

FIVE PRECAUTIONS YOU CAN TAKE TO ASSURE LESS STRESS WITH PAYROLL CHECKS

A mistake on your paycheck can be stressful. Incomplete information and simple errors are the most common culprits. Following these 4 steps will help with this problem.

1. Use the correct timesheet.
2. Double check that all areas of the timesheet are complete. The most common omissions are:
 - * Dates and times of each shift worked
 - * Initials by cares provided
 - * Signatures of both client and employee
 - * PCA number
3. Double check and triple check all math.
4. Submit timesheets by 5:00 p.m. on due date

Keep your paystubs from all paychecks for your records. We do not retain copies of paystubs.

If you'd like to have your paycheck deposited directly into your bank account, call the office to request the necessary forms. Using direct deposit for your check will assure you that your money will be there on time.



ATTENTION CHOICE CLIENTS:

Please keep the office informed when a PCA will no longer be working with you. If you know a PCA is leaving, it is very important that you contact Kris in HR prior to this.



Our office will be closed on Monday, May 25th in observance of Memorial Day.

Let us remember all our wonderful military personnel for their service to our country.

Employee Discount at Verizon

Employees of SHC can enjoy a 15 - 18% discount at Verizon Wireless. Take a pay stub from the last 60 days to your local Verizon store to receive your discount.

“Are you tired of telemarketers calling?”

The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls. You can register your home or mobile phone for free by calling toll-free: 1-888-382-1222. You have to call from the phone number you wish to have on the “Do Not Call” List.



to all our wonderful moms!



Robin Doyle has been selected for Superior Home Care's Employee of the Month for May 2015. Robin has been a PCA with Superior Home Care for 1+ years. We are grateful for her hard work and dedication.

MAY is NATIONAL STROKE AWARENESS

While stroke is the No. 5 cause of death and a leading cause of long-term disability among adults in the U.S., many Americans do not think of stroke as a major health concern. The key to stroke prevention is making healthy choices every day. Take care of your body, eat healthy foods and manage existing medical conditions.

National Stroke Association Prevention Guidelines include:

- Control your blood pressure. High blood pressure may cause as many as half of all strokes. A blood pressure reading of 120/80 is optimal.
- Exercise daily, eat a variety of fruits and vegetables each day, and maintain a healthy weight
- If you smoke - stop! Smoking doubles your risk of stroke.
- If you have diabetes, work with your doctor to keep it under good control
- Get moving! Get some form of exercise every day for a total of 30 minutes or more.
- If you drink alcohol, limit your use.
- Know your cholesterol number. If it is high, work with your doctor to control it.
- Enjoy a lower sodium (salt), lower fat diet. By cutting down on sodium and fat in your diet, you may be able to lower your blood pressure, and, most importantly, lower your risk for stroke.

Use the term “**FAST**” to help you recognize common stroke symptoms:

- “**F**” Face: Ask the person to smile.
Does one side of their face droop?
- “**A**” Arms: Ask the person to raise both arms.
Does one arm drift downward?
- “**S**” Speech: Ask the person to repeat a simple phrase.
Is their speech slurred or strange?
- “**T**” Time: If you observe any of these signs, call 9-1-1 immediately. Time is critical!



It is said that most left handed people are deeper thinkers and more creative?

Submitted by Sandy (Client)

Every gift from a friend is a wish for your happiness.

- Richard Bach -

Submitted by Sandy (Client)

MAY BIRTHDAYS



02 - Jill	20 - Linda
02 - Tung	21 - Megan
03 - Pam	21 - Barbara
03 - Kelsey	21 - April
04 - Anna	22 - Amanda
05 - Myriah	22 - Dorothy
05 - Angel	22 - Mandy Jo
06 - Dilbir	22 - Susan
06 - Darrell	22 - Taiwana
08 - John	23 - Reevu
08 - Bunren	23 - Shannon
09 - Jackson	24 - Luke
09 - Rose	24 - Roxanne
10 - Carla	24 - Sandeep
10 - Catherine	25 - Joshua
11 - Susan	26 - Joe
13 - Vincent	26 - Suzanne
14 - Estella	26 - Amanda
16 - Jackie	26 - Karla
16 - Jamison	27 - Maaz
16 - Michael	27 - Jackie
16 - Juvie	27 - Pat
16 - Naeema	27 - Melody
16 - Alison	27 - Norman
17 - Jacob	28 - Michael
19 - James	28 - Adrienne
19 - Jeanne	30 - Geraldine
20 - Adam	30 - Sana
20 - Betty	31 - Jeffrey
20 - Latesha	31 - Debra



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