


## GIVING THANKS



It's the time of year when we celebrate the holiday of Thanksgiving, a time to reflect on the many things we are thankful for. The Superior Home Care Staff would like to take this opportunity to thank all of our clients for choosing us as their Home Care Agency. We are honored that you have put your trust in us.

We are also grateful for our employees who do such a wonderful job of caring for our clients. Their patience and compassion are key to making our clients feel well cared for and safe in their homes.

**VOTE 2016**



Election Day is November 8th. Polls are open 7:00 AM until 8:00 PM. If you do not know where your polling place is, you can use [pollfinder.sos.state.mn.us](http://pollfinder.sos.state.mn.us) to find out important voting information for your precinct. If you have any issues or questions, please contact your County Clerk.



Clocks turn back an hour at 2 AM on Sunday, November 6th, marking the end of Daylight Saving Time.



### PREPARING FOR FLU SEASON

Our flu season is around the corner. And while the timing varies in different parts of the country, most flu activity - influenza-like illness, hospitalizations, and sadly even deaths - will occur between October 2016 and run into May 2017.

Every year is a new year when it comes to flu season - presenting its own uniqueness with regards to being earlier, running later, a milder or heavier season. New flu vaccines are released each year to keep up with rapidly adapting flu viruses. There is one constant from year-to-year that does not change - influenza is a respiratory infection that can cause serious complications, particularly to young children, older adults and people with certain medical conditions. Flu shots are the most effective way to prevent influenza and its complications.

Flu shots are available now and experts - along with The Centers for Disease Control and Prevention - are recommending receiving the flu vaccine as soon as possible. After all, it takes about two weeks after the vaccination is administered for our body's immune system to fully respond.

It is important we start taking action now to make sure we keep ourselves, children, and loved ones healthy and flu-free.



**Our office will be closed on Thursday, November 24th for the holiday.**

**Have a safe and Happy Thanksgiving!**



Well Thanksgiving is just around the corner! Fare for All is having their Thanksgiving box again this year. The food truck will be in Burnsville on November 16th. This is a wonderful food basket for a great price of \$30 each. You can purchase as many as you would like. November's basket has a turkey and all of the fixings for Thanksgiving. They still have their other packages as well. Location for the pickup is: Burnsville Diamond Head Education Center, 200 W. Burnsville Pkwy. The pick up time is 3-5pm. If you get there early, they have free bread items as well. Remember, they will take your EBT card.



November is also prime hunting season. Capable Partners is having their outings Nov. 5-13th. This event will be held in Cambridge and will be a rifle hunt. Contact Dean Peterson at 612-388-0156.

*Until next month.....Jim (client)*

### Sandy's Recipe Box *Candied Yam Cupcakes*



- 1 pound yams, peeled and cubed
- 4 eggs
- 1 cup canola oil
- 1 cup white sugar
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 3 ounces cream cheese
- 1/2 cup butter, softened
- 1 teaspoon vanilla extract
- 2 cups confectioners' sugar



Place a steamer insert into a large saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Add the yams, recover, and steam until very tender, about 15 minutes. Remove yams from steamer and allow to cool slightly.

Preheat oven to 350 degrees. Line (2) 12 cup cupcake tins with paper liners. Place eggs, oil, sugar, vanilla extract, and cooked yams in a large bowl; beat with an electric mixer until light and fluffy. Sift together flour, baking powder, baking soda, cinnamon, and salt. Stir dry ingredients into yam mixture, mixing just until combined. Pour batter into paper liners, filling 2/3 full.

Bake in preheated oven until a toothpick inserted in the center of a cupcake comes out clean, 17 to 20 minutes. Cool in pans for 5 minutes, transfer to wire rack to cool completely.

Beat together cream cheese and butter until fluffy. Beat in the vanilla extract and confectioners sugar; mix until smooth. Frost cool cupcakes with cream cheese frosting.



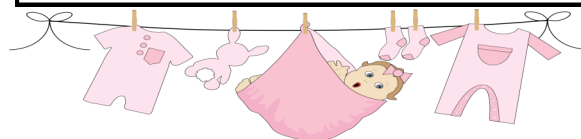
JoAnna Strand has been selected for Superior Home Care's Employee of the Month for November 2016. JoAnna has been a PCA with Superior Home Care for 1-1/2 years. We are grateful for her hard work and dedication. Thank you JoAnna!



## NOVEMBER BIRTHDAYS



- |                |                |
|----------------|----------------|
| 01 - Leon      | 12 - Madeline  |
| 02 - Josiah    | 14 - Mary      |
| 02 - Nicole    | 15 - Joanne    |
| 02 - Barb      | 16 - Katherine |
| 03 - Alexandra | 16 - Sarah     |
| 03 - Nyree     | 16 - Mary      |
| 04 - Michele   | 17 - Dottie    |
| 04 - Julie     | 17 - Steven    |
| 05 - James     | 17 - Judy      |
| 05 - Chantal   | 19 - Jim       |
| 06 - Becky     | 19 - Helen     |
| 07 - Jessica   | 20 - Rachel    |
| 07 - Michael   | 21 - Jennie    |
| 07 - Karen     | 23 - Khunitha  |
| 08 - Emily     | 24 - John      |
| 09 - James     | 25 - Kay       |
| 10 - Daisha    | 26 - Alexander |
| 10 - Yana      | 26 - Zhanna    |
| 10 - Judy      | 27 - Anne      |
| 11 - Alexis    | 28 - Llioni    |
| 12 - Cody      |                |



### *Welcome Baby*

Superior Home Care would like to announce that Gabby, our nurse, gave birth to a healthy baby girl.

Delaney was born October 4th, weighing 8 pounds, 11 ounces and was 22 inches long.

*Congratulations!*

### DID YOU KNOW...

That the first place in the world to allow women to vote was in New Zealand.

Voting is a civic sacrament - the highest responsibility we have as Americans. -Christine Pelosi-

*Submitted by Sandy (client)*



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