

YEAAA!

PAID TIME OFF

Effective July 1, 2015, Superior Home Care will be offering Paid Time Off (PTO) to all eligible Superior Home Care employees. More info will be coming!

NEW STATE RULE

Effective July 1, 2015, we are required by the state to do unannounced visits or phone calls to all clients every 90 days. At that time, we need to speak to the client and the PCA during the visit and/or phone call.

Reminder!

Clients and PCAs:

The state requires a new background check for any PCA who has not worked for Superior Home Care in the last 120 days.

If you have not worked in the last 4 months or longer, please call Kris in HR to re-establish employment. You cannot work as a PCA without a valid background check.



August is open enrollment for MEDICAL INSURANCE for employees. You must work at least 30 hours a week to be eligible for insurance through Superior Home Care.

PACER has a website that offers practical resources for youths with disabilities transitioning from school to employment or life in the community as an adult.



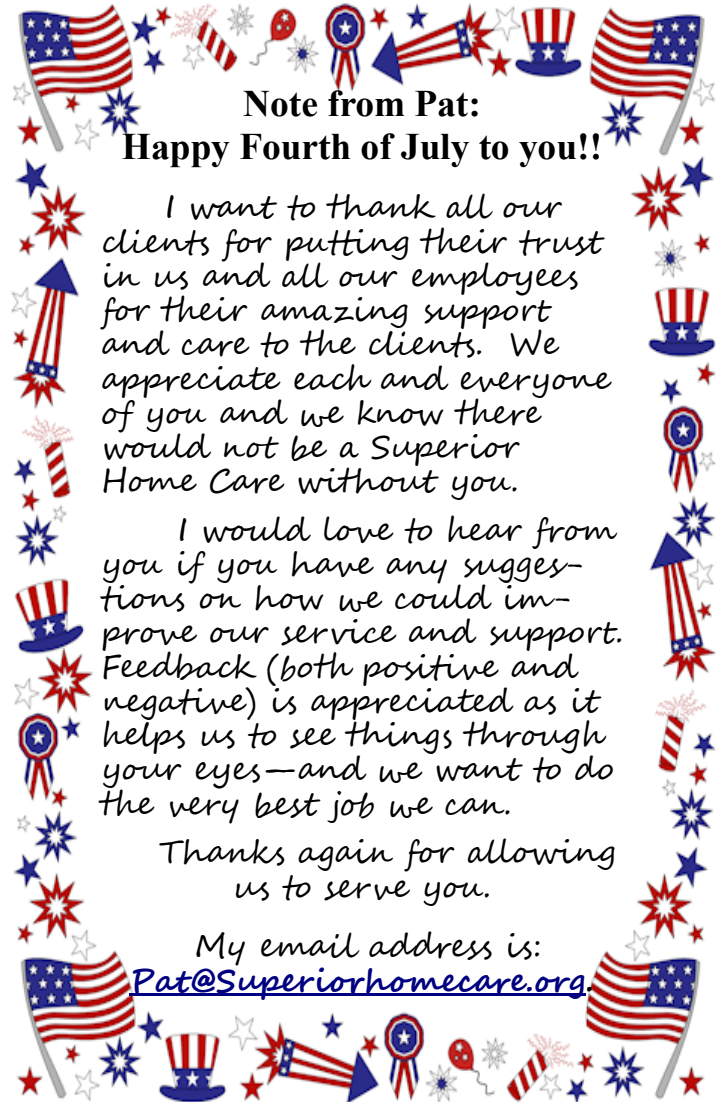
The website is www.PACER.org/transitions.

WASH YOUR HANDS!



Home care workers should wash their hands upon entering the client's home. Frequent hand washing is an easy way to avoid getting sick and spreading illness. While you can never keep your hands germ free, you can limit the transfer of bacteria, viruses and other germs. Follow the Mayo Clinic's proper hand-washing guide:

Step 1: Wet your hands with warm or cold running water.



Note from Pat:

Happy Fourth of July to you!!

I want to thank all our clients for putting their trust in us and all our employees for their amazing support and care to the clients. We appreciate each and everyone of you and we know there would not be a Superior Home Care without you.

I would love to hear from you if you have any suggestions on how we could improve our service and support. Feedback (both positive and negative) is appreciated as it helps us to see things through your eyes—and we want to do the very best job we can.

Thanks again for allowing us to serve you.

My email address is:

Pat@Superiorhomecare.org

The Superior Home Care Office will be closed Friday, July 3rd in observance of Independence Day.



Step 2: Apply soap of any kind and lather well.

Note: anti-bacterial soap is no more effective at killing germs than regular soap.

Step 3: Rub hands vigorously for 20 seconds. Scrub the backs of your hands, between fingers, your wrists and under fingernails.

Step 4: Rinse well.

Step 5: Dry your hands with a clean or disposable towel.

Step 6: Turn off the faucet using either your elbow or a towel.

Capable Partners' July schedule is as follows:

7/12 - Sign up for fall deer hunt

7/12 - 30 year celebration picnic @ Buffalo Gun Club

7/18 - Fishing on Mille Lacs Lake

Visit their website for more details: www.capablepartners.org

Submitted by Jim (client)



JULY BIRTHDAYS



02 - Kristine	20 - Carli
04 - Lynn	20 - Sabrina
05 - Audrey	20 - Martha
06 - James	21 - Tiah
06 - James	21 - Anthony
06 - Michelle	21 - Mirta
06 - Tabitha	21 - Elizabeth
07 - Denise	22 - Janet
08 - Sandra	23 - Roger
08 - Nancy	24 - Kimberly
08 - Nicole	25 - Karina
09 - Jonathon	26 - Aleta (Kim)
09 - Jennifer	26 - Andrea
10 - Carol	26 - Janae
10 - Hien	27 - Rebecca
11 - Quinnan	27 - John
12 - Srun	27 - Patrick
13 - Chin	28 - Logan
13 - Jordan	29 - Lisa
13 - Danielle	30 - Barbara
17 - Kempatie	30 - LuAnn
17 - Visal	30 - Madelyn
17 - Ahmed	31 - Ray
19 - Samuel	

It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself.

- Ralph Waldo Emerson

Did you know this about toothpaste:

- Erase scuffs from shoes. "Just a little dot will go a long way, so start small and add more if needed."
- Remove crayons from walls. Spread over the art work, scrub, then rinse with water.
- Helps you hang art. Use a dab of basic toothpaste (no whiteners or fresh strips) on the back corners to press light weight posters and other mementos into position.



Submitted by Sandy (Client)



HOW TO PROTECT YOUR SKIN

Heredity, diet, lifestyle, and especially smoking, all contribute to aging skin. But the usual culprit is sun exposure. Ultraviolet light breaks-down elastic tissue and the assault on skin integrity begins, manifesting itself with wrinkles, dry and itchy skin, age spots, sometimes bed sores and pre-cancerous growths or even skin cancer.

Experts say you can't turn back the page on sun exposure. Follow these tips to protect your skin from the damaging effects of sun exposure and reduce your risk of skin cancer:

- **Apply sunscreen.** When you are going to be outside, even on cloudy days, apply sunscreen with a SPF of 30 or to all skin that will not be covered by clothing. Reapply approximately every two hours, or after swimming.
- **Use one ounce of sunscreen,** an amount that is about equal to the size of your palm. Thoroughly rub into your skin. Don't forget the tops of your feet, your neck, ears and the top of your head.
- **Seek shade...**if your shadow is shorter than you are.
- **Protect your skin with clothing.** When outside, wear a long sleeved shirt, pants, hat and sunglasses.
- **Use extra caution near water, sand or snow** as they reflect and intensify the damaging rays of the sun.
- **Check your skin for signs of skin cancer.** Your birthday is a great time to check your birthday suit. Checking your skin and knowing your moles are key to detecting skin cancer in its earliest, most treatable stages.

Should you notice anything changing, growing or bleeding, if you have new growths on your skin, changing color or size or has multiple colors, is dark and/or larger than the eraser on a pencil, you should consult your dermatologist.

Early detection can be a lifesaver. You are your first line of defense. Take time to pay attention to any changes in your skin and have a safe summer!



Patty Shankey has been selected for Superior Home Care's Employee of the Month for July 2015. Patty has been a PCA with Superior Home Care for 3 years. We are grateful for her hard work and dedication.



A woman's mind is cleaner than a man's:
She changes it more often.

~Oliver Herford~

Submitted by Sandy (client)



ACCREDITED
BUSINESS



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