

Happy
Labor Day
Weekend

The first Monday of September means sales are in, summer holidays are over and classes begin. For many of us (but far from all of us), it's a welcome day off work or school, ahead of what is likely to be a busier month than the last.

Our office will be closed September 7th in observance of Labor Day.

Are You Worried about Identity Theft?

Suspicious activity, or accounts you don't recognize can be signs of identity theft. Review your credit reports to catch problems early. The law allows you to order one free copy of your report from each of the nationwide credit reporting companies every 12 months. The three nationwide credit reporting companies have set up a central website, a toll-free telephone number, and a mailing address through which you can order your free annual report.

To order, visit www.annualcreditreport.com, call 1-877-322-8228. Or complete the Annual Credit Report Request Form and mail it to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.

WEB RESOURCES



Here are some web sites that provide a variety of services to people of all ages and abilities in Minnesota.

• **Access Minnesota:**

www.accessminnesota.org

The Minnesota Travel Guide for Persons with Disabilities.

• **Friendship Ventures:**

www.friendshipventures.org

Friendship Ventures is a non-profit agency that creates unique educational, recreational and social opportunities for people of all ages with mental and physical disabilities.

• **Life Pages:** www.lifepages.org

Life pages offers information for Minnesotans of all ages and abilities who want to enrich their lifestyle as well as their connections to the greater community.

• **Metropolitan Center for Independent Living:** www.mcil-mn.org

MCIL is dedicated to the full promotion of the Independent Living (IL) philosophy by supporting individuals with disabilities in their personal efforts to pursue self-directed lives. Contact them at 651-603-2007 for more information on classes and services they offer.

• **Search Beyond Adventures:**

www.searchbeyond.com

Provides escorted travel tours for adults with disabilities.

• **Special Olympics:**

www.specialolympicsminnesota.org

Special Olympics offer year-round sports training and competition for children and adults with intellectual disabilities.

• **Wilderness Inquiry:**

www.wildernessinquiry.org

Our mission is to make adventure travel accessible to everyone, regardless of age, background or ability.

• **Ventures Travel:**

www.venturestravel.org

Travel agency providing guided tours for adults with developmental disabilities.

• **Disability Linkage Line:**

www.minnesotahelp.info

The disability Linkage Line (DLL) is a free, statewide information and referral resource that provides Minnesotans with disabilities and chronic illnesses a single access point for all disability related questions. Contact them at 1-866-333-2466 for more information.

• **Padraig's Place:**

www.SpecialKidCare.org

An online platform for families with special needs children to learn about community resources, activities, and a way for them to connect with care and respite providers and other families just like theirs.

SEIU UPDATE for Choice Employees

It is important to know that if you sign up for the union, you cannot opt out for 1 year. Those of you that signed up previously did have that option.

Just letting you know, if you receive phone calls from SEIU, we are now required by the State to supply your phone number to the union.

EMPLOYEE DISCOUNT



Are you a Verizon Wireless user? Take your Superior Home Care pay stub to a Verizon store to get a 22% discount on your phone bill.



EMPLOYEE SURVEYS

Thank you to all of our employees who have returned your surveys. Congratulations to Jamie H., the winner of the \$100. There is still time to get your survey in for the last drawing on September 4th.

Have You Ever Heard of “WhatsApp?”

Neither have we! The problem with mobile apps, video games and social media is that by the time you’ve heard about it, the kids are all onto something newer and better. From Snapshot to WhatsApp and Kid, the Family Online Safety Institute has created handy Tip Sheets to help parents keep up with the apps and games their kids are crazy for. Go to www.fosi.org and search for “What is _____” whatever you want to learn more about. The tip sheets provide basic information, including age requirements and 3 Things Parents Should Know about the app, site or game.



This and that....

Check out the Capable Partners website for some great September outings including: pheasant & duck shoots and deer hunting. www.capablepartners.org

A leader in adapting yoga, Mind Body Solutions offers low-cost adaptive yoga classes and workshops for people living with a wide range of mobility disabilities, as well as their caregivers. Website: www.mindbodysolutions.org or phone: (952) 473-3700

Fare For All is a great way to save money on quality, nutritious food. They buy fresh fruits, vegetables, and frozen meat in bulk to save you up to 40% off grocery store prices. This is community supported and open to everyone. Check them out at their website: www.fareforall.org.

Submitted by Jim (client)

Tired of receiving junk mail?.....

You can go to consumer.ftc.gov or catalogchoice.org to opt out of junk mail or you can send \$1.00 and your address to:

Mail Preference Service
Direct Marketing Association
P.O. Box 643
Carmel, NY 10512



Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them.

~Dalai Lama~

Did you know...

Children are poisoned most frequently by eating harmful plants.

Submitted by Sandy (client)

Desiree Bergquist has been selected for Superior Home Care’s Employee of the Month for September 2015. Desiree has been a PCA with Superior Home Care for over one year. We are grateful for her hard work and dedication.



SEPTEMBER BIRTHDAYS



01 - Joseph	17 - Carolyn
01 - Valerie	17 - Gwen
02 - Lonna	18 - Joseph
02 - Sherri	18 - Shahnaz
02 - Christina	18 - Sara
03 - Colette	18 - Jacquan
05 - Elaine	19 - Lindsey
05 - Samantha	19 - Jill
06 - Michael	19 - Jessica
06 - Malia	21 - Caitlin
06 - Janese	22 - Carol
07 - Aaron	24 - Chayton
07 - Imelda	24 - Kimberly
08 - Charlyne	24 - Anthony
08 - Teresa	25 - Brandie
08 - Wanika	26 - Kathleen
10 - Joel	26 - Susan
12 - Denice	26 - Geri
12 - Jaden	28 - Kimberly
14 - Kelsey	28 - Sheila
15 - Evangeline	28 - Justyne
15 - Barbara	28 - LeeAnn
16 - Rosemary	29 - Rene
16 - Elizabeth	29 - Scott
16 - Edward	30 - Katelyn



Back to School
Be extra cautious
at school
crossings and
bus stops!



ACCREDITED
BUSINESS



SUPERIOR HOME CARE

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