

**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.



Our office will be closed on  
Tuesday, July 4th in  
observance of the Holiday.  
Have a safe and  
Happy Independence Day!



## Computer Beware: Ransomware Attack

Ransomware is a kind of malicious software that, as its name implies, takes a computer hostage and holds it for ransom. With ransomware attacks, the malware locks down a target machine, encrypting its data and preventing the owner from accessing it until he or she agrees to pay up.

The latest ransomware attack is "WannaCry" and demands \$300 to get your files back and threatens to delete files if no payment is made within 7 days. What's particularly troubling about this attack is the effect it has on networked computers. Once WannaCry infects one computer, it can spread to every computer on that network within seconds.

The infection typically happens in one of two ways: by clicking on a link or attachment in an email or via an exploit kit released by a compromised website. By sending emails disguised as legitimate messages, the hope for ransomware authors is they can trick users into either opening an infected attachment or clicking a link that takes the user to an infected website. It's a tactic referred to as phishing (attackers try to catch users by luring them into taking the bait). Unfortunately, it can be highly effective, phishing emails have an average open rate of 30%, and research shows ransomware is now the #1 type of malware that phishing delivers (by far).



To avoid raising suspicion, attackers often hide ransomware in the types of attachments we expect to receive — some of the most common include MS Office docs (Word, Excel, and PowerPoint) and PDFs. These documents can be disguised as anything from invoices, contracts, regulatory forms, and more.

You can't prevent attackers from sending ransomware phishing emails, but you can put security controls in place that reduce the risk of users taking the bait, or prevent ransomware from successfully executing even if they do. If possible, it's a good idea to adjust your users' Microsoft Office default settings to disable macros. That way you can prevent ransomware from exploiting them. (Microsoft has a support document that walks you through that process.) Install an ad blocker. This can help protect your users from malicious ads.

Prevention is key. Cyber security experts recommend taking the following precautions to avoid ransomware and other virus or malware attacks:

- Install the Windows security update
- Install anti-virus software
- Don't click on links that you don't recognize. If you receive an email, delete it.
- Don't download files from people that you don't know
- Regularly back up your files

Report scams to the Federal Trade Commission online at: [www.ftccomplaintassistant.gov](http://www.ftccomplaintassistant.gov)



Looking for 4th of July celebrations with fireworks? Here are a couple of suggestions. Apple Valley is celebrating Freedom Days and have a lot of free events: from a oldies car show to a parade on the 4th of July. Fireworks will be at dusk at the corner of 140th and Johnny Cake Ridge Road. Check it out on their website:

[www.avfreedomdays.com/daily-schedule](http://www.avfreedomdays.com/daily-schedule).

Lakeville will be home to Pan-O-Prog from July 2nd to July 9th. There will be fireworks at Lakeville North High School on the 4th, cruise night on the 7th and the Grand Parade on the 8th. There are many other events as well.

You can get the schedule at: [www.panoprog.org/events](http://www.panoprog.org/events).

There are no fireworks in Burnsville or Rosemount.

Fare For All will be in Burnsville on July 26th from 3-5pm.

Every month they have hot buys that save you money. If you want to make the drive to New Hope, they also have monthly warehouse sales. I have made the trip and it is worth the drive. Check out their website [fareforall.org](http://fareforall.org) or call 763-450-3880.

Have a great and safe holiday!

*Until next time.....Jim*



## JULY BIRTHDAYS



- |                |                |
|----------------|----------------|
| 01 - Nermin    |                |
| 02 - Andrea    | 17 - Mary Ann  |
| 02 - Kristine  | 17 - Kempatie  |
| 03 - Joseph R. | 17 - Horl      |
| 03 - Joseph B. | 17 - Sharon    |
| 03 - Phyllis   | 17 - Viviana   |
| 04 - Sydney    | 17 - Ahmed     |
| 04 - Lynn      | 18 - Colton    |
| 06 - James R.  | 20 - Izaiah    |
| 06 - James W.  | 20 - Sabrina   |
| 06 - Michelle  | 20 - Martha    |
| 07 - Denise    | 21 - Tony      |
| 08 - Sandra    | 23 - Elizabeth |
| 08 - Hunter    | 25 - Gabrielle |
| 10 - Hien      | 26 - Andrea    |
| 10 - Kim       | 27 - John      |
| 11 - Quinnan   | 27 - Vanessa   |
| 13 - Andrew    | 28 - Logan     |
| 15 - Berndt    | 28 - Laura     |
| 15 - Maya      | 30 - Barb      |
| 15 - Susan     | 31 - Ray       |



### 4th of JULY Trivia Challenge

- When were fireworks first used to celebrate Independence Day?  
A) 1777 B) 1906 C) 1927 D) 1976
- Which country gave America the Statue of Liberty?  
A) England B) Russia C) France D) Spain
- When did Congress declare the 4th of July a national holiday?  
A) 1870 B) 1776 C) 1892 D) 1908
- How many people lived in America on July 4th, 1776?  
A) 2 million B) 1.5 million C) 2.5 million D) 4 million
- Independence Day was first celebrated in what city?  
A) Boston B) Washington DC C) Philadelphia D) New York
- How many hot dogs are consumed on average each year on the 4th of July?  
A) 100 million B) 500 million C) 350 million D) 150 million
- How tall is the Statue of Liberty?  
A) 151 feet B) 81 feet C) 113 feet D) 53 feet
- In what pattern were the stars on our first flag?  
A) Square B) Grid C) Lines D) Circle
- How many people signed the Declaration of Independence?  
A) 40 B) 56 C) 32 D) 100
- Who invented fireworks?  
A) Americans B) Chinese C) Japanese D) English



Answers: (1)A (2)C (3)A (4)C (5)C (6)D (7)A (8)D (9)B (10)B

### DID YOU KNOW...

The only food that does not spoil:  
Honey



The names of the three wise monkeys...

They are:  
Mizaru (See no evil),  
Mikazaru (Hear no evil), and  
Mazaru (Speak no evil)



*Submitted by Sandy (client)*

*If we were suppose to talk more than we listen, we would have two mouths and one ear.*

- Mark Twain

Naeema Jakes has been selected for Superior Home Care's Employee of the Month for July 2017. Naeema has been a PCA with Superior Home Care for over 3 years. We are grateful for her hard work and dedication. Thank You Naeema!



ACCREDITED  
BUSINESS



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