

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.

PCA's & Homemakers:

- May not work when a client is hospitalized or in a rehab facility.
- May not claim any time that direct services to their client are not provided.
- May not take their clients to the PCA's home.
- May not take their own children with them to work.
- Are mandated reporters for abuse, neglect and fraud of the MA Program.
- 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 SHC immediately if you change your address, phone number or legal name.
- Must have a copy of their driving record and their current auto insurance card on file with Superior Home Care before transporting their clients.
- May not sleep on the job.
- May not use their cell phone while working.
- May not sleep on the job.

Friendly
Reminder

January is National Blood Donor Month

Did you know that every two seconds, someone in America requires a blood transfusion? These transfusions play a critical role in treating acute conditions such as trauma, postpartum hemorrhage, as well as managing chronic illnesses like cancer, inherited blood disorders, and various surgeries and transplants.

Approximately 7 million American's donate blood annually. There is no synthetic blood. It cannot be made in a lab. That means that patients facing emergency situations like accidents to planned interventions such as organ transplants and cancer therapies can get blood only from America's volunteer blood donors. Despite 65% of the population being eligible, only 3% of Americans currently donate blood, a statistic that underscores the urgent need to expand the donor base.

Your decision to donate blood can be transformative. Just a 1% increase in blood donors across America could alleviate shortages and positively impact the lives of countless individuals. Giving the gift of a blood donation could make a profound difference during National Blood Donor Month and all year long - your contribution can truly save lives.



NEW YEAR'S OFFICE HOURS

Our office will be closing at noon on Tuesday, December 31st and will be closed on Friday, January 1st, 2025.

Happy New Year 2025!

In The Know With John ...

The Pontiac GTO, originally launched in 1964, was a muscle car that became iconic for its powerful performance and sleek design. However, after a successful run, the GTO was discontinued, leaving fans hopeful for a potential return. So for those of you who have been waiting for the return, they have done it again with the 2025 GTO. The modern GTO combines classic muscle car aesthetics with cutting edge technology. Offering a variety of engine options, including a turbo-charged V6, a hybrid, and a V8, which puts out 450 horses. The GTO offers either a 6 speed manual transmission or an automatic. It also offers the latest in safety, incredible sound system, and design. Enjoy the ride! It's sure to blow your mind. Starting cost is around \$75,000.

Article Submitted to SHC by Client John

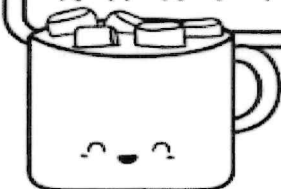
Snow & Snowflake Fun Facts!

- *Snowflakes start as a tiny dust particle. Water vapor in the air freezes on this particle, forming an ice crystal.
- *The shape of a snowflake is influenced by the temperature at which it forms. Colder temperatures tend to produce more intricate designs.
- *Each snowflake is made up of about 200 ice crystals.
- *Close to 80% of the world's fresh water supply comes from snow and ice.
- *Snow is not actually white but clear. It looks white because of the way the light reflects off of the ice crystals.
- *The most snow to fall in a 24 hour period was 76 inches in Silver Lake, Colorado in 1921.
- *The snowiest place in the U.S. is Stampede Pass in Washington State. On average it snows 430 inches per year.



WINTER WORD SEARCH

V	G	T	Z	O	X	O	E	J	C
F	S	F	H	X	D	U	M	L	O
R	C	Z	A	Y	A	D	E	N	L
O	A	L	T	Z	F	Z	P	C	D
Z	R	C	O	A	T	V	T	R	K
E	F	F	E	G	B	U	U	B	Z
N	W	V	H	S	C	O	C	O	A
T	T	D	U	F	I	S	N	O	W
Z	S	L	E	D	C	L	W	T	R
N	H	K	V	Y	E	Y	W	S	M



- | | |
|----------------|-----------------|
| 01 - Hawo | 12 - Chelsea |
| 01 - Yousef | 12 - Erikka |
| 01 - Maryam | 12 - Jody |
| 01 - Samira | 13 - Caitlin |
| 04 - Olivia | 15 - Gregory |
| 04 - Kamle | 18 - Martinique |
| 05 - Almir | 18 - Cara |
| 06 - Ringo | 21 - Fahrina |
| 06 - Jacob | 22 - Kayla |
| 06 - Madison | 23 - Joseph |
| 06 - Quamir | 23 - Timothy |
| 07 - Gilberto | 26 - Ross |
| 07 - Salvador | 27 - Kimberly |
| 07 - Katherine | 28 - Savita |
| 07 - Norma | 29 - Xavier |
| 08 - Carla | 30 - Ferial |
| 09 - Isabel | 31 - Montaija |
| 10 - Brian | 31 - Mildred |

Helpful Tips For Safe Winter Driving in Minnesota



- *Air your car tires up properly. Cold temps can cause tire pressure to drop.
- *Always keep your gas tank at least half full.
- *Maintain a safe distance between yourself and other vehicles, as slippery roads make it more difficult to come to a complete stop.
- *If you hit a patch of ice and lose control, first take your foot completely off the gas pedal., then try to brake. If you have anti-lock brakes, press down firmly, and the ABS system will automatically pump your brakes to keep them from locking up. If you don't have anti-lock brakes, you'll need to pump them yourself. Continue braking and turn into the spin until you regain control. If there's no way to avoid running off the road, try to aim for something that will do as little damage to your vehicle as possible, such as a snow drift or an empty yard.

SUPERIOR HOME CARE



ACCREDITED
BUSINESS



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