

National Poison Prevention Week is March 20-26, 2016

NPPW is nationally designated to highlight poisoning dangers and how to prevent them. According to the Center for Disease Control and Prevention (CDC), poisoning is the leading cause of injury death in the United States.

Poisonings & medicine mishaps can happen to anyone, anywhere, and at any time. While half of the exposure cases managed by poison centers in 2014 involved children, many of the more serious cases occurred among adolescents and adults. From children to seniors and Millennials to Baby Boomers, poison prevention is for everyone. By taking a few precautions, you can help keep you and your loved ones of any age poison-free!

Making your home safe is critical to avoiding poisoning because more than 90 percent of poisonings occur in the home. Here you will find basic tips for preventing poisonings:

- Keep all chemicals, household cleaners, medicines, and potentially poisonous substances in locked cabinets or out of the reach of children.
- Never mix household or chemical products together. Doing so can create a dangerous gas.
- Protect children from poisonous household plants. Keep such plants out of reach.
- Never take other people's prescription drugs. Take only drugs that are prescribed for you. Do not share your drugs with others.
- Keep medicines in their original containers and properly labeled. Take them exactly as directed.
- When children visit your home, keep all medicines and household cleaning products locked up and out of reach.
- Avoid taking medicine in front of young children. They like to do what adults do.
- Call medicine by its proper name. Never call medicine candy.
- Give infants and children only medicines that are safe for their age and weight. Correct dose will be on the label.
- Choose products in containers that are hard for children to open. Replace caps tightly after use. Remember that no container can promise to keep children out.
- Learn to read, understand and follow the Drug Facts label.
- Discuss ALL medications (prescription, over-the-counter medicines, vitamins, supplements) with your doctors/pharmacists.
- If you need glasses, always use them taking medications. Never take medications in the dark.



Keep the toll-free **POISON HELP LINE 1-800-222-1222** near your phone!!

PACER Day at the Minnesota Capitol: "Be a Champion for Children!"

When: Wednesday, March 16, 2016, 9:30a.m. to 1:00 p.m.
Where: Minnesota History Center, St. Paul, MN

Parents of children with disabilities will have their voices heard in St. Paul, Minn., on "Be a Champion for Children with Disabilities Day" at the Minnesota State Capitol on Wednesday, March 16, 2016. Participants will attend a dynamic workshop led by advocacy and education leaders and legislators to hear about potential legislation affecting special education, education funding, school discipline reform, mental health, and more.

Parents will learn how to effectively share their stories and enjoy a complimentary lunch before meeting with their state legislators.

Space is limited for this important event. Registration is required. Register online or call (952) 838-9000.

Name Change

Our sister company, Superior Home Health Care is now Superior Home Care Nursing.

Superior Home Care Nursing provides extended nursing in your home (previously known as "PDN" - Private Duty Nursing).

We would be happy to provide any help you may need.

Please call 952-898-5400 for more information.

Daylight Savings
Time Begins at
2:00 AM on
Sunday,
March 13th



Are you ready for spring? I sure am! Spring time means farm babies at the Minnesota Zoo! There is nothing cuter than baby chicks, piglets, lambs, calves, goat kids and bunnies! The baby farm animals will be arriving at the Minnesota Zoo on March 25, 2016.



The Minnesota Zoo is also offering a fun winter get away that is all about the sand. Bring the whole family to this giant size indoor sandbox near the Tropics Trail. The zoo will supply the sand, palm trees and exotic animals.



BYOP (bring your own pail) or other favorite sandbox toy. The tropical beach party goes through March 6, 2016. Hope you can all make it. The zoo hours are Monday-Sunday 9am-4pm. Admission is free for ages 0-2, \$12 for ages 3-12, \$18 for ages 13-64 and \$12 for 65+. For more information visit:

www.mn zoo.org

Submitted by Jim (client)

Credit Card Fraud

Did you know: Counterfeit cards, created using information stolen from the magnetic strip make up 37% of all credit card fraud in the US.

Thieves, posing as banks or credit card companies, call or email to "confirm" the card number and other account details. But instead of sending a new card, they use your credit card information to rack up charges online.

Banks and credit card companies **will never** call or email you out of the blue to confirm your card number and other information. If you receive a suspicious email or call, do not give out any information. Notify your bank or credit card company right away, using a phone number from your records. Never give out your personal or financial information to anyone over the phone unless you called them using a number from your statement or bank records.



I hate it when I'm trying to be serious, but then I accidentally smile.
- Mitch Cuento -



Submitted by Sandy (client)

Diane Klug has been selected for Superior Home Care's Employee of the Month for March 2016. Diane has been a PCA with Superior Home Care for 1-1/2 years. We are grateful for her hard work and dedication.



MARCH BIRTHDAYS



- | | |
|----------------|---------------|
| 03 - Kay | 21 - Randy |
| 03 - Jaiden | 22 - Emily |
| 03 - Erin | 22 - Mary |
| 03 - Crystal | 23 - Mary |
| 05 - Stephen | 23 - Andrew |
| 05 - Susan | 23 - Marian |
| 06 - Ashlyn | 24 - Scott |
| 06 - Mary | 24 - Patricia |
| 09 - Shirley | 24 - Nicholas |
| 12 - Sara | 24 - Yachin |
| 12 - Nieves | 25 - Julian |
| 13 - Dong | 26 - Ruth |
| 13 - Kyle | 27 - Brandi |
| 14 - Angelica | 28 - Bernice |
| 14 - Amanda | 28 - Nevaeh |
| 14 - Becky | 28 - Adeline |
| 16 - Stephanie | 28 - JoEllen |
| 18 - Katherine | 28 - Kaylin |
| 20 - Brandon | 30 - Ina |
| 20 - Lois | 31 - Zachary |
| 20 - John | |



Did you know...
bulletproof vests, fire escapes, windshield wipers, and laser printers were all invented by women.

Submitted by Sandy (client)



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BUSINESS



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