

HEALTHY AGING MONTH

September is Healthy Aging Month, the perfect time to put pep in your step and try something new! You're never too old to add new things to your life, becoming a healthier, happier you.

We live in a unique time in human history. Thanks to advances in science and technology over the last 100 years, many can expect to live well into their 80s and beyond. While this increased longevity has been a huge blessing, it unfortunately means we have a greater chance of developing a chronic disease like Alzheimer's, heart disease, or cancer. Long life is a gift, but to make the most of that gift, it's important to stay in good health for as long as possible.

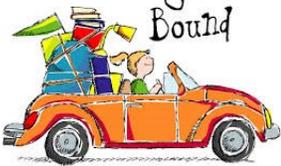
Healthy Aging Month provides an opportunity to educate on the importance of healthy aging so we can ensure our later years are not just more numerous, but lived in good health. It is designed to focus national attention on the positive aspects of growing older.

Here are some tips for healthy aging:

- ◆ **Do not act your age!** Remember your favorite age, feel it and act it. Some people may say this is denial, but look at it as positive thinking which goes a long way toward feeling better about yourself.
- ◆ **Be positive.** Catch yourself being negative and turn it into a positive!
- ◆ **Ditch the negativity.** Distance yourself from people who don't have a positive attitude.
- ◆ **Walk tall. Stand straight.** Walk with long strides, head held high and step like you mean it. You will look great and feel better!
- ◆ **Use your smile often!** Research shows people who smile more often are happier.
- ◆ **Lonely?** Do something about it! Pick up the phone, volunteer, take a class, invite someone to meet you for lunch or coffee.
- ◆ **Walk 10,000 steps a day.** Start walking not only for your health but to see people!
- ◆ **Get those annual checkups.** Physical activity and movement help you to stay healthy and so does preventative healthcare. Schedule your health screenings, immunizations and dental visit.



College Bound



Safety 101 For Students Heading Off To Campus

Many kids will be heading off for their first experience living away from home as they start college. While the experience should be fun and enlightening, it can sometimes be overwhelming or downright dangerous. Taking a few

precautions, however, can help protect your student while away at school.

- **Secure Your Stuff:** Don't leave your wallet or purse, money, smartphones, tablets laptops or other valuables unattended in your room.
- **Watch Where You Park:** Try to always park in a well-lit space and if possible, within sight of your room.
- **Party Responsibly:** Don't drink and drive or ride with any other driver who has been drinking.
- **Be Smart After Dark:** Avoid walking alone at night or stick to well-lit sidewalks and don't listen to your headphones. Check with your school's public safety office to see if they offer security escorts.
- **Protect Your Identity:** Use hard to guess passwords to protect your laptop, tablet, smartphone and Wi-Fi connection. Avoid using unsecured Wi-Fi and don't share your passwords with others.
- **Think Before You Post:** Think twice about the photos and information you share about yourself over Facebook, Twitter or other social media.

**Our office will be closed
Monday, September 2nd
for Labor Day.
Have a safe and
Happy Holiday!**



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.





02 - Latifa	07 - Carmen	14 - Fahima	18 - Sara	25 - Nathaniel	30 - Katelyn
03 - Colette	08 - Anthony	14 - Meron	19 - Lindsey	25 - Lisa	30 - Shelby
03 - Deena	08 - Wanika	15 - Evangeline	19 - Anna	25 - Brandie	
06 - Karen	08 - Latonya	15 - Barb	20 - Valeria	25 - Barb	
06 - Malia	08 - Tisha	16 - Rosemary	21 - Gloria	26 - Geri	
06 - Shantera	09 - Carmen	16 - Brady	22 - Carol	27- Martha	
06 - Janese	12 - Jaden	16 - Larissa	23 - Sasha	27 - Nahida	
06 - Mariah	12 - Susan	17 - Carolyn	23 - Sharon	27 - Kristin	
07 - Aaron	12 - Laura	17 - Daniel	24 - Anthony	28 - Kimberly	
07 - Heather	14 - Sara	17 - Franki	24 - Teri	29 - Scott	



Community Happenings

◆Lebanon Hills Regional Park, 860 Cliff Road, Eagan, will be having a free family fun event from 7-8:30pm on September 6th. Family activities and s'mores. Hang out and enjoy some games with a nature twist on the lawn and then it's s'mores!



◆Play Sherlock Holmes by collecting clues, gathering information and solving mysteries all while walking the trails at Ritter Farm Park on September 7th. Location is 19300 Ritter Trail in Lakeville. When the end is nearing you think you have it solved, you have a guess "who done it." If you guess correctly, you will be entered in a drawing for prizes. This is a free event with registration from 9:30-9:50am and the event starts at 10am.



◆Fare for All will be at the Diamondhead Education Center in Burnsville on September 25th from 3-5pm.

Until next month ... Jim (client)

SHC's Recipe Box

Peanut Butter S'mores Bars

1 cup light corn syrup
 1 cup sugar
 1/2 cup creamy peanut butter
 5 cups graham cereal squares
 2 cups miniature marshmallows
 1-1/3 cup chopped chocolate candy bars
 Grease a 9x13 pan with nonstick baking spray.
 Chop the candy bars and place in a bowl in the freezer.
 Combine the corn syrup and sugar together in a sauce pan over medium heat. Stir until it is dissolved. Bring the mixture to a boil and remove from heat. Stir the peanut butter into the hot syrup. Add the cereal and stir until everything is coated. Add the marshmallows and 1 cup of the frozen candy bar chunks and stir quickly. Press the mixture into the pan. Sprinkle the top with the extra candy bars. Let cool before cutting into squares.



WORD LIST

ACADEMY
 ALGEBRA
 BELL
 BLACKBOARD
 BOOKS
 BUS
 CAFETERIA
 CHALK
 CIVICS
 CLASS
 DESK
 GEOGRAPHY
 GEOMETRY
 GOVERNMENT
 HALL MONITOR
 HISTORY
 LANGUAGE
 LIBRARY
 LITERATURE
 LOCKERS
 MATH
 PLAYGROUND
 READING
 RECESS
 SCHOOL
 SCIENCE
 STUDENT
 STUDY
 TEACHER

P H C G W J A X L I B E R P
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 N O J K G S S E C E R B L P



Mical Vandine has been selected for Superior Home Care's Employee of the Month for September 2019. Mical has been a PCA with Superior Home Care for 2 years. We are grateful for her hard work and dedication.



Thank You Mical!



ACCREDITED BUSINESS



SUPERIOR HOME CARE

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