

## Protect Your Ears From Permanent Hearing Loss

Did you know, 1 in 10 Americans suffer from hearing loss affecting the ability to understand normal speech. Considering how many of these are adults, not including the huge amount of people with less significant hearing damage, you start to get a picture of just how serious this problem is. There are two simple things you can do right now to protect your hearing, both at home and in the workplace:

1. Turn it Down. The world is noisy enough without cranking up the music; turn down your headphones or home stereo. If you enjoy live music, beware: noisy rock concerts can cause permanent hearing damage. If you do go, know your risks and avoid standing too close to the speakers.
2. Cover your Ears. Over 30 million Americans are exposed to damaging noise in the workplace, not to mention around the house with yard equipment and power tools. According to the national association of ear, nose, and throat specialists, you should wear hearing protectors, such as ear plugs or earmuffs, in a noisy workplace or when using power tools or yard equipment, or riding a motorcycle or snowmobile.

Continual exposure to noise above 85 decibels is dangerous. A lawnmower, for example, is about 90db on average. A normal conversation is about 60db, while a rock concert is 115db.



So how do you know if your hearing is damaged beyond repair? While hearing loss may only be a temporary problem caused by ear wax or an infection, if you're suffering from a ringing in the ears (tinnitus), or have trouble understanding what people are saying, seek professional medical advice to determine the cause and possible fixes.

### Ringing in Your Ear? There May Be Help

As many as 1 in 5 people suffer from tinnitus, a persistent sound commonly described as a ringing in the ears. Ranging from ringing to buzzing, hissing, or even shrieking, tinnitus not only interferes with normal hearing, it can seriously impact quality of life. Researchers have not been able to pin down a cause or a cure, but new treatments may provide some relief.

Current research suggests that certain sounds may be used to mask or reduce tinnitus, while ear implants may provide relief by sending a signal to stimulate changes in key circuits of the brain.

If you're suffering from tinnitus, talk to your doctor, or learn more about advances in treatment at [www.ata.org](http://www.ata.org).



## IMPORTANT PAYROLL REMINDERS

- \* Timesheets are due in the Office by Tuesday, 5PM of payroll week. Your timesheets may be submitted weekly, you do not have to wait until the day they are due!
- \* If you email your timesheets, you will get an email response from the Office that your timesheets were received. Please check your email. If no response, no timesheets were received.
- \* If you fax your timesheets, you must call the Office to make sure they were received!

To avoid a stressful payroll, follow these steps to assure a smooth process:

1. Use correct timesheets for the service provided.
2. Double check that all areas are complete. The most common omissions are:  
Dates and times of each shift worked, Initials by cares provided, Draw lines through day/days not working, Daily and weekly hours total, Signatures & dates of both client and employee
3. Double check and triple check all math.
4. Submit timesheets by 5:00 p.m. on due date.
5. Keep the pay-stubs from all paychecks for your records. We do **not** retain copies.





01 - Nader	05 - Dillon	12 - Susan	20 - Chad	26 - Steve	30 - Marisha
01 - Angela	05 - Alicia	13 - Dianne	20 - Patricia	27 - Abigail	31 - Laylah
03 - Courtney	05 - Janet	15 - Erin	20 - Rosemary	27 - Summer	
04 - Gary	07 - Ryan	18 - Susan	21 - Sylvia	27 - Glenda	
04 - Eleanor	07 - Melissa	18 - Allen	22 - Rita	28 - Stacy	
04 - Nancy	08 - Thu Thi	19 - Caroline	23 - Jon	30 - Milton	
04 - Charlene	11 - Nabiha	20 - Krystal	25 - Joe	30 - Tanner	
04 - Miles	11 - Philissa	20 - Soukeing	26 - Sandra	30 - Nancy	



Want to go to the MN Zoo for free? The program is called Free To Explore Zoo Admission Program. All you need to do is bring a valid MN ID and either your EBT card or your MA / MN Care card. This will get you in free with your PCA. There is a parking fee of \$7. Show both cards to the attendant.

Fare for All will be at the Diamondhead Education Center in Burnsville from 3-5pm on August 22. This is another great way to save money on food.

Don't forget about the Farmers Markets either! Go to the desk at the market and take \$10 off your EBT card and get another \$10 to spend at the market. This is a great way to double your money. You can only do this once per day. Check out MN grown website to find a Farmers Market near you.

The Dakota County Fair has free admission on Tuesday August 7th. The fair is located at: 4008 220th St. W in Farmington.

*Until next month ... Jim (client)*



**Dakota County Fair, Farmington - Aug. 6-12**

**Goodhue County Fair, Zumbrota - Aug. 7-11**

**Steele County Free Fair, Owatonna - Aug. 14-19**

**MN State Fair - Aug. 23- Sept. 3**  
Discounted tickets can be purchased at Cub thru 8/22 for \$11.

That is a savings of \$3 per ticket.

### Where's My Phone????



It's easy to lose track of your mobile devices. Find your lost or stolen smartphone or tablet fast with one of these apps:

**IPHONE:** Find My iPhone, free  
**ANDROID:** Lookout - free, Plan B - free, SeekDroid - \$4.99, Where's My Droid - Free



Tammy Schmidt has been selected for Superior Home Care's Employee of the Month for August 2018. Tammy has been a PCA with Superior Home Care for 1 year. We are grateful for her hard work and dedication.

*Thank You Tammy!*



ACCREDITED BUSINESS



## SUPERIOR HOME CARE

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