

HAPPY
Thanksgiving

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 allowing us to be your 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.
- *Timesheets **MUST** be sent into the office within 30 days of time worked per the State of MN. Failure to do so may result in delayed processing of your paycheck.

OPEN ENROLLMENT - Health Benefits

Open enrollment for health benefits for eligible employees will be in November. The MEC (Minimal Essential Coverage) plan coverage will begin on December 1, 2019. To be eligible, you must consistently work a minimum of 30 hours per week. If you have any questions or would like to enroll, please contact Kris in HR:
kris@superiorhomecare.org or 952-898-4911

Our office will be closed on
Thursday, November 28th
for Thanksgiving.
Have a safe and
happy holiday!



Clocks turn back an
hour at 2 AM on
Sunday,
November 3rd!



Community Happenings

Park after Dark, a free family event, will be held on November 1st from 7-8:30PM at Lebanon Hills Regional Park in Apple Valley. Discover animals that are out after dark!

Fare for All will be at the Diamondhead Education Center on November 20th from 3-5pm. Remember that this month they will have the Thanksgiving box for \$30. This includes everything you need for a turkey dinner. They will still have the regular items too.

River Valley Project Explore is having a Thanksgiving Dinner on Nov 22 from 4-7pm. The cost is \$10 and they are asking to bring a non-perishable food item to help support the food shelf. This will be held at Messiah Lutheran Church, 16725 Highview Ave. in Lakeville.

Until next month ... Jim (client)



- | | |
|----------------|----------------|
| 01 - Leon | 17 - Steven |
| 03 - Alexandra | 17 - Judy |
| 04 - Valerie | 18 - Mary |
| 04 - Michele | 19 - James |
| 04 - Julie | 19 - Helen |
| 05 - Timothy | 21 - Casey |
| 05 - Georgette | 21 - Jennie |
| 05 - Chantal | 21 - Jeanette |
| 07 - Wadi | 21 - Clarissa |
| 07 - Liubov | 22 - Marcus |
| 08 - Emily | 23 - Khunitha |
| 09 - Melissa | 25 - Mariah |
| 10 - Daisha | 26 - Alexander |
| 10 - Connor | 26 - Jamie |
| 10 - Skye | 26 - Zhanna |
| 11 - Leah | 27 - Anne |
| 12 - Cody | 28 - Lloni |
| 13 - Fouad | 28 - Letine |
| 13 - Mallory | 28 - Catherine |
| 16 - Katherine | 29 - William |

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:

*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.

SYMPTONS

Onset
Fever
Headache
Blocked Nose
Dry Cough
Chest Pain
Muscle Pains
Tiredness
Duration

COLD

Slow, Days
Rare, low
Rare, mild
Common
Common
No or mild
No or mild
No or mild
7-10 days

FLU

Sudden, hours
Common, high
Common, severe
Often
Often
Often
Common
Common
3-7 days

Practicing Self-Care During Stressful Times

When stress strikes, self-care often takes a backseat. It's during hectic or difficult times when we need to care for ourselves the most. Practicing self-care not only helps us feel better, it also helps us function at our best. It replenishes our reserves, boosts our energy and provides clarity.

1. Get enough sleep & good nutrition
2. Get regular exercise
3. Use deep breathing to relax
4. Use support system
5. Use community resources
6. Laugh and be playful
7. Stop self critical thoughts
8. Identify & express feelings
9. Avoid major life decisions
10. Maintain normal life routine



Julie Gackle has been selected for Superior Home Care's Employee of the Month for November 2019. Julie has been a PCA with Superior Home Care 1 year. We are grateful for her hard work and dedication.



Thank You Julie!



SUPERIOR HOME CARE

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