



New Year Happy Year

Policy Refreshers for the New Year

With a new year underway, we want to remind everyone of some of the key policy and procedures all employees of Superior Home Care must abide by.

PCAs, Homemakers, Companions and Respite Caregivers:

- * are mandated reporters for abuse, neglect and fraud of the MA Program.
- * may not take their own children with them to work.
- * may not take their clients to the PCA's home.
- * may not claim any time that direct services to their client are not provided.
- * may not sleep on the job (unless authorized overnight respite hours).
- * may not use their cell phone while working.
- * may not have visitors while working.
- * are to notify both their client and SHC if they are not able to make their scheduled shift.
- * may not work overtime without prior approval.
- * must notify us immediately if you change your address, phone number or legal name.
- * may not work when a client is hospitalized or in a rehab facility.
- * when the PCA is driving the client, no one else can be in the automobile.
- * may only drive clients that are age 12 and over, for recreational purposes.
- * must have a copy of their driving record and their current auto insurance card on file with Superior Home Care before transporting their clients.

January is National Blood Donor Month

January is the beginning of a new year and the perfect time to start the year by celebrating National Blood Donor Month! ***Superior Home Care will give any employee \$5.00 for donating blood in the month of January. Email your proof of donation to mary@superiorhomecare.org.***

Historically low blood supply levels persist for the American Red Cross, which supplies about 40% of the nation's blood. The ongoing decline come at a time of year when donations typically fall. Right now, we are seeing the worst blood shortage in over a decade. Some blood centers have less than a one-day supply of blood. Here are some facts:

- ◆ Nearly 45,000 units of blood cells and 7,000 units of platelets are needed every single day in the U.S..
- ◆ The most requested blood type by hospitals is type O. This kind of blood can be transfused to patients of all blood types, so it is always in great demand. Only 7% of people in the U.S. have type O.
- ◆ 38% of our population is eligible to donate, but less than 10% actually do.
- ◆ A single donation from a single patient can help more than one person.



Donating blood is a simple, safe process. All you have to do is register, take a mini-medical history test and donate. You can go onto the Red Cross website, or use their app. You just type in your zip code and it will show you all of blood drives going on in your area. If you're eligible to donate, it's a great way to give back and do something meaningful.

Community Happenings....

There will be a free snowmobile rides and snowshoeing at The Ritter Farm in Lakeville on Saturday, Jan 22 from 11-2 pm. There will be free s'mores too!! Bring the whole family to see what it is all about!

Fare For All is once again going to be at the Burnsville Senior Center on January 27th from 3-5pm. Mask required in the building.

Go down to St. Paul and see the Winter Carnival Parade. This is a fun free event that is on January 29 from 2-4pm. The parade route starts at Smith Ave and West 7th St. There will be lots of bands and candy!!

There will be a Daddy/Daughter dance on February 4th from 6-8pm at the Rosemount Community Center. For more information go: www.lakevillemn.gov. Cost: \$39 per couple.



Happy New Year!

Until next month ... Jim (client)

HAPPY NEW YEAR

Wordsearch

Search for the words going up, down, left and right.

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

CELEBRATION	COUNTDOWN	EXTRAVAGANZA
FIREWORKS	GATHERING	INVITATION
JANUARY	MIDNIGHT	NOISEMAKER
PARTY	RESOLUTION	TRADITION

JANUARY

HAPPY BIRTHDAY!

01 - Kamlesh	09 - Sokhim
01 - Yousef	10 - Brian
01 - Maryam	11 - Rose
01 - Srey	12 - Chelsea
02 - Elise	12 - Chai
03 - Sue	12 - Betty
04 - Olivia	13 - Alexa
04 - Kamle	15 - LeRoy
04 - Peggy	15 - Greg
05 - Cody	18 - Mia
06 - Rigoberto	18 - Martinique
06 - Jacob	18 - Cara
07 - Norma	21 - Rachel
07 - Gilberto	22 - Kayla
07 - Christine	23 - Timothy
07 - Salvador	23 - Amaya
08 - Wayne	23 - Joseph
08 - Carla	26 - Ross
09 - Julius	30 - Ferial
09 - Deb	

EMPLOYEE OF THE MONTH

Maya Stavros Duchene has been selected for Superior Home Care's Employee of the Month for January 2022. Maya has been a PCA with Superior Home Care for over a year. We are grateful for her hard work and dedication.

Thank You Maya!

Fun Facts about New Years...

- The first New Year's celebration dates back 4,000 years. Julius Caesar was the 1st to declare January 1 a national holiday.
- 45% of Americans make resolutions, 25% of them give up on them by the 2nd week of January.
- Many people ring in New Year's with champagne. Americans drink close to 360 million glasses!
- Eat leafy greens on New Year's. Tradition says that the more leafy greens a person eats, the more prosperity he or she will experience!



ACCREDITED
BUSINESS



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