

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!

NATIONAL COURTESY MONTH

It takes little effort to extend kindness. The entire month of September gives ample opportunity to

practice being kind. It's National Courtesy Month!

Courtesy should never have limits for people you know. Showing a stranger common courtesy could be the defining factor of their day. Oftentimes, a small gesture, such as a compliment, can make a person feel appreciated. When people are considerate to one another, a positive effect happens. Moods improve and smiles are easily found. Starting your day with a polite demeanor will have a ripple effect for the people you encounter!

There are so many ways to show kindness to people through courtesy:

•Say please and thank you. To everyone. Using good manners can change your life.

Hold the door open for the person behind you.

•Smile. Give someone a bright, genuine, eyes-light-up smile. It makes them feel good.
•Thank a member of our armed forces/law enforcement.

Listen, without interrupting. Go a whole conversation without talking about yourself.
Be supportive of family, friends and colleagues who are having hard times.
Wait your turn, even if the line is really long.

- •Teach your children and grandchildren the importance of kindness and courtesy.
- Learn to let go of things that bring you down and keep you from being kind and courteous.

Show gratitude.

Our office will be closed Monday. September 6th for Labor Day. Have a safe Happy Holiday!



AFLAC Enrollment

Open enrollment for AFLAC is during the month of October. All employees are eligible to enroll. If you would like more information on AFLAC, please call Kris at the office: (952) 898-4911.



From Consumer Reports - A label that says "made with 21 whole grains and seeds" may be confusing because lots of those "21 grains and seeds" may just be sprinkled in or added as a topping. DO look for whole grains toward the top of the ingredients list. That means they are a main ingredient - not just a sprinkling or a topping. And look for breads labeled 100 percent whole grain. This means all the flours in the loaf are good-for-you whole grains.

Happy ***

Wednesday, September 22nd

Resourceful Kitchen Tips.....

Easy Store, Quick Thaw - When hamburger is on sale, buy extra and put 1# portions into small freezer bags. Before closing, use your rolling pin to flatten it out. Seal it up, stack these in the freezer. It will thaw quickly because it is thin & the flat bags stack nicely in the freezer.

Freeze Cooked Rice - Make a big batch rice, pack it into smaller portions, and freeze. When needed, the exact-sized portion you want is waiting for you.

Cheap Clips - Need a cheap but effective way to clamp shut your chip bags? Buy a bag of clothespins at the dollar store. They make great chip clips!

Guadalupe Belschner has been selected for Superior



Home Care's Employee of the Month for September 2021. Guadalupe has been a PCA with Superior Home Care for 10 years. We are grateful for her hard work and dedication.

Thank You Guadalupe!



01 - Alija 16 - Brady 01 - Tina 16 - Rosemary 01 - Valeryi 17 - Franki 02 - Naavah 17 - Daniel 04 - Kayden 17 - Carolyn 06 - Karen 19 - Lindsey 06 - Mariah 22 - Carol 06 - Janese 23 - Sasha 07 - Aaron 24 - Anthony 07 - Heather 25 - Nathaniel 07 - Carmen 25 - Lisa 08 - Anthony 08 - Tisha 25 - Robert 25 - Barbara 08 - Mark 25 - Brandie 08 - LaTonya 26 - Geri 27 - Martha 12 - Jaden 13 - Christina 27 - Ana 14 - Sara 28 - Kimberly 29 - Scott 29 - Greg 15 - Elizabeth 15 - Evangeline

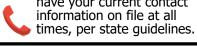
15 - Barb



30 - Katelyn

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









SUPERFOR HOME CARE

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