



Policy Refreshers for the New Year

With a new year underway, we want to remind everyone of some of the key policy and procedures all employees of Superior Home Care must abide by. PCAs, Homemakers, Companions and Respite Caregivers:

- * are mandated reporters for abuse, neglect and fraud of the MA Program.
- * may not take their own children with them to work.
- * may not take their clients to the PCA's home.
- * may not claim any time that direct services to their client are not provided.
- * may not sleep on the job (unless authorized overnight respite hours).
- * may not use their cell phone while working.
- * may not have visitors while working.
- * are to notify both their client and SHC if they are not able to make their scheduled shift.
- * may not work overtime without prior approval.
- * must notify us immediately if you change your address, phone number or legal name.
- * may not work when a client is hospitalized or in a rehab facility.
- * when the PCA is driving the client, no one else can be in the automobile.
- * may only drive clients that are age 12 and over, for recreational purposes.
- * must have a copy of their driving record and their current auto insurance card on file with Superior Home Care before transporting their clients.

Resolve to Give during National Blood Donor Month

National Blood Donor Month is observed in January and sponsored by the American Red Cross. It has been observed in January since 1970 with the goal of increasing blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs. During the winter months, inclement weather often results in cancelled blood drives, and seasonal illnesses like the flu, may cause some donors to become temporarily unable to donate. The need for blood donations is constant and your donation is important for maintaining a healthy and reliable blood supply. You'll feel good knowing you've helped change a life!

Blood donation appointments can be made by downloading the American Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS (1-800-733-2767) to make an appointment or to receive more information. All blood types are needed to ensure a reliable supply for patients.

There is a free family fun game night on the lake on January 3 from 7-8:30 at Lebanon Hills Regional Park. Learn how to do curling and play a game of snow snakes. Enjoy some free s'mores after all of the fun! Go to the Visitor's Center to start the fun evening event.

River Valley Project Explore is having a Winter Dance to bring in the New Year! It will be held on January 10 from 6:30 - 9PM. This is for all disabled adults 18 and over. The location is Valley Middle School Cafe. The cost is \$6 and refreshments will be served.

On Saturday January 25, from 9:30 - 12:30, Ritter Farm Park in Lakeville is having a free family event. Enjoy snowmobile rides, snowshoeing and hot cocoa with s'mores. There will also be dog sled rides for \$19 a person.



Fare for All will once again be at the Diamondhead Education Center in Burnsville on January 29th from 3-5pm.

Until next month ... Jim (client)

Clean Hands Count

Know The Truth To Protect Yourself From Potentially Deadly Germs



Truth: The amount of product you use matters.

The Nitty Gritty: Use enough alcohol-based hand sanitizer to cover all surfaces of your hands. Rub your hands together until they are dry. Your hands should stay wet for around 20 seconds if you used the right amount.

Truth: Using alcohol-based hand sanitizer does NOT cause antibiotic resistance.

The Nitty Gritty: Alcohol-based hand sanitizers kill germs quickly and in a different way than antibiotics. There is no chance for the germs to adapt to develop resistance.

Truth: Alcohol-based hand sanitizer is more effective and less drying than using soap and water.

The Nitty Gritty: Compared to soap and water, alcohol-based hand sanitizers are better at reducing bacterial counts on hands and are effective against multidrug-resistant organisms (e.g. MRSA). Additionally, alcohol-based hand sanitizers cause less skin irritation than frequent use of soap and water.



New Year's Fun Facts...

- 8 in 10 Americans spend less than \$200 on New Years Eve.
- 45% of Americans plan to celebrate New Years Eve with family.
- 360+ million glasses of sparkling wine are drunk on New Years Eve.
- 44% of Americans make New Years resolutions.
- 11,283 avg. number of births on New Years Day in the US.
- 7000+ police officers patrol Times Square on New Years Eve.
- \$16.40 is the average hourly rate for a babysitter on New Years Eve.



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SUPERIOR HOME CARE

10597 165th Street West, Lakeville, MN 55044

Phone: 952-898-4911 Fax: 952-898-3088

Email: info@superiorhomecare.org

www.facebook.com/superiorhomecareinlakevillemn/

Brooklyn Hanson has been selected for Superior Home Care's Employee of the Month for January 2020. Brooklyn has been a PCA with Superior Home Care for 1 year. We are grateful for her hard work and dedication.



Thank You Brooklyn!