

SUICIDE PREVENTION AWARENESS MONTH

September is National Suicide Prevention Awareness Month - a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. Each year, more than 41,000 individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called "suicide loss survivors") are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Research has found that more than half of people (54%) who died by suicide did not have a known mental health condition. A number of other things may put a person at risk of suicide, including:

- A family history of suicide.
- Substance abuse. Drugs and alcohol can result in mental highs and lows that exacerbate suicidal thoughts.
- Intoxication. More than one in three people who die from suicide are found to be currently under the influence.
- Access to firearms.
- A serious or chronic medical illness.
- Gender. Although more women than men attempt suicide, men are four times more likely to die by suicide.
- A history of trauma or abuse.
- Prolonged stress.
- Isolation.
- Age. People under age 24 or above age 65 are at a higher risk for suicide.
- A recent tragedy or loss.
- Agitation and sleep deprivation

One of the best things you can do if you know or suspect that your loved one is contemplating suicide is educate yourself. Learning about suicide, what the warning signs are, and how it can be prevented can help you understand what you need to do as a member of their support system. We can all help prevent suicide. The National Suicide Prevention Lifeline, 1-800-273-8255, provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

New Address or Phone Number?



Please call our office when you change your phone number or move. We must have your current contact information on file at all times, per state guidelines.



**Our office will be closed
Monday, September 3rd
for Labor Day.
Have a safe and
Happy Holiday!**

PCA Policy Reminders.....

We want to reiterate the following state rules for PCAs that are considered a FEDERAL OFFENSE, if violated. Both the PCA and client are liable as both sign the timesheets:



- * PCAs **may not** take their children with them to work.
- * PCAs **may not** take their clients to their own homes.
- * PCAs **may not** claim even 1 hour of time that direct services to their client are not provided.
- * PCAs **may not** sleep while working PCA hours.

Happy Labor Day





02 - Latifa	06 - Janese	09 - Tieng	17 - Carolyn	24 - Anthony	27 - Kristin
02 - Lonna	06 - Mariah	12 - Jaden	17 - Franki	24 - Teri	28 - Kimberly
03 - Colette	07 - Aaron	14 - Sara	18 - Joseph	25 - Nathaniel	29 - Scott
03 - Deena	07 - Breana	14 - Fahima	18 - Sara	25 - Lisa	30 - Katelyn
05 - Ellie	08 - Tony	15 - Evangeline	19 - Lindsey	25 - Brandie	30 - Shelby
06 - Malia	08 - Wanika	15 - Barb	20 - Valeria	26 - Geri	
06 - Rebecca	08 - Latonya	16 - Rosemary	22 - Carol	27 - Dahabya	
06 - Shantera	09 - Carmen	16 - Larissa	23 - Sasha	27- Martha	



Here is a great free family event in Lakeville on Saturday September 8th at Ritter Farm Park. Play Sherlock Holmes by collecting clues, gathering information and solving mysteries, all while walking the trails at the park. When the end is near and you think you have it solved, you'll have a chance to guess "who done it." Guess it right and enter a drawing for a prize drawing. Sign up is from 9:30-9:50am and the hike begins at 10.



Save some money by reviving your wilted veggies by soaking them in ice water for 5-10 minute. Bandy carrots will straighten up, lettuce will crisp and broccoli will find its strength again.



Capable Partners is having a pheasant hunt for \$10 a bird at Major Avenue in Glencoe MN. Contact Greg Hance at 763-258-4293. This event will be held on September 8th. You must wear orange clothing and safety glasses.

Fare for All is having the monthly pickup date for food on September 26th from 3-5pm at the Diamondhead Education Center in Burnsville.

Until next month ... Jim (client)

FUN FACTS....

- *Oman is the only country in the world that starts with the letter O.
- *Qatar is the only country that starts with Q.
- *Yemen is the only country that starts with Y.
- *There is no country that starts with X.
- *You can use Uber to hail a rickshaw in India.
- *The Mexican flag has more colors than any other flag in the world, it's got at least 16, thanks to the coat of arms in the center.



Tony Hall has been selected for Superior Home Care's Employee of the Month for September 2018. Tony has been a PCA with Superior Home Care for one year. We are grateful for his hard work and dedication.

Thank You Tony!

BUS SAFETY

Buses are by far the safest way for kids to travel to school, but it's easy to forget the dangers. Remind your kids to play it safe on and around the school bus:

- When waiting for the bus, stay away from traffic and out of the street. Avoid roughhousing & careless behavior.
- Wait until the bus comes to a complete stop and opens the door before approaching.
- Use the handrails getting on and off the bus.
- Stay in your seat! Keep the center aisle clear of backpacks, etc.
- Wait until the bus comes to a complete stop before getting up from your seat.
- If you have to cross in front of the bus: make eye contact with the driver, wait for them to signal you to cross and walk out at least 10 feet in front of the bus. Look both ways before crossing the street and cross only when cars are stopped.
- Walk, don't run when crossing the street.
- Stay away from rear wheels of the bus at all times!



ACCREDITED BUSINESS



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