



OCTOBER 2017 NEWSLETTER

IMPORTANT PAYROLL REMINDERS

- * Timesheets are due in the Office by Wednesday, 5PM of payroll week. Your timesheets may be submitted weekly, you do not have to wait until the day they are due!
 - * If you email your timesheets, you will get an email response from the Office that your timesheets were received. Please check your email. If no response, no timesheets were received.
 - * If you fax your timesheets, you must call the Office to make sure they were received!
- To avoid a stressful payroll, follow these steps to assure a smooth process:
1. Use correct timesheets for the service provided.
 2. Double check that all areas are complete. The most common omissions are:
Dates and times of each shift worked, Initials by cares provided, Draw lines through day/days not working, Daily and weekly hours total, Signatures & dates of both client and employee
 3. Double check and triple check all math.
 4. Submit timesheets by 5:00 p.m. on due date.
 5. Keep the pay-stubs from all paychecks for your records. We do not retain copies.



October is National Bullying Prevention Awareness Month

This month thousands of schools, communities, organizations, and individuals will come together to release new resources, campaigns, and efforts aimed at raising awareness for bullying prevention. Students, parents, and people around the world need to become more aware of the serious consequences of bullying.

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Generally, children who are bullied have one or more of the following risk factors:

- Are perceived as different from their peers, such as being overweight or underweight, wearing glasses or different clothing, being new to a school, or being unable to afford what kids consider "cool"
- Are perceived as weak or unable to defend themselves
- Are depressed, anxious, or have low self esteem
- Are less popular than others and have few friends
- Do not get along well with others, seen as annoying or provoking, or antagonize others for attention

Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide. It is important to talk to kids to determine whether bullying—or something else—is a concern.

Cyberbullying is bullying that takes place using electronic technology: including mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles. When cyberbullying happens:

- Don't respond to and don't forward cyberbullying messages.
- Keep evidence of cyberbullying. Record the dates, times, and descriptions of instances when cyberbullying has occurred. Save and print screenshots, emails, and text messages. Use this evidence to report cyberbullying to web and cell phone service providers and local law enforcement.
- Block the person who is cyberbullying.

Be aware of what your kids are doing online. Talk with them about cyberbullying and other online issues regularly.

No Mobile Devices, Period



Teen drivers under the age of 18 are not allowed to use mobile phones except to call 911. Teach your kids to place their phones out of reach and don't call or text them if you know they are driving. All Minnesota drivers are not allowed to draft or read text messages or emails, or access the internet using a phone or other wireless device while driving, even stopped at a red light.

Keeping Drivers Safe

Life-Saving Device Limits Driver Distraction



CellSlip is a revolutionary new device designed to cut down on driver distractions, reduce crashes, and save lives. Created in Sartell MN, CellSlip has a special lining that blocks incoming texts, emails, calls and other notifications that compel us to look at the phone instead of the road. For more information, go to the website: <https://cellslip.com>

Hi all! Another month has gone by very fast and it's time for Halloween! Here's some fun outings:

* Applewood Orchard, a one stop shop for you. They have pumpkins, apples and a large corn maze.

The address is 22702 Hamburg Ave in Lakeville.

* Farmington Fright Night, October 6th, 7th, 13th and 14th held in the 4H Building at the Dakota County Fairgrounds, 6:30PM - 9:30PM. \$5 donation at the door. This event benefits our local soldiers (& their families) who are currently deployed or have been deployed overseas, assisting them as needs arise.

* On October 21st and 22nd there is a very special deer hunt called Vermillion Dakota County Deer Hunt. You can go in the morning or evening. You will need a license for these hunts. It is held in Rosemount. You must contact Gregg Runyon at 763-441-2834.

* One more thing...we must eat! Don't forget Fare For All. The upcoming dates are September 27th and October 25th from 3pm-5pm at the Diamondhead Education Center in Burnsville. See you there!

* Also don't forget to get a flu shot.

Bye for now ... Jim (client)



OCTOBER BIRTHDAYS



01 - Dennis	12 - Bojay
01 - Hasina	12 - Taylor
01 - Eliot	13 - Jeanette
02 - Amanda	14 - Brianna
02 - Laurie	15 - Autumn
02 - Bhupinder	15 - Anna
03 - Brittney	15 - Cindy
03 - Richard	19 - Desiree
03 - Monica	19 - Sheila
05 - Veeran	20 - Jai Michael
05 - Vanessa	21 - Warren
05 - Patricia	21 - Ellen
06 - Katie	22 - David
07 - Reynaldo	24 - John
07 - Angela	24 - Ethan
07 - Cynthia	25 - Sheryl
07 - Shaelynn	25 - Alexis
09 - Kevin	28 - Mitchel
09 - Merci	28 - Anne
10 - Beth	30 - Christine
10 - Monica	31 - Brenda
11 - Rebecca	31 - Jill
12 - Mary	

HALLOWEEN WORD SEARCH

Halloween

October

Spooky

Scary

Ghost

Vampire

Werewolf

Witch

Zombie

Skeleton

Monster

Black

Orange

Candy

Trick or Treat

Haunted House

Jack O' Lantern

Boo

Spider

Bats

Y	W	I	T	C	H	D	Y	R	A	C	S	J	W	K
W	J	A	C	K	O	L	A	N	T	E	R	N	C	D
L	H	E	G	G	H	O	S	T	H	S	K	A	R	E
N	R	E	T	S	N	O	M	A	P	K	L	O	E	I
O	O	S	U	E	D	R	L	I	R	B	J	P	B	B
T	O	U	V	M	R	L	D	P	S	E	Z	V	O	M
E	B	O	Z	V	O	E	G	B	G	H	C	A	T	O
L	A	H	L	W	R	I	E	N	A	W	F	M	C	Z
E	T	D	E	Y	A	R	A	Y	E	Y	J	P	O	S
K	S	E	T	A	E	R	T	R	O	K	C	I	R	T
S	N	T	K	K	O	Q	E	Y	I	O	T	R	J	O
I	Y	N	X	L	U	W	D	P	X	O	Z	E	O	Q
K	M	U	E	S	O	N	T	I	N	P	S	K	F	B
M	N	A	U	L	A	L	V	C	M	S	X	K	C	P
J	E	H	F	C	T	F	J	K	T	G	B	N	N	B

DID YOU KNOW...

In the 1930s and early 1940s, children were given everything from homemade cookies and pieces of cake to fruit, nuts, coins and toys for Halloween.

Submitted by Sandy (client)



I love the spirit of Halloween and the energy that comes with it.

-Katharine McPhee-

Submitted by Sandy (client)



ACCREDITED
BUSINESS



Anna Johnson has been selected for Superior Home Care's Employee of the Month for October 2017.

Anna has been a PCA with Superior Home Care for 1-1/2 years. We are grateful for her hard work and dedication. Thank You Anna!



SUPERIOR HOME CARE

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