bell pepper (any color) diced  
2 avocados  
Add cut fresh green beans & cherry tomatoes  
Combine all the above ingredients with equal parts olive oil and lemon juice.

### "Date Your Mate" Month!

Striking a home/work balance is tough. So give Assisting Hands a call and let us make your life easier. Do you have that discharged patient needing home care that you still need to coordinate delivery of the DME's? Call us and let us place the order and get the patient home safely so you can spend more time with the one you love. Pick a date day or night and watch the magic happen! Here are a few upcoming events.

Friday, May 31st - Bella Ruse- Free concert in the park at Harriet Bandshell

Saturday, May 18th - Book It! 5K Run. Support Reading programs for children, Roseville

Friday, May 31 - Dave Attell, Acme Comedy Club

Saturday, June 22nd - Wayzata Woofstock - pet parade, pet contests and pet games for the Top Dog Foundation

### National Salad Month!

#### Summer Salad

1 red bell pepper, sliced  
1 green bell pepper, sliced  
1 tomato or 2 roma tomatoes, sliced  
1 cucumber, diced or sliced  
1 avocado  
1-2 tablespoons of italian dressing  
Let sit overnight for better flavor.

Combine with your favorite greens!