

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
and
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.

Community Happenings...

Project Explore is having a magic show on Friday September 10th at 6:30. The cost is \$7 per person. The event will take place at Valley Middle School in Apple Valley. This is for disabled adults, 18 yrs. and older.

"Who Done It Hike" is a wonderful activity for your entire family to do! The event will be held on 9/11 at Ritter Farm Park, 19300 Ritter Trail, Lakeville. Play Sherlock Holmes by collecting clues, gathering information and solving mysteries, while walking the trails. Register at the event from 9:30 - 9:50 and the event starts at 10am. You can win some prizes! Your leashed dog is also welcomed.

Fare for All will have indoor sales at the following locations:
 Red Wing – 9/7, 3PM-5PM, St. Joseph's Catholic Church
 Richfield – 9/21, 3PM-5PM, Richfield Community Center
 Northfield – 9/23, 3:30PM-5:30PM, St. Dominic's Church

Until next month ... Jim (client)

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 Fall y'all

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!



September BIRTHDAYS

- | | |
|-----------------|----------------|
| 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 | 25 - Robert |
| 08 - Tisha | 25 - Barbara |
| 08 - Mark | 25 - Brandie |
| 08 - LaTonya | 26 - Geri |
| 12 - Jaden | 27 - Martha |
| 13 - Christina | 27 - Ana |
| 14 - Sara | 28 - Kimberly |
| 15 - Elizabeth | 29 - Scott |
| 15 - Evangeline | 29 - Greg |
| 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 times, per state guidelines.



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/superiorhomecareinlakevillenn/