



It's the time of year when we celebrate the holiday of Thanksgiving - a time to reflect on the many things for which we are thankful. Make it your November mission to look for opportunities to say "thank you." Take notice of things your family does that frequently go overlooked. Pay close attention to those around you who are serving in one way or another and tell them thanks for doing a great job. If you see someone in uniform (police, fire, military personnel, etc.), tell them how much you appreciate their service. Express your gratitude to someone in the workplace whose hard work normally goes unnoticed.

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 meeting the needs of our clients. Their patience and compassion are key to making our clients feel well cared for and safe in their homes.

### Payroll Reminders

- \*Timesheets are due in the office on Tuesdays by 5PM per your payroll schedule. You may send them in weekly (preferred).
- \*Use only **BLACK** ink when filling out your timesheets!
- \*Do not take pictures of your timesheets! Use CamScanner app or a similar scanner app. SHC needs to have clean, clear copies on file for the State of MN.
- \*Please hold onto your paystubs. SHC does not keep copies.

### Prepare for Flu Season

While it's possible to get the flu year-round, the fall and winter months are prime flu season. Influenza (flu) is a contagious respiratory disease that infects the nose, throat, and lungs and can lead to serious complications, hospitalization, or even death. With the right plan, you can help avoid the flu as best as possible:

FLU SHOT

- \*Start with a flu shot, which can reduce your risk of the flu. Getting a flu vaccine is the single best way to protect yourself and your family from this serious disease.
- \*Keep strong with a routine that keeps your body in peak performance, like regular exercise, a balanced diet, healthy sleep and limiting your stress levels.
- \*Keep it clean and wash both your hands and surfaces regularly. Disinfectant is your friend!
- \*Most importantly, take some time off. It is important that if you are sick with the flu to stay home from work or school to prevent further spreading of the flu to others.



**Clocks turn  
back an hour at  
2 AM on  
Sunday,  
November 4th!**



Our office will be closed on  
Thursday, November 22nd  
for Thanksgiving.  
Have a safe and happy holiday!



# HAPPY BIRTHDAY!

01 - Leon	07 - Wadi	11 - Leah	18 - Brennan	22 - Marcus	28 - Letine
03 - Alexandra	07 - Liubov	12 - Cody	19 - James	23 - Khunitha	30 - Leamon
04 - Michele	07 - Karen	13 - Fouad	19 - Helen	25 - Mariah	
04 - Julie	08 - Emily	13 - Mallory	20 - Rachel	26 - Alex	
05 - Georgette	10 - Daisha	16 - Katherine	21 - Kasey	26 - Zhanna	
05 - Chantal	10 - Connor	17 - Steven	21 - Jennie	27 - Anne	
06 - Becky	10 - Skye	17 - Judy	21 - Clarissa	28 - Lloni	



Dakota County has a new app that helps First Responders interact with vulnerable adults. It is called Vitals Aware Services. This app lets First Responders know if the person they encounter has a condition that could make communicating or understanding more difficult. Conditions could include mental illness, autism or dementia among other health challenges. The client wears a beacon and when an officer is within 80 feet, they are alerted and it gives information about the client's condition through the cell app. Having this information for the officers is critical for the situation. This service works state wide and it is FREE. For more information or to enroll go to: [www.dakotacounty.us](http://www.dakotacounty.us) and search for Vitals Aware Services.



Fare For All is having their truck at the Diamondhead Education Center in Burnsville from 3-5 on Nov.14th. Holiday packs will be available for \$30. The box contains a turkey and all the fixings for a Thanksgiving meal.



Until next month ... Jim (client)

### Thanksgiving Word Search

LYVARGUTNACEPRZHKWEKPN S  
 NUJLVEGETABLESZOVMTWUHY  
 NAFDMOSLLCTGOBBLEAAIMTQ  
 OXIKKQYWLORIFAMILYRSPUY  
 VGXPNTVAEARAVKRDJFBHKO  
 EDTTOACXGEBENENARLEBIMN  
 MASSACHUSETTSBAYCOLONYJ  
 BEEDNOUTYACPOSEMYWENPLO  
 ERVNALGNFETVOOAREECEIPO  
 RBREGOMIRGLIPTFCRRKPEHI  
 SNAIDNIGAONAPMAWPIIRMCA  
 NRHRIHTOLCELBATLAECUBJ  
 AOZFTSAEFTRADITIONQSATM  
 ECGRATEFULJKIDPHAUTUMNC  
 BQVRDSETTLERSWORLDHRXIK

- |             |                 |              |
|-------------|-----------------|--------------|
| Acorn       | Gobble          | Turkey       |
| Autumn      | Grateful        | Settlers     |
| Bake        | Gravy           | Sweet Potato |
| Beans       | Harvest         | Tablecloth   |
| Bread       | Holiday         | Thankful     |
| Casserole   | Massachusetts   | Tradition    |
| Celebrate   | Bay Colony      | Vegetables   |
| Colonists   | Mayflower       | Voyage       |
| Cornbread   | Native American | Wishbone     |
| Cornucopia  | New World       | Yam          |
| Cranberries | November        | Wampanoag    |
| Family      | Pilgrim         | Indians      |
| Feast       | Plymouth        |              |
| Football    | Pumpkin Pie     |              |
| Friends     | Pecan Pie       |              |



## COMMUNITY EVENTS




**Burnsville Winter Lighting Ceremony**  
 Wednesday, 11/21 from 6:00-6:45PM at  
 Nicollet Commons Park

**Downtown Lakeville Lighting Ceremony**  
 Tuesday, 11/27 at 6:00PM at Pioneer Plaza



**Holiday Fest Downtown Shakopee**  
 Friday, 11/30 from 6:00-8:00. There will be a parade,  
 lighting of the tree and fireworks.

Clarissa Moore has been selected for Superior Home Care's Employee of the Month for November 2018. Clarissa has been a PCA with Superior Home Care for over 1 year. We are grateful for her hard work and dedication.



**Thank You Clarissa!**

 **ACCREDITED BUSINESS** 

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