

## SUICIDE PREVENTION AWARENESS MONTH

September is National Suicide Prevention Awareness Month - a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. National Suicide Prevention Week is September 4th—10th and World Suicide Prevention Day is September 10th. These observances provide us with the opportunity to acknowledge, support, educate, and advocate. We must acknowledge suicide as a public health issue that impacts individuals, families, and entire communities. We must support each other, including those impacted by suicide and those who experienced suicidal thoughts or attempts. We must raise awareness, reduce stigma, and educate on suicide warning signs and how to reach out. And we must continue to advocate for suicide prevention efforts as a priority at the national, state, and local level.

One of the best things you can do if you know or suspect that your loved one is contemplating suicide is educate yourself. Learning about suicide, what the warning signs are, and how it can be prevented can help you understand what you need to do as a member of their support system. We can all help prevent suicide.

One major step forward in our suicide prevention efforts was the recent launch of **988**, the new Suicide and Crisis Lifeline that was federally mandated to take effect as of July 16, 2022. **988** is now available nationwide as the new number to contact for mental health, substance use and suicide crises—a simple easy to remember way for people to get help. This new number will allow people to quickly connect with support during a crisis, 24/7, no matter where they live.

In recognizing Suicide Prevention Awareness Month, we encourage you to think of ways to offer hope and support within your communities and put your ideas into action.



### PCA Policy Reminders....

We want to reiterate the following state rules for PCAs that are considered a FEDERAL OFFENSE, if violated. Both the PCA and client are liable as both sign the timesheets:

- \*PCA's **may not** take their children to work with them.
- \*PCA's **may not** take their clients to their own homes.
- \*PCA's **may not** claim even 1 hour of time that direct services to their client are not provided.
- \*PCA's **may not** sleep while working PCA hours.

Superior Home Care  
will be closed on  
September 5th  
to observe the  
Labor Day Holiday.



## Pack a Healthy Lunch They'll Really Eat!

Parents know the frustration of getting kids to eat healthy, especially at school. And it's not just taste. Kids often don't have enough time to eat, and if they do, there are many reasons half of their lunch comes back uneaten. Distractions, loose teeth, "messy" foods, too many options—whatever the reason, you can pack a healthy lunch even picky eaters will enjoy.

1. Involve your kids in choosing what is being packed in their lunch. Offer choices and let them know what healthy food can do for their body to fuel it.
2. Cut Back. Offer smaller portions. Be sure to include some grains, dairy, fruits, and vegetables, and protein.
3. Avoid Containers within Containers. Use a bento box featuring dividers to keep foods separate and contained.
4. Make Foods Easy to Eat. Slice fruit and meat very thinly and toss in squeezable yogurt or fruit pouch.
5. Limit Treats. Kids will fill up on treats first and may not even bother with the rest of it.
6. Get Help. Talk with your child's doctor or a registered dietician if your child has a medical condition, food allergies or sensory issues.



Alija - 1	Carolyn - 17
Naavah - 2	Daniel - 17
Kayden - 4	Lindsey - 19
Craig - 6	Alexander - 23
Janese - 6	Anthony - 24
Aaron - 7	Carol - 22
Heather - 7	Marissa - 25
Carmen - 7	Nathaniel - 25
Latonya - 8	Robert - 25
Anthony - 8	Barbara - 25
Mark - 8	Brandie - 25
Kari - 8	Gerilyn - 26
Grace - 9	Martha - 27
Jaden - 12	Hunter - 27
Sara - 14	Ana - 27
Barbara - 15	Kimberly - 28
Elizabeth - 15	Rene - 29
Rosemary - 16	Gregory - 29
Brady - 16	Katelyn - 30

REMEMBER SEPTEMBER 11, 2001  
**PATRIOT DAY**



Like us on  
**Facebook**

**EXCITING NEWS!!** For those of you who are on Facebook, we have unveiled a new Facebook page for Superior Home Care, Inc. Please go ahead and search "Superior Home Care, Inc." and like us on Facebook!

## Community Happenings....

### Fare For All

Will be at the Burnsville Senior Center on September 21st from 3-5pm. They will take EBT, cash or credit card. This is handicap accessible and there are volunteers to help you carry out and load your vehicle.

### Who Done It?

Hike Lakeville on Saturday, September 10th at 10am. This event is being held at the Ritter Farm Park, 19300 Ritter Trail. Registration begins at 9:30 and this is a free event.

### Free Pop Up Pantry Drive Thru

Metcalf Middle School:  
2250 Diffley Rd Burnsville, MN 55337  
Every Tuesday 3pm—6pm  
No appointment necessary  
Walk-in shopping during winter months  
Pick out food from variety of fresh food on site.

Until Next Time.... Jim (Client)

pageborders.org



**Happy Fall**  
**September 22nd**

**SUPERIOR HOME CARE**



ACCREDITED  
BUSINESS



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