

Elderly Crime Has Many Faces

There seems to be no end to the various ways seniors can be defrauded and it seems that the "con artist" has become even more sophisticated. The scams targeting older people have become so common that they are now considered "the crime of the 21st century."

Help protect your loved ones, share the following tips:

- Shred documents that could be useful to criminals: bank statements, credit card statements and offers for credit cards, and other financial information.
- Add seniors to the national Do-Not-Call Registry (1-888-382-1222 or www.donotcall.gov). Instruct them to hang up their phone if they receive solicitation calls. Do not open the door or if need be, close the door on demanding, unwanted, unsolicited visitors.
- Insist that a senior never give out personal information. Do not agree to give money over the phone, rather, ask for written information to be sent through the mail. The best rule of thumb is to "never provide information in a phone call that you did not initiate.
- Watch for individuals who have befriended a loved one. Ask to talk to the new friend to find out more about them. A thief will not stick around long to chat!
- If you can't be there for a senior, find trustworthy people who can serve as eyes and ears for them by screening door-to-door scammers and others who try to exploit by telephone or computer.

New Procedure for Background Checks

People who now are applying for a PCA position are required to provide their fingerprints. The fingerprint process should take five-to-ten minutes and is completed by a trained technician.

When you go to the fingerprint service location, you **MUST** bring both your Fingerprint Authorization Form and your driver's license, government-issued ID, or other acceptable form of identification.

You have up to 14 days to be fingerprinted after you receive your Fingerprint Authorization Form.

This new procedure does not affect current SHC employees as long as you have worked any hours within 120 days. Most people only need one study unless there is a break in their affiliation with the entity. A new background study must be done when:

- A person quits and is later rehired
- A person is absent/inactive for 120 days or more
- A name change
- Waivered services such as respite or homemaking are added to your job duties

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.

Halloween is an opportunity to be really creative.

-Judy Gold~

Submitted by Sandy (client)





Happy Fall Ya'll!!! We made it through summer and now my favorite season. Halloween is a favorite event for many people. A fun outing could be going to a corn maze or a pumpkin patch. Here are a few suggestions:

Afton Apple Orchard, Hastings - Pick your own apples, fall raspberries and pumpkins. They also have a 12 acre corn maze, large playground, pumpkin patch, hayrides, petting farm, straw mountain, concessions, jam, jelly, cider.

Open: 7 days a week from 10am to 6pm.

Applewood Orchard, Lakeville - Apples, corn maze, pumpkin patch and hayrides. Open 7 days a week, 10am - 6pm.

Castle Rock Orchard, Farmington - Pick-your-own apples and pumpkins for sale. Open 7 days a week, 8am - 8pm.

Some other Halloween Happenings:

The Halloween Walk at Dodge Middle School in Farmington on Friday October 28th from 5:30-7pm. Children are encouraged to wear their costumes, bring their trick and treat bags and a non-perishable food item for the Farmington Food Shelf. Costumed characters, local businesses and organizations will hand out free, safe candy. Parents should accompany their children.



2016 Halloween Fest will be on Friday, October 28th from 6pm-8pm at Nicollet Commons Park in Burnsville. This year's event includes an illuminated treat trail, music and entertainment. It is for all ages and costumes are encouraged.

Haunted Woods Trail in Rosemount, taking place on Saturday October 29th from 6-8pm. The fun starts at the Park & Ride lot on Hwy 3 (south Robert Trail), winds its way through Central Park, and exit onto 145th Street West. Nonperishable food donations will be accepted at the trail entrance. Bring the kiddos in their costumes and don't forget the trick or treat bags!



Burnsville Ice Center is hosting a free Halloween Skating Party on Sunday, October 30th from 12 noon - 1:30 pm featuring trick-or-treating, prize drawings, discounted skate rentals and private lessons for new skaters.

If it is blustery and cold out on Halloween and you still haven't gotten your fill of Halloween festivities I still have more indoor fun for the kiddos!

Burnsville Mall offers a safe, fun trick or treat event on Monday October 31st from 5-7pm. The kids will show off their great Halloween costumes while trick or treating from store to store. Don't forget their trick or treat bags!

I hope you all have a safe and fun filled Halloween! *Until next month.....Jim*



Here are a couple of Fall recipes shared by Sandy (client)

Pumpkin Quesadillas

- 2 cups canned pure pumpkin puree
- 1 teaspoon ground cumin
- 8 flour tortillas (8 inch)
- 4 ounces goat cheese, crumbled
- 1/2 cup chopped walnuts, toasted
- 1/4 cup vegetable oil



In bowl, stir pumpkin and cumin; season. Spread over 4 tortillas. Sprinkle with cheese and nuts. Top with remaining tortillas. In large skillet, heat 1 tbsp. oil over medium-low. Cook quesadillas 1 at a time, turning once and adding more oil between batches, until browned, about 3 minutes. Cut into wedges.

Pumpkin Seeds

- 2 cups seeds- washed
 - 1-1/2 tsp. oil
 - 1-1/4 tsp. seasoned or regular salt (my favorite is garlic salt)
- Bake 250 for 3 hours/stirring occasionally



Barb Hamm has been selected for Superior Home Care's Employee of the Month for October 2016. Barb has been a PCA with Superior Home Care for 1 year. We are grateful for her hard work and dedication. Thank you Barb!



OCTOBER BIRTHDAYS



- | | |
|---------------|------------------|
| 01 - Dennis | 14 - Brianna |
| 01 - Hasina | 15 - Autumn |
| 02 - Laurie | 15 - Anna |
| 03 - Brittney | 15 - Muhammad |
| 03 - Monica | 15 - Cynthia |
| 03 - Anne | 15 - Jeff |
| 05 - Vanessa | 15 - Gabrielle |
| 05 - Patricia | 19 - Desiree |
| 06 - Kelly | 19 - Sheila |
| 06 - Katie | 20 - Jai Michael |
| 07 - Reynaldo | 21 - Warren |
| 07 - Angela | 23 - Shawn |
| 07 - Cynthia | 22 - Kari |
| 07 - Ramero | 24 - John |
| 07 - Shaelynn | 24 - Ethan |
| 09 - Kevin | 25 - Alexis |
| 10 - Beth | 26 - Mary |
| 10 - Monica | 26 - Judith |
| 11 - Vun | 28 - Mitchel |
| 12 - Emily | 28 - Cheryl |
| 12 - Mary | 29 - Abby |
| 12 - Taylor | 30 - Ryan |
| 13 - Dedra | 30 - Christine |
| 13 - Jeanette | 31 - Jill |
| 14 - Jessie | |

Halloween Trivia



* Jack O'Lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts.

* The ancient Celts thought that spirits and ghosts roamed the countryside on Halloween night. They began wearing masks and costumes to avoid being recognized as human.

* Halloween was brought to America by immigrants from Europe who would celebrate the harvest around a bonfire, share ghost stories, sing, dance and tell fortunes.

* Halloween candy sales average about 2 billion dollars annually in the United States.



* Chocolate candy bars top the list as the most popular candy for trick-or-treaters with Snickers #1.

* Tootsie Rolls were the first wrapped penny candy in America.

* Pumpkins also come in white, blue and green. Great for unique monster carvings!

* Halloween is the 2nd most commercially successful holiday, with Christmas being the first.



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