

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!

March is National Developmental Disabilities Awareness Month

In 1987, President Ronald Reagan declared March as National Developmental Disabilities Awareness Month. The proclamation called for people to provide understanding, encouragement and opportunities to help persons with developmental disabilities to lead productive and fulfilling lives.

This class of disabilities can refer to impairments in learning and behavior, such as autism, attention-deficit/hyperactivity disorder, and impairments in physical and/or intellectual functioning such as cerebral palsy, spina bifida, and Down syndrome. The campaign seeks to raise awareness about including people with developmental disabilities in all facets of community life. It also creates awareness of the difficulties that people with disabilities still face in fitting into the communities in which they live.

Changes reflecting growing understanding and encouragement can be seen on both the state and federal levels. President Obama reinforced this change when he signed Rosa's Law in 2010, removing outdated and derogatory terminology that appeared in earlier federal legislation.

Society also has answered the call to action. Employers have discovered that persons with developmental disabilities can be reliable, hard-working employees that meet or exceed expectations. Teachers promote acceptance and empathy through character education. The entertainment industry portrays persons with disabilities, such as Down syndrome or autism, more positively and accurately.

Challenges to full inclusion still exist, though. Many capable workers remain unemployed. Lack of understanding causes hurt feelings. Fiscal problems, particularly Medicaid cuts, threaten needed programs and services. You can assist persons with disabilities by offering job opportunities, inviting community participation, supporting special events, donating time or money, and simply teaching your children that each person has a special gift to contribute.

We, at Superior Home Care, invite you to join us as we celebrate the valuable contributions that persons with intellectual and other developmental disabilities make to the life of our community.

Community Happenings....

Looking to get some fresh produce and never have to leave your car? Pahl's Market has a CSA program (Community Supported Agriculture) and the sign up is now. There are several locations to choose from. The cost is from \$375 - \$799 and you will receive 16 weeks of local produce. For more information, call Pahl's at 952-431-4345 or online at: www.pahls.com. They also have special deals on their website throughout the growing season. You can register for their newsletter to get great deals on produce. You can also check them out on Facebook for more information.

Fare for All will be at the Burnsville Senior Center on March 23 from 3-5 PM. They are still requiring you to wear masks.

Have you heard of the Open Door Pantry? This is a food shelf program and is free to those who need it. All you need to do is call to schedule an appointment at 651-686-0787. There are several locations to pick the food up at. Most of the food on the truck is perishable fresh fruits and vegetables. See their website: www.theopendoorpantry.org for more information.

Until next month ... Jim (client)

- ◆ Today is a gift - that's why it's called the present.
- ◆ A positive mind finds opportunity in everything.
- ◆ Don't let mistakes define you, let them teach you.
- ◆ When you can't find the sunshine, be the sunshine.
- ◆ Don't do average, do Awesome.
- ◆ Mindset is everything.
- ◆ Believe in Yourself.
- ◆ Start each day with a grateful heart.

**Happy
Saint Patrick's Day!**



**MARCH
BIRTHDAYS**

01 - Sharlene	13 - Laurie
02 - Bobbi	14 - Kody
03 - Kay	15 - Kerry
03 - Brian	16 - Ray
05 - Sabrina	16 - Pat
05 - Leotta	23 - Mary
07 - Steven	23 - Aye
08 - Ian	23 - Tigist
09 - Shirley	24 - Yachin
09 - Robin	25 - Julian
11 - Rajesh	25 - Tiana
11 - Angelina	28 - Bernice
13 - Kyle	28 - JoEllen
13 - Deja-Nae	30 - Ina

Daylight Saving Time Begins

March 13th

Turn clocks forward one hour,
beginning at 2 a.m.



Spring Forward!

Did you know that you can freeze eggs?

Spray an ice cube tray with nonstick cooking spray. Break one egg into each compartment. Freeze. Once frozen, transfer them to a zip-type freezer bag. Do it quickly so they don't melt & stick together. Return the bag to the freezer. When you need an egg, grab a cube from the bag. This is especially useful if you can buy eggs in bulk.

**Happy First Day of Spring!
March 20th**



**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/