

## PREPARING FOR FLU SEASON

Our flu season is upon us. Most flu activity, influenza-like illness, hospitalizations, and sadly even deaths, will occur between October and run into May.

**Symptoms** - You may have some or all of the following symptoms:

- fever or feeling feverish
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headache
- chills
- fatigue
- diarrhea & vomiting

If you have these symptoms, you should:

- stay at home for at least 24 hours after fever is gone. You may still have the flu and can spread to others if you have other flu symptoms.
- get plenty of rest
- drink fluids, including water
- cover your mouth and nose with a tissue when you cough or sneeze
- wash your hands often, especially if you are in contact with others
- watch for changes in your symptoms

to make sure they do not get worse

- treat the symptoms (talk to your pharmacist or health care provider)
- take flu antiviral medicine if your health care provider prescribes them

Call your health care provider if you or your child have any of the following:

- trouble breathing or shortness of breath
- lips that are purple or blue
- seizures
- pain or pressure in the chest or abdomen
- sudden dizziness
- confusion
- severe or repeated vomiting
- flu-like symptoms that improve but then return with fever and worse cough
- severe dehydration (not urinating or no tears when crying)

Additional symptoms specific to children:

- fast breathing
- bluish skin color
- not drinking enough liquids
- not waking up or not interacting
- being so irritable that the child does not want to be held

- fever with a rash

How to help prevent the spread of influenza:

- get the seasonal flu shot each year
- stay home from work, school and errands if you get the flu
- Cover your mouth and nose with a tissue when coughing or sneezing. If you don't have a tissue available, cough into your sleeve instead of your hand.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- wash your hands often with soap and water or use a waterless alcohol hand rub
- avoid touching your eyes, nose or mouth
- Practice other good health habits. Keep yourself strong—and more resistant to disease—by getting plenty of sleep, getting regular exercise, managing stress, drinking plenty of fluids (do not share drinking cups or straws) and eating nutritious food.



We would like to welcome Cindy, our new Qualified Professional (QP). Cindy has been in this field for three plus years and is very knowledgeable of the home care rules and policies that the state provides for us to follow. She will be available to help with writing care plans and will be visiting with you in your home as required by the state. She also will be available to help teach your new PCAs on how to follow the care plan so they can provide the best care possible. Please remember to let us know if there is anything we can do for you.

Our office will be closed on  
Thursday, November 23rd for  
Thanksgiving.  
Have a safe and happy holiday!



DID YOU KNOW...

The Pilgrims ate popcorn at the first Thanksgiving dinner.

*Submitted by Sandy (client)*



Timesheets for the December 1st paycheck will be due on **MONDAY, November 20th by 5PM**. Payroll must be done early due to the Thanksgiving Holiday. We appreciate it if you could make a habit of sending in your timesheets weekly as soon as your shift is complete.

Clocks turn back an  
hour at 2 AM  
on Sunday,  
November 5th.



Daylight Saving  
Time Ends

Well it is that time of year again...that would be the Holiday Season! Here are some free activities to participate in:

- 19th-Annual Winter Lighting Ceremony at Nicollet Commons Park, Burnsville (Nicollet Ave & 126th Street). This will be held on Wednesday, Nov. 22nd from 6 to 6:45 pm.
- Celebrate the start of the holiday season when they light up the Pioneer Plaza in Downtown Lakeville on Tuesday, Nov. 28th 6pm.
- DecemBRRR Dazzle will be held on Friday, Dec. 1st from 6 - 8:30pm at Lakefront Park, 5000 Kop Parkway in Prior Lake.

Also, Fare for All will have holiday packages that include almost everything you need for \$30. This is held on Nov. 15th at Diamondhead Education Center in Burnsville.

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



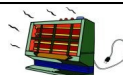
## NOVEMBER BIRTHDAYS



|                |                |
|----------------|----------------|
| 01 - Leon      | 14 - Mary      |
| 02 - Barb      | 16 - Mary      |
| 03 - Alexandra | 16 - Katie     |
| 04 - William   | 17 - Dottie    |
| 04 - Hailey    | 17 - Steven    |
| 04 - Michele   | 17 - Sarah     |
| 04 - Julie     | 17 - Judy      |
| 05 - James     | 19 - James     |
| 05 - Chantal   | 19 - Helen     |
| 06 - Becky     | 20 - Rachel    |
| 07 - Jessica   | 21 - Kasey     |
| 07 - Karen     | 21 - Jennie    |
| 08 - Emily     | 21 - Clarissa  |
| 09 - James     | 22 - Marcus    |
| 10 - Daisha    | 23 - Khunitha  |
| 10 - Judy      | 26 - Alexander |
| 11 - Alexis    | 26 - Zhanna    |
| 12 - Cody      | 27 - Anne      |
| 12 - Madeline  | 28 - Lloni     |
| 13 - Fouad     | 29 - Marcello  |

Even when we have physical hardships, we can be very happy. - Dalai Lama-  
*Submitted by Sandy (client)*

## Tips for Portable Electric Heaters



It is the time of year when many people will use space heaters. The important thing to remember is that electric-powered portables are the only unvented space heaters safe to use indoors. That's because they don't fill your living space with undesirable combustion products like carbon monoxide, which can be generated by liquid-fueled heaters. But their compact size and convenience come with a tradeoff: Extra diligence and careful operation are required to prevent fires, injuries and property damage.

The most significant risk to safety is placing electric heaters too close to combustible materials like bedding, furniture, drapes, carpets or clothing. Keep these materials at least 3 feet away from the heater, and prevent anything from getting too close and blocking the release of heat. Never drape garments like a hat, gloves or pants over a space heater. These units are designed to heat a space, not dry clothes.

Kids and pets are particularly vulnerable to injuries or damage caused by a portable heater. Never leave a working portable heater unattended. Always remain in the room when a space heater is operating. Turn off the heater before going to sleep or leaving the room or house.

Electrical fires can also be avoided with the right precautions. Never plug heaters into extension cords or power strips, as this puts too much resistance on the power draw, raising the temperature at the plug. Old wiring or electrical work that's not up to modern standards can be a driver in heater malfunctions.

Remember electric space heaters should never be used as a primary or permanent source of heat. They are great as a supplementary heating source as long as it's being used in a safe and responsible manner.

When choosing a heater, here are some tips to look for: tip-over safety switch, overheat protection, auto shutoff, adjustable thermostat, cool touch housing and element guard.

**Monica Doxtater** has been selected for Superior Home Care's Employee of the Month for November 2017. Monica has been a PCA with Superior Home Care for 3-1/2 years.



We are grateful for Monica's hard work and dedication.  
Thank You Monica!



## SUPERIOR HOME CARE

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Looking for something enjoyable to do.....take in the "Feast of Fools" at the Lab Theater in Minneapolis, Nov. 11th - Dec 9th. This is presented by Interact Center, a non-profit organization that serves performing and visual artists with disabilities. To learn more about the organization, go to [www.interactcenter.org](http://www.interactcenter.org).

