

HAPPY NEW YEAR!

## Don't Drink & Drive

**Drinking responsibly is simple: if you drink, don't drive.** Your safety, and the safety of others on the road, depends on your good judgement.

If you choose to drink:

- **Designate a driver** who agrees not to drink and is responsible to drive you and other partygoers home.
- **Use the one-one rule:** have no more than one standard drink per hour. A standard drink is: one 12-ounce beer, one 5-ounce glass of wine or one mixed drink with 1.5 ounces of liquor.
- Remember, **personal tolerances vary**, so it's up to you to know your limit.
- **Don't mix prescription drugs** or over-the-counter remedies, such as cold medications, with alcohol. **Follow the directions and warning labels of all medications carefully.**

It's the law in Minnesota that if you loan your car to someone, you are responsible for their actions. Before allowing anyone to drive your vehicle, think about the consequences. If the driver is unlicensed, it can keep your insurer from paying for accidents -- and in some states get you cited by police. Your auto policy follows your vehicle, so claims that arise from a friend wrecking your car will go on your policy and affect your future car insurance rates. Think about that before handing over the keys to your car.



### Is It Really Safe? Find Out at CPSC.gov

How do you know if the products you buy for your family are safe? Get the latest information on recalls, or search for recalls by product online at [www.cpsc.gov/en/Recalls](http://www.cpsc.gov/en/Recalls). You can also sign up for real-time alerts using the CPSC Recall Widget.

You can also do your part to protect others by reporting potentially dangerous products to CPSC. File a report online at [www.saferproducts.gov](http://www.saferproducts.gov) or call 1-800-638-2772.

Well we made it through the busy/stressful holiday season. Now it is time to do some fun outside activities. There are lots of things happening at Lebanon Hills Regional Park located at 860 Cliff Road in Eagan. On the first Friday of every month, they light the lake for winter fun and s'mores. Bring your own ice skates or try out the Visitor Center's kick sleds. This event will be on January 6th from 7pm - 8:30pm. All ages are welcome and this is a free event. Visit the park's website for the calendar of winter activities. Also, Fare for All will be held in Burnsville on January 25th from 3-5pm. *Until next month.....Jim*



### Sandy's Recipe Box

## Winter Wonderland Snack Mix

- 3 to 4 cups kettle corn
- 2 to 3 cups white fudge pretzels
- 1-1/2 cups white chocolate chips
- 1-1/2 cups mini marshmallows
- One 8 oz. bag of yogurt covered cranberries (or raisins)



To keep the snack mix as fresh as possible, mix all ingredients together in a large bowl just prior to serving.

## Winter Driving Tips

Here are five things you can do to keep winter driving stress at bay and stay safe in your travels:

### Give snowplows space

It's difficult for snowplow drivers to see your vehicle. Make sure the plow operator can see you in their side mirrors. If you cannot see the mirrors, the operator cannot see you. Also, avoid driving next to snowplows, turning in front of snowplows, or driving into snow clouds produced by the plows.

### Slow down

Speed limits are set for ideal driving conditions. When road conditions are less than ideal, slow down — don't take chances on winter roads.

### Plan for emergencies

Carry booster cables, road flares, a shovel, blankets, boots, mittens, a hat, a windshield scraper, two ropes and a winter survival kit in your vehicle during the winter driving season.

### Keep your vehicle maintained

Make sure your antifreeze, battery, breaks, exhaust and lights are all working properly and always keep at least a half tank of gas in your vehicle.



### Know the road

Before heading out on winter roads, call 511 or visit [www.511mn.org](http://www.511mn.org) to get current information on road conditions.

## JANUARY BIRTHDAYS



- |                |                |
|----------------|----------------|
| 01 - Naimo     | 12 - Chelsea   |
| 01 - Hawa      | 13 - Phu       |
| 02 - Kristen   | 15 - LeRoy     |
| 03 - Suzanne   | 18 - Elizabeth |
| 04 - Kamle     | 19 - Anna      |
| 04 - Peggy     | 19 - Patricia  |
| 06 - Rigoberto | 20 - Margaret  |
| 07 - Norma     | 20 - Stan      |
| 07 - Christine | 21 - Rachel    |
| 07 - Salvador  | 22 - Kayla     |
| 07 - Mical     | 23 - Nicholas  |
| 08 - Wayne     | 24 - Karyssa   |
| 08 - Carla     | 24 - Frankie   |
| 09 - Julius    | 24 - Vanessa   |
| 09 - Debra     | 26 - Ross      |
| 10 - Megan     | 27 - Michael   |
| 10 - Sarah     |                |

If you're going to be thinking, you may as well think big.

-Donald Trump-

*Submitted by Sandy (client)*

### DID YOU KNOW...

IT'S A MYTH THAT NO TWO SNOWFLAKES ARE EXACTLY THE SAME.



In 1988, a scientist found two identical snow crystals. They came from a storm in Wisconsin.

*Submitted by Sandy (client)*



ACCREDITED  
BUSINESS



**Lisa Yovicson has been selected for Superior Home Care's Employee of the Month for January 2017. Lisa has been a PCA with Superior Home Care for 1 year. We are grateful for her hard work and dedication. Thank you Lisa!!**



## SUPERIOR HOME CARE

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