



*At this special time of year, I want to extend our warmest thoughts and best wishes to you and your family. I hope this holiday season brings you the gifts of peace, good health, and happiness.*

*As the holiday season begins, I want to take this opportunity to thank you for allowing Superior to be your home care provider. We have been blessed to be able to work with wonderful people as yourself.*

*I sincerely appreciate having you in our life and again want to take this opportunity to say thank you and bless you for putting your faith and confidence in us.*

*May the happiness of this season fill your home with joy and laughter as you make special memories to last a lifetime.*

*Sincerely,  
Pat Jones*

### **Medical Insurance**

The major insurance companies will no longer offer medical insurance through Superior Home Care. In its place, we will offer a Minimum Essential/Limited Medical insurance plan to all SHC employees who consistently work at least 30 hours per week or 130 hours per month. Some parts of this insurance will be provided at no cost to employees. Additional coverage is available on an optional basis if you want it.



If you did not attend one of the informational meetings on Wednesday, November 30, you can call the office to get information. Since there are several coverage levels and insurance options, you need to choose your coverage(s) or waive this insurance by December 31, 2016.

If you are receiving a subsidy from the state's insurance exchange (MnSure), you must sign a waiver for the SHC insurance to maintain your eligibility for your subsidy. Waiver forms are available at the office.



Our sister company, Superior Home Care Nursing, was surveyed by the Minnesota Department of Health to verify that all operations were in compliance with state regulations. They not only met all requirements but were complimented for being one of the best nursing agencies the surveyors had seen to date. Congratulations to the SHC Nursing team!



### **In observance of the Holiday, Office hours will be:**

<b>December 23rd</b>	<b>Closing at noon</b>
<b>December 26th</b>	<b>Closed</b>
<b>December 30th</b>	<b>Closing at noon</b>
<b>January 2nd</b>	<b>Closed</b>

**Have a safe and Happy Holiday!**



The holiday season is upon us. This is the time of year to get out and go see the holiday lights. The Fox Family Farm has a wonderful display. Their market is open 7 days a week from 9AM to 8PM. The light show starts Thanksgiving thru January 3rd. The farm is located at 6063 160th St. E in Rosemount.

Fare for All is having their Holiday package available for pick up on December 21st from 3-5PM at the Diamond-head Education Center in Burnsville. For \$30 you get the following: spiral ham (6-8 lbs), whole chicken (5.5 lb), chicken strips, 2 lbs ground beef, (2) 16 oz frozen mixed vegetables and an apple pie....What a bargain!

Have a great Holiday Season!

*Jim (client)*

## DECEMBER BIRTHDAYS



- |                |               |
|----------------|---------------|
| 01 - Kristana  | 18 - Ellyn    |
| 03 - Veronica  | 19 - Marah    |
| 03 - Greta     | 19 - Sophal   |
| 04 - Sandra    | 19 - Kiera    |
| 05 - Joletta   | 20 - Jamila   |
| 05 - Renee     | 20 - Katrina  |
| 05 - Chiylee   | 20 - Kristen  |
| 06 - Guadalupe | 21 - Angela   |
| 06 - Jamie     | 22 - Dung     |
| 07 - Landon    | 22 - Demetrio |
| 09 - Scott     | 23 - Joe      |
| 10 - Rachel    | 24 - Alberta  |
| 12 - Lynda     | 24 - Patricia |
| 12 - Dany      | 25 - Ashley   |
| 12 - Ciara     | 26 - Emily    |
| 13 - Lillian   | 28 - Earl     |
| 13 - Mika      | 29 - Belinda  |
| 14 - Allyson   | 29 - Sophia   |
| 14 - Kelli     | 29 - Tara     |
| 15 - Michele   | 30 - Ralph    |
| 16 - Bammietta | 30 - Diane    |
| 16 - Cullen    | 30 - Jesse    |
| 17 - Teresa    | 31 - Ronda    |
| 17 - Tanya     |               |

## Preventing Winter Slips and Falls



As the weather turns snowy, it's time to turn our attention to preventing winter slips and falls, one of the major causes of injuries. Most people have seen someone take a nasty spill on slippery winter ground. You may have even been the victim of it yourself.

Follow these tips to make sure you're staying safe when walking around in snowy and icy conditions:

- \* Walk slowly and carefully. Wear boots or other slip-resistant footwear.
- \* Exercise caution when getting in and out of vehicles. Use the vehicle for support if you need to do so.
- \* Watch for slippery floors when you entering buildings or home.
- \* Walk like a penguin: short, slow, flat footed steps keeping your center of gravity directly over your feet as much as possible. Shuffle for stability.
- \* Try to avoid carrying items, or walking with your hands in your pockets; this can reduce your ability to catch yourself if you lose your balance. Instead, carry a backpack if you have one.
- \* Don't be distracted, focus on your path. Keep your eyes on where you are going.
- \* Help your elderly friends and relatives on snow and ice. Slips and falls can be extremely dangerous for seniors. If you are older, don't shy away from asking others for a helping hand.

Remember: Ice and snow mean take it slow!



## Did you know...

If you received all the gifts from the song "The Twelve Days of Christmas" you would have **364 presents.**

*Submitted by Sandy (Client)*



## HOLIDAY SNACK MIX

- 1 (16 oz) jar dry roasted peanuts
- 2 (14 oz) packages red and green M&M's
- 1 (14 oz) package chocolate covered peanuts
- 1 (7 oz) jar wheat nuts

Mix together the peanuts, M&M's chocolate covered peanuts, and wheat germ nut snacks. Serve in a large bowl or place in decorative glass jars and give as gifts.

*Submitted by Sandy (Client)*



ACCREDITED BUSINESS



# SUPERIOR HOME CARE

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Gwen Pesola has been selected for Superior Home Care's Employee of the Month for December 2016. Gwen has been a PCA with Superior Home Care for over 4 years. We are grateful for her hard work and dedication. Thank you Gwen!