



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 call the office: 952-898-4911.

October is National Bullying Prevention Month

In the past few years, schools throughout the US have experienced a frightening increase in bullying and acts of hate. Each year, schools across the US participate in bullying prevention activities during the month of October. More than one in five students report being bullied at school.

Bullying is when someone hurts or scares another person repeatedly. The behavior is never appropriate and is intentional. This repeated and hurtful act includes:

- Calling someone hurtful and derogatory names
- Spreading lies and bad rumors about someone
- Being mean and teasing someone
- Hitting, punching, shoving, spitting and physically hurting someone
- Social exclusion or isolation ... not including someone in a group
- Getting certain kids or teens to "gang up" on others
- Having money or other things taken or damaged
- Being threatened or being forced to do things

It can also happen on-line or electronically. Cyberbullying is when kids or teens bully each other using the Internet, mobile phones or other cyber technology. This can include:

- Sending mean text, e-mail or instant messages
- Posting nasty pictures or messages about others in blogs or on websites
- Using someone else's user name to spread rumors or lies about someone or making it seem like that person is the Cyberbully.

Historically, bullying had been viewed as "a childhood rite of passage" that "made kids tougher," but the reality has always been that bullying can leave devastating and often long-term effects such as a loss of self-esteem, increased anxiety, and depression for those involved.

Here are some great steps you can take to help stop bullying:

- Practice what you preach. Children mock what they see, so be a good role model for those around you.
- Talk to your kids. Ask them about experiences at school, and make sure they feel comfortable and know they can always come to you if something happens.
- Monitor what your child does online. Right now, cyberbullying is the fastest growing type of harassment amongst young people.
- Walk away from the bully. When you do, you're taking away the bully's power!

If you are not part of the solution, you are part of the problem!

Happy Halloween



HAPPY BIRTHDAY!



01 - Dennis	07 - Shaelynn	12 - Bojay	15 - Cynthia	21 - Warren
01 - Hasina	09 - Kevin	12 - Taylor	17 - Erin	25 - Sheryl
02 - Laurie	09 - Sokheang	13 - Mary	18 - Fawn	25 - Alexis
03 - Brittney	10 - Foug	13 - Lisa	18 - Parvinder	28 - Mitchel
05 - Vanessa	10 - Son	13 - Jeanette	19 - Stephanie	28 - Anne
06 - Kelly	10 - Beth	14 - Brianna	19 - Desiree	28 - Marlene
06 - Katie	10 - Monica	15 - Muhammad	19 - Sheila	30 - Christine
07 - Angela	10 - Cameron	15 - Autumn	20 - Jai Michael	31 - Brenda
07 - Cynthia	12 - Mary	15 - Anna	20 - Anisa	

Community Happenings

How about some fun making 4 dozen Halloween cookies? For \$15 you can leave all the mess at the Apple Valley Community Center on October 12th, 9:30 or 10:30 am start times. Registration deadline is October 7th. Register online at: www.cityofapplevalley.org or call 952-953-2300.

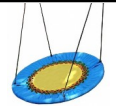
River Valley Project Explore is having a Halloween Dance at Farmington High School on October 18th from 6:30 - 9pm. The cost is \$6 and everyone that wears a costume will get a prize. Register at District 196 Community Education.

There will be a Haunted Forest at Steve Michaud Park in Lakeville. This event will be held on October 26th from 5:30 - 8 pm. The cost is \$3 for individuals or \$10 for a carload. There will be a bonfire & puppet shows. The show times are 5:45, 6:30 and 7pm. There is also hayrides, trick-or-treat maze and the haunted forest. Free pumpkins will also be handed out.

Fare For All will be at Diamondhead Education Center in Burnsville on October 23rd from 3 - 5 pm.

Until next month ... Jim (client)

Tony's Place



An autism and special needs gym, Tony's Place, opened September 1st on the top level of the Burnsville Center. It is filled with play equipment that supports gross motor activities for people of all abilities and is tactilely and visually stimulating, in a rainbow of primary colors.

The fee is \$12 per user for up to two hours. Parents/Caregivers and children 2 and under are free. Monthly and yearly memberships are available.

For more information, call 763-786-1988 or visit: www.inclusiveplayplaces.org.

Trick or Treat!

Halloween is right around the corner. Let the sugar-filled fun begin!

Americans purchase nearly 600 million pounds of candy a year for Halloween. An incredible 90 million pounds of chocolate candy is sold during Halloween week, taking a strong lead compared to other holidays.

Below is a list of America's top 5 most popular Halloween candy. Is yours on the list?

1. Reese's Peanut Butter Cups
2. M&M's
3. Snickers
4. Hershey's
5. Kit Kat's



ACCREDITED
BUSINESS



Patty Bell has been selected for Superior Home Care's Employee of the Month for October 2019. Patty has been a PCA with Superior Home Care over 3 years. We are grateful for her hard work and dedication.



Thank You Patty!

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