



Alzheimer's Disease



Alzheimer's disease is an epidemic. It is the most common form of dementia, and this terminal, progressive brain disorder has no known cause or cure. It slowly steals the minds of its victims, leading to memory loss, confusion, impaired judgment, personality changes, disorientation and the inability to communicate. Here are some facts:

- In the top 10 causes of death in America, Alzheimer's is the only one that cannot be prevented, cured or slowed.
- Almost two-thirds of Americans with Alzheimer's disease are women.
- One in three seniors dies with Alzheimer's or another dementia.
- Alzheimer's disease is the sixth-leading cause of death in the United States.
- More than 5 million Americans are living with the disease.
- In the United States, someone develops Alzheimer's every 66 seconds.
- In 2015, 15.9 million American caregivers provided an estimated 18.1 billion hours of unpaid care valued at \$221.3 billion.
- In 2016, Alzheimer's will cost the United States \$236 billion. This number is expected to rise to over \$1 trillion by 2050.



Tips for communicating with a person with dementia:

- Set a positive mood for interaction. Speak in a pleasant and respectful manner.
- State your message clearly. Use simple words and sentences in a reassuring tone.
- Never scold, correct, argue, or attempt to reason with a person with dementia. These responses are counterproductive.
- Keep activities familiar and satisfying, and keep instructions simple.
- Get the person's attention. Limit distraction and noise. Maintain eye contact with them.
- Remember the good old days! Remembering the past is often a soothing and affirming activity.
- Maintain your sense of humor. People with dementia are usually delighted to laugh along with you.
- Even if a loved one has lost most verbal skills, remember that people with Alzheimer's can understand smiles, laughter and a kind touch. Sometimes holding hands, touching, hugging and praise will get the person to respond when all else fails.



Take the first step to a world without Alzheimer's. Join the 2016 Twin Cities Walk to End Alzheimer's which will be held on Saturday, September 17th at Target Field. For more information, visit the website at: www.alz.org/walk.

Five Precautions You Can Take To Assure Less Stress With Payroll

Payroll can often be stressful for both employees and staff. Incomplete information and simple errors are the most common culprits. Follow these 5 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 line 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.

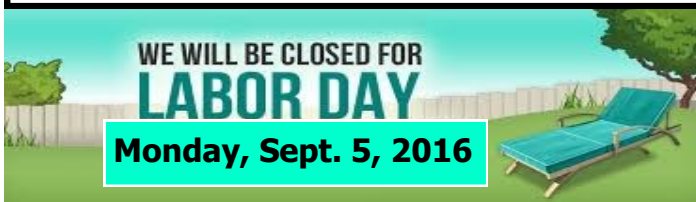
Beware of IRS Impersonators

An aggressive and sophisticated phone scam targeting taxpayers has been making the rounds throughout the country. Callers claim to be employees of the IRS, but are not. These con artists can sound convincing when they call. They use fake names and bogus IRS identification badge numbers. They may know a lot about their targets, and they usually alter the caller ID to make it look like the IRS is calling.

Victims are told they owe money to the IRS and it must be paid promptly through a pre-loaded debit card or wire transfer. If the victim refuses to cooperate, they are then threatened with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting. Or, victims may be told they have a refund due to try to trick them into sharing private information.

If the phone isn't answered, the scammers often leave an "urgent" callback request.

Not only do such calls not originate with the IRS, but they do not represent how the IRS actually deals with such issues. The IRS does not call taxpayers to demand immediate payment of past due taxes, nor will they make a call about owed monies without having first mailed the taxpayer a bill.



Well, fall is right around the corner and it is time to think about apple orchards. There are a few around to visit on a nice day:

- Applewood Orchard - 22702 Hamburg Ave., Lakeville
- Thompson's Hillcrest Orchard - 6271 250th St. E, Elko
- Nelson's Apple Farm - 3010 Douglas Ave., Webster



All of these orchards have many different kinds of apples. You can even pick your own if you would like.

• Fall is also a great time of year to see the beautiful foliage so get out and enjoy before mad winter returns.

• *Fare for All's* next date is September 28th from 3-5 at 200 W. Burnsville Parkway in Burnsville. Every month they have a couple of specials as well as the usual items. This is a great way to save money for people on a limited income. They purchase quality, nutritious food in bulk and re-package to save you up to 40% off.

For more information, visit their website at: www.fareforall.org

Until next month.....Jim

Why call the Poison Control Center?

Get the information you need in a poison emergency by first reaching out to Poison Control at: 1-800-222-1222.

- You're connected with a certified poison specialist who is also a registered nurse or pharmacist.
- They're available to take your call and provide expert medical guidance 24/7.
- They can also answer your non-emergency questions about poisons.

Learn more at: www.poison.org/calling-poison-control

Return to Classes Brings Reminders for School Bus

In just a few weeks, those yellow school buses will be back on Minnesota's roads taking children to and from school. Here are some reminders for parents and children of the basic safety facts:

- Be alert and aware on the road. Watch for children waiting or walking to their bus stops.
- When you see a bus with its yellow lights activated, please slow down and prepare to stop.
- Never pass a school bus that is stopped to load or unload children. It is illegal in all 50 states! Red flashing lights and an extended stop arm indicate that the bus is stopped, and that children are getting on or off. Also, never pass a school bus on the right, it is illegal and dangerous.
- Slow down and use caution near school zones.
- When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school.
- Children should wait 10 feet back from the edge of the road at their bus stops.
- Students should never run back to the bus or try to bend down and pick up something they've dropped.
- Children should not go towards the stopped bus until the driver signals with a head nod that it is safe. This gives the driver time to check that ALL traffic has stopped.



SEPTEMBER BIRTHDAYS



02 - Lonna	16 - Rosemary
02 - Sherri	16 - Elizabeth
02 - Christina	16 - Ned
03 - Colette	16 - Larissa
05 - Elaine	17 - Carolyn
05 - Samantha	17 - Gwen
06 - Michael	18 - Joseph
06 - Malia	18 - Sara
06 - Janese	18 - Jacquan
06 - Mariah	19 - Lindsey
07 - Aaron	22 - Carol
07 - Michelle	24 - Chayton
07 - Ronda	24 - Anthony
08 - Charlyne	25 - Nathaniel
08 - Lilyana	25 - Brandie
08 - Wanika	26 - Geri
09 - Tieng	27 - Martha
10 - Joel	27 - Amy
12 - Rod	28 - Kimberly
12 - Denice	29 - Scott
12 - Jaden	29 - Rene
15 - Evangeline	30 - Katelyn
15 - Barb	

Learning is a treasure that will follow its owner everywhere.

- Chinese Proverb -

Submitted by Sandy (client)

DID YOU KNOW...

One way you can make yourself sneeze is by: Look suddenly at a very bright light. Up to a third of people have a built in "photic sneeze reflex." If you're one of these lucky few, you'll immediately sneeze when you suddenly encounter a bright light.



Submitted by Sandy (client)



ACCREDITED
BUSINESS



SUPERIOR HOME CARE

10597 165th Street West, Lakeville, MN 55044

Phone: 952-898-4911 Fax: 952-898-3088

Email: info@superiorhomecare.org

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

