



FEBRUARY 2021 NEWSLETTER

NATIONAL HEART MONTH

February focuses on the heart, making it National Heart Month. Anyone can be at risk for heart disease. More and more, our sedentary lifestyles are putting us at risk at a younger age. Obesity, high blood pressure, and smoking all increase our risk factors.

Each one of those we can take action to lower our risk. Talk to your physician about your risk factors. Get moving. Remove stress. And quit smoking. Eat healthier. Even small changes help make a difference. Reduce the amount of fast food. Eat more greens. Take the stairs. Walk the kids to school. Go outside and play with the kids or walk the dog. Walking is one of the healthiest and safest activities we can do for ourselves.

♥ *Happy Valentines Day* ♥

PCA Policy Reminders...

Any employee that has not submitted hours for 120 days or more **MUST** have a new background check run before they can return to work with their client. If hours are submitted without a current background study on file, the PCA will not be paid.

Per the State of Minnesota, PCA's must submit time and activity documentation to the provider within 30 days of working. If we do not have timesheets during this timeframe, you will not get paid until we get reimbursement from the State. This could take up to 6 weeks.

We greatly appreciate your cooperation!

Apple Valley is having a Mid - Winter Fest on February 6th. You can go to applevalleymn.gov/recreation to register and see the many activities. Masks will be required.

Fare For All is having a drive through on February 2nd from 3-5pm, in Redwing at the Twin Bluff Middle School. There will also be a drive through on Feb 12th from 10-Noon at The West 7th Community Center, 265 Oneida St., St. Paul.

The Raptor Center is going to be at The Dakota Lodge at the Thompson County Park in West St. Paul on February 12th from 6:30 - 8:00pm. This is a free family event, the address is 1200 Stassen Lane. Enjoy a bonfire and learn about raptors.

Until next month ... Jim (client)



BIRTHDAYS

01 - Hany	15 - Patty
02 - Kris	17 - Bryce
03 - Mary	17 - Katherine
03 - Gina	18 - Jose
06 - Lucinda	18 - Austin
06 - Susan	18 - Rachel
07 - Cassandra	19 - Tina
08 - Skye	19 - Jahkia
10 - Lois	20 - Amanda
10 - Jailine	20 - Shayna
12 - Deborah	21 - Erik
12 - Christine	22 - Nichole
13 - Paula	28 - Ansharah
13 - Janell	

Valentine's Word Search

D F A H A L C M P P U G S Y Y S N Q J A Z A F F E
 E S N B S U I I C C T H N E D W D O E F D D Z L T
 R B G O B U H K O D O P N O E E M W I Z H O A O A
 O A E S D S R U E N Y V H N I E F N E T D S R W L
 M L L Y T P R C E M E O P A P T S O G S A W Y E O
 A L S R I T B Y K I S S B D D H O C N H Q N Z R C
 N O U N I D R A F J H H N E B E V V C D T L R S O
 E O K N F L A M E P R P E R M A E A E W N Y S A H
 C N G L O V E B I R D S J A S R F T L D Z E U E C
 D S Z G K E L O M T G Y P G R T N O A E J Z S H A
 E M Y Z A R C F E C K X W O D T U C J D N I O S D
 M E H S P Z M N E T A R O C E D T Y A T K T X Y M
 R P M E V A D L U W N D E O B V J H C F S D I O I
 A B W B G E S V C M V U Q X U L S H R E F I L N R
 H F E B R U A R Y S W E E T S I O T V O U P O E E
 C G A N W A H M V Y L B N E R L C O T Z B U V O R
 X S E F N C C B O U V O P E I J D Q P R C C E T J
 T S D R A C J E R V D O H D F N H A Z Q I D F Z P
 S N O I T C E F F A L C A B E T V D A R L I N G A
 U T I V J K M G L E U Y O I U K E U K G G C U M E
 R H H R K E S L V I F H R R V R V U X Z A N O H R
 A U Y N L R L N O B R F D M L K E B Q N B R U E I
 E F I M K I E N Q W G T B C F E P H D U O X Y A S
 D E V O L E B E N D E A R M E N T Y C U O Z L R E
 E C N A M O R V D T L B X I F T G F S E G B U T D

Admirer	Chocolate	Enamored	Hug
Adore	Courting	Endearment	Kiss
Affection	Courtship	Envelope	Like
Amorous	Crazy	February	Love
Angel	Crush	Flame	Lovebirds
Balloons	Cupid	Flirt	Pink
Beloved	Darling	Flowers	Poem
Bouquet	Date	Fondness	Red
Candy	Dear	Friend	Romance
Card	Decorate	Gift	Sweetheart
Carnation	Desire	Heart	Sweets
Charmed	Devotion	Heartthrobs	Tenderness
Cherish	Doves	Holiday	Valentine
Cherub	Embrace	Honey	

Don't Get Duped and Scammed!

Learning common strategies used by criminals will help you stay on your guard, protecting your money and person property. Here are several steps you can take to protect yourself against fraud:

- ◆ Use a different hard to guess password and/or PIN number for each account. Don't use family names, birth dates or easy combinations of letters or numbers.
- ◆ Be wary of responding to emails that appear to come from your bank or service providers asking for personal information. Get the customer service phone number from your statement and contact your bank or service provider directly if you're unsure.
- ◆ Keep pre-approved credit card applications out of the hands of criminals. Call 1-888-567-8688 or visit www.optoutpre-screen.com to stop receiving pre-approved applications in the mail.
- ◆ Don't give personal information to telemarketers. Stop them from calling by signing up for the Do Not Call Registry at www.donotcall.gov or call: 1-888-382-1222.
- ◆ Ask to review the identification and references of anyone selling door to door, including contractors, service providers and non-profit representatives.



ACCREDITED
BUSINESS



SUPERIOR HOME CARE

10597 165th Street West, Lakeville, MN 55044

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

Email: info@superiorhomecare.org

www.facebook.com/superiorhomecareinlakevillemn/