

PCA Policy Reminders.....

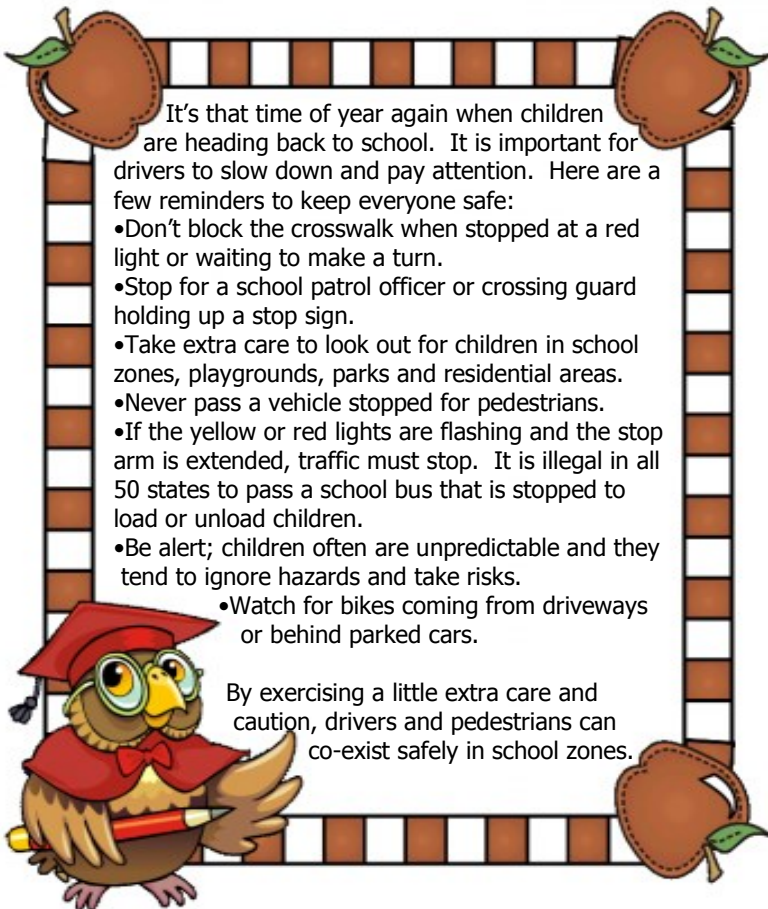
- When a client is hospitalized or in a rehab facility, the PCA and/or Homemaker is not authorized to work with their client.

- Clients receiving PCA services must accompany their PCA on all errands and outings. Clients receiving Homemaking services may have their worker run errands without them along.



- PCA's cannot work more than 40 hours a week.

- The state requires a new background check for any PCA who has not worked for Superior Home Care in the last 120 days. If you have not worked in the last 4 months or longer, please call Kris in HR to re-establish employment. You cannot work as a PCA without a valid background check.



Re-Cycle your Unwanted Paint

Have you ever heard of PaintCare? It is a non-profit 501(c)(3) organization established to represent paint manufacturers to plan and operate paint stewardship programs in the United States in those states that pass paint stewardship laws. Minnesota is one of those states. Paint drop-off locations have been established and most are paint retailers who have volunteered to take back paint.

All PaintCare sites take back all brands of acceptable house paint, stains and varnish during their regular business hours making it convenient for the public.

To use any PaintCare site, prepare your unwanted paint, stains, and other acceptable program products by making sure the lids are secured tightly, no containers are leaking, and they have original labels and in their original containers. Do not mix paints together. They do not accept aerosols (spray cans) or solvents. Do not bring empty paint cans; they can be disposed of in your regular trash or possibly in your recycling bins, depending on the services offered in your area.

Pack your paint cans in a sturdy cardboard box in your vehicle and take them to a PaintCare drop-off site during their advertised regular hours. PaintCare sites have limits on how much paint they can accept, but they all take at least 5 gallons of paint per visit.

Here are a few PaintCare sites in the area:

Sherwin Williams
Ace Hardware
Hirschfield's



Check their website for more information:

www.paintcare.org



Our Office will be closed on Monday, September 4th for the holiday. **Have a safe and Happy Labor Day!**

Well it is that time of year again to start thinking about going to the apple orchards. This is a very fun time to get out and enjoy sampling a variety of apples. Here are some orchards in Dakota County:

- Apple Orchard - 9583 210th St. W Lakeville
- Applewood Orchard - 22702 Hamburg Ave Lakeville
- White Barn Orchard - 1966 320th St. E Northfield
- Fireside Orchard & Gardens - 2225 Lonsdale Blvd E Northfield



"Fare for All" date is September 27th from 3-5 at the Diamond Education Center in Burnsville. They brought back a brunch package for \$25. With this package you get mostly meat and cheese with hash browns. Once again, this a great saving on groceries.

Capable Partners is having a pheasant shoot on September 9th in Glencoe MN. Contact Greg Hance 763-258-4293 for more information.



Until next time.....Jim

Sandy's Recipe Box

Apple-Honey Breakfast Bars

Peanut butter, dried apples and sunflower nuts pack energy into delicious ready-to-go bars.

- 3 cups Fiber One™ Honey Clusters
- 1/4 cup roasted sunflower nuts
- 1/3 cup honey
- 1/4 cup packed brown sugar
- 1 cup dried apple slices, coarsely chopped
- 1/2 teaspoon ground cinnamon
- 1/2 cup peanut butter



1. Grease bottom and sides of 8-inch square pan with butter or cooking spray. Place cereal in resealable food-storage plastic bag; seal bag and slightly crush with rolling pin or flat side of meat mallet (or slightly crush in food processor).
2. In large bowl, mix cereal and sunflower nuts; set aside.
3. In 3-quart saucepan, heat honey, brown sugar, apples and cinnamon over medium-high heat just to boiling, stirring occasionally. Remove from heat; stir in peanut butter. Pour over cereal mixture; stir gently until evenly coated.
4. Press mixture evenly into pan with back of wooden spoon. Refrigerate about 1 hour or until set. Cut into 4 rows by 4 rows. Store covered at room temperature.

SEPTEMBER BIRTHDAYS

- | | |
|----------------|-----------------|
| 01 - Sandra | 12 - Jaden |
| 02 - Rachel | 15 - Evangeline |
| 02 - Lonna | 15 - Barb |
| 02 - Sherri | 16 - Rosemary |
| 02 - Christina | 16 - Larissa |
| 03 - Colette | 16 - Ned |
| 03 - Anne | 17 - Carolyn |
| 03 - Socheatha | 18 - Joseph |
| 05 - Elaine | 18 - Sara |
| 06 - Michael | 19 - Lindsey |
| 06 - Malia | 22 - Carol |
| 06 - Janese | 23 - Sasha |
| 06 - Mariah | 24 - Anthony |
| 07 - Aaron | 25 - Brandie |
| 07 - Ronda | 26 - Geri |
| 08 - Lilyana | 27 - Martha |
| 08 - Wanika | 27- Kristin |
| 09 - Tieng | 28 - Kimberly |
| 10 - Joel | 29 - Scott |
| 11 - Lynsey | 30 - Katelyn |
| 12 - Rod | |

Asking your children about their fears or worries about going back to school will help them share their burden.

-Chuck Norris-



Submitted by Sandy (client)

DID YOU KNOW...

Falling air pressure causes pain in bird's ears, so if birds are flying low to the ground it almost always means a thunderstorm is coming.

Submitted by Sandy (client)



ACCREDITED BUSINESS



Kelly Reagan has been selected for Superior Home Care's Employee of the Month for September 2017. Kelly has been a PCA with Superior Home Care for 1 year. We are grateful for her hard work and dedication. Thank You Kelly!



SUPERIOR HOME CARE

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