

VERY IMPORTANT

ATTENTION: CLIENTS and PCA's

It is a requirement of the State that a current employee must work at least 1 shift every 120 days to keep your background study current. If you do not work at least 1 shift in 120 days, you are no longer considered employed by Superior and cannot be paid. Please be mindful of this rule as getting a new background study done involves time and money. If your background has expired, we will need at least 1 week to process and you will not be able to work until your background check has been cleared through the state.

It is extremely important to work at least 1 shift in a 120 day period. If you have any questions, please contact Kris in HR.

We are excited to inform



you that Superior Home Care will be offering 401K to our employees in the very near future.

More information to follow.

Pick the Correct Seat to Properly Protect Your Little Passengers

Make sure your kids are properly secure in the car

Infants & Children Under Age 2 The American Academy of Pediatrics recommends keeping children in a rear-facing car seat until at least 2 years of age, but kids can stay rear-facing longer in a convertible seat up to 30-35 pounds, based on the seat's weight limit. Always place rear-facing safety seats in the reclined position at a 30-45 degree angle. Keep the harness snug and at or below the shoulders. The backseat is the safest place for rear-facing car seats, but if you must put the seat in the front, turn off the airbag. Never place a rear-facing seat in front of an airbag. When your baby outgrows his or her infant car seat, switch them to a convertible seat with a higher rear-facing weight limit.



Graduate to Forward-Facing Car Seat When your kids grow out of their rear-facing car seat, move them to a forward-facing convertible or combination car seat with a harness. Place forward-facing seats in the upright position. Move harness straps to the proper reinforced slots, and keep the harness snug and at or above the shoulders.

Booster Seat Required Even after your kids grow out of their forward-facing harness seat, you are required by Minnesota law to keep them in a booster seat until age 8 or 4 feet 9 inches tall, whichever comes first. Safety experts recommend keeping kids in a booster based on their height rather than age. Regardless of the style of booster seat, they should be used with both a lap and shoulder belt. If your vehicle only has lap belts, have shoulder belts installed. Be sure to only use backless booster seats in vehicles with a head rest. Purchase a high-backed booster if your car does not have head rests.

Ready for Adult Seatbelts Your child is ready for an adult seat belt when they can sit with their back against the vehicle's seat with knees bent comfortably and completely over the seat edge without slouching, and feet touching the floor. Children over 4 feet 9 inches will fit properly in a lap and shoulder belt.

Law enforcement will stop and ticket unbelted motorists, including passengers or improperly secured kids.

Fare for All pickup date is February 22 from 3-5 at the Diamond Head Education Center in Burnsville. This is a great place to save money on your food bill.

Talking about food, Gertens Greenhouse in Inver Grove Heights offers free class on Saturday mornings.

The next class is scheduled for February 18th.

They will show you how to start seed planting for vegetables and flowers. I plant my seeds in mid February. This saves you a lot of money instead of

buying plants in the spring. Other classes they offer are healthy soil and pruning. Gertens is located at 5500 Blaine Ave Inver Grove Heights, MN 55076. The phone number is 651-450-1501. Their website is: www.gertens.com.

Happy planting! Spring is right around the corner!

Until next month....Jim



FEBRUARY BIRTHDAYS



02 - Kris	15 - Erica
02 - Monica	18 - Griselda
04 - Amanda	18 - Dena
05 - Tracy	19 - Tina
06 - Susan	19 - Tatyanna
08 - Skye	21 - Connie
08 - Jayden	21 - Kelly
08 - Emiliana	21 - Mary
10 - Lois	22 - Moriah
10 - Jake	24 - Paul
12 - Deborah	24 - Angela
12 - Christine	25 - Eng
13 - Paula	25 - Gabrielle
13 - Janell	25 - Christine
14 - Judy	26 - LaDonna
15 - Patricia	27 - Marissa
15 - Angela	28 - Shauntrell

Sandy's Recipe Box

BROWN SUGAR BLONDIES

- 1 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup butter
- 1 cup packed brown sugar
- 1 egg
- 1 tablespoon vanilla extract
- 1 cup to 1-1/3 cup M&M's (pink and red)



Mix together flour, baking powder, baking soda, and salt and set aside. Melt 1/3 cup butter. Add 1 cup firmly packed brown sugar and mix well. Cool slightly. Add egg (beaten) and vanilla and blend well. Add flour mixture, a little at a time, mixing well. Mix in 2/3 cup M&M's. Spread in 9 x 9 x 2 inch pan. Sprinkle 1/3 to 2/3 cup M&M's on top. Bake for 20 to 25 minutes in a preheated 350 degree oven. Store in airtight container at room temperature.

Valentine's Day Facts

- 2nd most popular greeting card-giving occasion
- Men account for 73% of Valentine's Day flower sales
- The 1st Valentine's Day box of chocolate was introduced by Richard Cadbury in 1868.
- There are approximately 50 million roses given on Valentine's Day around the world.
- On Valentine's Day every year, there are at least 36 million heart shape boxes of chocolates sold.



Happy Valentine's Day



DID YOU KNOW...

About 3 percent of pet owners will give Valentine's Day gifts to their pets.



That Groundhog's Day was originally held on February 14th?

Submitted by Sandy (client)



They invented hugs to let people know you love them without saying anything.

- Bil Keane-

Submitted by Sandy (client)

Catherine Dahl has been selected for Superior Home Care's Employee of the Month for February 2017.



Catherine has been a PCA with Superior Home Care for over 5 years. We are grateful for her hard work and dedication. Thank you Catherine!!



ACCREDITED
BUSINESS



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