

## OCTOBER is CRIME PREVENTION MONTH

Each October, Americans of all ages, incomes, walks of life, and fields of expertise celebrate Crime Prevention Month. Everyone can contribute to crime prevention. There are big and small ways to do it: From cleaning up graffiti to providing extracurricular activities for at-risk youth or keeping an eye on an older person who lives alone. These are all ways to practice crime prevention. Crime prevention keeps people and their communities safe. It's all about helping people keep themselves, their families, and their communities safe from crime.

Here are some tips to keep your community safe:

**Safe Firearms Practices** - There is no magic solution that will eradicate mass shootings, teen shootings or accidental shootings with firearms in the home. We can, however, do our part to reduce the likelihood of these tragedies occurring. Safety advocates recommend that you safely store firearms from unsupervised children, at-risk youth, potential thieves, and those who intend to harm themselves or others. The campaign website, [safefirearmsstorage.org](http://safefirearmsstorage.org), also asks firearm owners to report any lost or stolen firearms to local law enforcement.

**Bullying Prevention** - Part of keeping kids and communities safe is preventing bullying. Bullying can be physically and psychologically damaging and have lifelong effects, including anxiety, depression and suicidal tendencies. You have the power to make a difference by **stopping bullying when you see it**. You can be a good example by **not gossiping or making fun of others**. Bullying has become a tidal wave of epic proportions. Parent, educators and community leaders see bullying as a devastating form of abuse that can have long-term effects on youthful victims, robbing them of self-esteem, isolating them from their peers, causing them to drop out of school, and even prompting health problems and suicide. There are effective and safe ways for kids to step in and help others being bullied:

- **Walk away.** This shows bullies that their behavior is not funny or okay.
- **Speak up.** Tell bullies that what they are doing is wrong. By saying, "that's not funny, let's get out of here" or something similar, kids can stand up for each other. This may also give others confidence to speak up.
- **Be a friend.** Sometimes kids get picked on because they don't have any friends or anyone to stand up for them. When kids befriend someone bullied, bullies are less likely to pick on them.
- **Ask others to help.** When kids stand up to bullies, they will be more likely to realize their actions are not OK.
- **Get an adult.** Kids can help by telling an adult what is happening, or going to speak to an adult with kids that are being bullied.

**Take It To The Box.** - Promotes the safe use, storage and disposal of unneeded medication, prescription medications, illegal drugs and drug paraphernalia.



**Burglary Prevention.** One of the most important steps you can take to prevent burglaries is to lock all of your doors and windows. This simple step is often overlooked by victims of property crimes. Criminals often look for the easiest way to commit a crime. In fact, according to the FBI, most burglars enter the property through the front door.



**Dog Walker Watch.** Dog watchers spend hours walking through our neighborhoods. This program encourages dog walkers nationwide to serve as extra eyes and ears for local law enforcement agencies. Sponsored by the National Association of Town Watch, the program trains walkers on how to effectively observe and report criminal activity.



### Superior Home Care's Automobile Policies

Superior Home Care offers a service to our clients that allows PCAs to provide transportation. PCAs can use the client's car or their own personal vehicle. If the PCA uses their own car, the client is obligated to pay mileage at the rate of \$.50 per mile. *This is to be paid in full to the PCA during the shift when transportation is provided.* Subsequent trips cannot be provided until the previous mileage is paid. Also, when a PCA is the driver, the client can be the only passenger in the car.

In order for PCAs to transport a client, they must provide SHC with a signed waiver of responsibility and a current copy of their insurance card. PCA must also provide a driving record to SHC. Most auto policies issue new cards every 6 months. A copy of this updated card needs to be sent to SHC for the employee's file.





# HAPPY BIRTHDAY!



01 - Dennis	07 - Angela	10 - Monica	15 - Muhammad	19 - Sheila	28 - Anne
01 - Hasina	07 - Cynthia	10 - Cameron	15 - Autumn	20 - Jai	28 - Marlene
02 - Laurie	07 - Shaelynn	12 - Mary	15 - Anna	20 - Anisa	30 - Christine
03 - Brittney	09 - Kevin	12 - Bojay	15 - Cynthia	21 - Warren	31 - Brenda
03 - Richard	09 - Sokeang	12 - Taylor	17 - Erin	22 - David	
05 - Vanessa	10 - Foug	13 - Mary	19 - Stephanie	25 - Sheryl	
06 - Kelly	10 - Son	13 - Jeanette	19 - Desire	25 - Alexis	
06 - Katie	10 - Beth	14 - Brianna	19 - Daniel	28 - Mitchel	



Fall is here and it is time to start thinking about Halloween and apple picking.

- Check out Applewood Orchard in Lakeville. They have pumpkins, apples and a large corn maze. This would be a fun activity to do at any age.
- Ghosts, goblins, princesses and superheroes are invited to Nicollet Commons Park in Burnsville for an illuminated treat trail, music and entertainment. Halloween Fest will be held on October 26th, 6-8 pm, \$5 admission per family.
- Another fun thing is Burnsville Ice Center Halloween Skating Party on Sunday, October 28th from noon until 1:30 PM. Skate alongside Pokémon, rock stars, skeletons and pirates. This event features trick-or-treating, prize drawings, refreshments for purchase and private lessons for new skaters. Bring your own skates or rent some! Only cost is skate rental.
- Dakota County Library and Parks have a new sensory program. On Saturdays, children ages 3-8 can explore books, music movement and play in a calming atmosphere. On Sundays, children ages 5-10 have activities all year long. To learn more, check out [www.dakotacounty.us](http://www.dakotacounty.us) and search for sensory-friendly.
- Fare For All will be at the Diamondhead Education Center in Burnsville on October 24th from 3-5 pm.

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

With the Fall season upon us, here is a tasty treat to enjoy with those fresh picked apples:



1-1/4 bag of caramels  
Melt slowly in the microwave, 20 seconds at a time, stir. When all melted, add 1 block of cream cheese and mix well.

Enjoy!

*Submitted by Kris (employee)*



## Halloween Fun Facts



- \* Sugar rationing during WWII halted trick-or-treating.
- \* Halloween is the #2 commercial holiday in the country.
- \* Americans spend about \$86.12 on Halloween every year.
- \* NYC throws the biggest Halloween parade in the U.S.
- \* The most popular children's costumes are superheroes.
- \* Reese's Peanut Butter Cups are the top Halloween candy.



Michelle Robinson has been selected for Superior Home Care's Employee of the Month for October 2018. Michelle has been a PCA with Superior Home Care for over 3 years. We are grateful for her hard work and dedication.

**Thank You Michelle!**



ACCREDITED BUSINESS



## SUPERIOR HOME CARE

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