

March is Red Cross Month

The American Red Cross is part of the world's largest humanitarian network — 97 million volunteers helping in 186 countries. In this country, the Red Cross helps change lives seven days a week, 24 hours a day.

- 200 times a day, American Red Cross volunteers help a family who has lost everything in a house fire or other disaster.
- 475 times a day, the American Red Cross connects deployed service members with their families.
- 21,000 times a day, a patient receives blood through the American Red Cross blood program.
- 43,000 times a day, someone receives life-saving American Red Cross health, safety and preparedness training.

Through its network of 34,000 employees and more than 600,000 volunteers in more than 2,000 locations across the US and more than 30 countries around the world, the Red Cross touches the lives of millions of people every year.

During the month of March, Red Cross chapters across the country have numerous activities planned to celebrate this annual observance. Red Cross Month is a great time for people to get involved with the Red Cross—to give blood, take training in CPR and first aid, volunteer, or give a financial gift to help when the next disaster strikes. Contact your local Red Cross chapter to find out how you can help.

Superior Home Care's Automobile Policies

Superior Home Care offers a service to our clients that allows PCAs to provide transportation. PCAs can use the client's car or their own personal vehicle. If the PCA uses their own car, the client is obligated to pay mileage at the rate of \$.50 per mile. *This is to be paid in full to the PCA during the shift when transportation is provided.* Subsequent trips cannot be provided until the previous mileage is paid. Also, when a PCA is the driver, the client can be the only passenger in the car.

In order for PCAs to transport a client, they must provide SHC with a signed waiver of responsibility and a current copy of their insurance card. PCA must also provide a driving record to SHC. Most auto policies issue new cards every 6 months. A copy of this updated card needs to be sent to SHC for the employee's file in order for the employee to continue to transport their client.

**Daylight Savings
Time begins at
2AM Sunday,
March 14th.**

This is a good time
to check batteries
in smoke detectors!



HAPPY ST. PATRICK'S DAY!

Fare for All will be in South St Paul at the Doug Woog Arena on March 23 from 4-6pm. The address is 141 6th St S, South St. Paul 55075. Once again this is a drive thru site. Cash, Credit Card or EBT is what is accepted for payment.

With this cold and winter all around us, take a short ride to Como Zoo and go through the Conservatory for free. Go to www.comozooconservatory.org to get your free reservation. Their address is: 1225 Estabrook Drive, St. Paul. Hours are 10AM-4PM. This time of year you will be able to see all of the spring bulbs coming up.

Don't forget River Valley Project Explore. There are many activities to do online via zoom. To register go to <https://ce.district196.org/projectexplore>. This is something fun for adults to do.

Until next month ... Jim (client)



MARCH BIRTHDAYS

01 - Claire	14 - Marina
02 - Brenda	15 - Debra
02 - Henry	15 - Kerry
02 - Brooke	16 - Ray
03 - Kay	16 - Denise
03 - Brian	16 - Pat
05 - Sabrina	19 - Logan
05 - Leotta	23 - Mary
06 - Dena	24 - Yachin
07 - Steven	25 - Julian
08 - Ian	28 - Nevaeh
09 - Todd	28 - Bernice
09 - Shirley	28 - Adeline
10 - Bounhieng	28 - JoEllen
11 - Rajesh	28 - Morena
11 - Don	30 - Ina
13 - Kyle	30 - Jesse
13 - Laurie	

Dakota County offers virtual Fix-It Clinics

Dakota County Fix-It Clinics have looked different this last year, the same skilled assistance is available for free. Residents can get help repairing household items, electronics and more during Fix-It Clinics held virtually each month. The next clinic will be Sunday, March 21st, 10AM - Noon.

To submit a repair request, fill out a questionnaire at www.co.dakota.mn.us on the [Fix-It Clinic page](#). Dakota County staff and volunteer fixers will review submissions to see if the item can be repaired over video chat. Instructions and appointment information will be sent to each participant before the event. Time slots are first come, first served and can be adjusted if needed.

Repair-savvy volunteers will guide residents through each step, from troubleshooting to a completed repair.



Some Retirement Information

As you start looking at retirement, here are some important birthdays to consider:

Age 50 - Allows for catch-up contributions to IRA's and qualified retirement plans.

Age 55 - If you are retired, allows you to take distributions from your 401(k) without the 10% penalty.

Age 59-1/2 - Allows you to take distributions from an IRA, annuity, or other retirement plan without penalty.

Age 60 - Allows for start of widow/widower benefits from Social Security.

Age 62 - Allows for starting early Social Security benefits.

Age 65 - Allows for enrollment in Medicare & the government drug plan.

Age 65-67 - Allows for full retirement benefits from Social Security.

Age 70 - Start date for enhanced Social Security benefits if you deferred claiming benefits previously.

Age 72 - Mandatory required minimum distribution from retirement accounts must be taken no later than April 1st of the year after the year you turn 72.



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