



MARCH 2025

NEWSLETTER

Caregiver Appreciation Day - March 3rd, 2025

WE 
Caregivers!

Caregiver Appreciation Day is observed on March 3rd every year. The day aims to honor, appreciate, and thank the selfless caregivers who give their time and effort to care for those in need. Caregivers cater to people with different conditions such as those living with disabilities, illnesses, and the elderly. Did you know that around 40 millions caregivers provide care to 16.6% of Americans in the U.S.? Yes, caregivers play an essential role in providing care and today is a reminder to recognize and celebrate all these professionals who are doing an amazing job.

This day of recognition is for both paid and unpaid caregivers. We believe unpaid caregivers, deserve even more special recognition. They silently go about the task of supporting someone in need, most often a family member. They give their time freely, and often spend their own money in doing so. It can be a thankless task... without even a thanks from the person being cared for or other relatives who find countless reasons not to help.

Some interesting facts about caregiving:

- Relationships suffer because of caregiving. One out of every four caregivers feels that caregiving affects their family relationships.
- They work many hours. More than half of the caregivers provide more than 10 hours of care each week.
- Caregiving can be costly. Caregivers spend a lot when caring for distant families.
- Caregivers are not young. Most caregivers are 45 to 64 years of age.
- Caregiving is a vast field. Caregiving is not just physical support; emotional support is also a part of caregiving.

**Superior Home Care wishes to thank all of our wonderful caregivers!
We appreciate all that you do!**

CLIENT HOSPITALIZATION

When a client is admitted to the hospital, a PCA cannot work as a PCA. This is double billing and is not allowed, per state guidelines. It is imperative that SHC is notified when a client is admitted to the hospital. It becomes a red flag when a PCA documents time worked with a client during the same timeframe the client was hospitalized. A PCA may submit hours worked with a client up until the time of hospital admission. We need the date and time the client is admitted to the hospital and we also need the date and time the client is discharged from the hospital. You can call the office and speak with any of our staff at:

952-898-4911

or email; lisa@superiorhomecare.org

with the dates and times of admission & discharge.



**Daylight savings begins on
Sunday, March 9th, 2025
at 2:00 AM!**



Mark your calendars!

Lakeville Mini Citywide Blood Drive
Tuesday - April 8th, 2025 @ 9 AM - 4 PM
Antlers Park Hennen Pavillion
20141 Ipava Avenue
Lakeville, MN 55044



**Memorial
Blood Centers**

Every two seconds someone in the U.S. needs blood. It is essential for surgeries, cancer treatment, chronic illnesses and traumatic injuries. Whether a patient received whole blood, red cells, platelets or plasma, this lifesaving care starts with one person making a generous donation.

* One donation can help save up to three lives.

* Blood and platelets cannot be manufactured; they can only come from volunteer donors.

* Approximately 29,000 units of red blood cells are needed every day in the U.S.

* A single car accident victim can require as many as 100 units of blood.

SHC will give a \$10 gift card to anyone who donates blood on April 8th. Bring proof of your donation to receive a \$10 gift card to Starbucks or Dairy Queen.



08 - Ian	15 - Akash
09 - Shirley	16 - Patsy
09 - Simone	16 - Ray
10 - Frederick	17 - Alexa
10 - Jozeph	23 - Stone
10 - Kate	23 - Mary
12 - Olivia	23 - Tigist
12 - Khursheed	24 - Yachin
13 - Deja-Nae	25 - Tiana
13 - Laurie	25 - Julian
14 - Lilly	27 - Precious
14 - Like	28 - JoEllen
14 - Maverick	30 - Ina
15 - Kerry	

Free Tax Help Available

You may qualify for free tax return preparation through Volunteer Income Tax Assistance (VITA) or AARP Tax-Aide. These programs help prepare federal and state income tax and property tax refund returns. You may qualify for free tax preparation for your returns at the VITA site if any of the following are true:

- You are age 60 or older.
- You are a person with a disability.
- You speak limited or no English.
- Your annual income is less than \$67,000.



For more information, go to: www.revenue.state.mn.us

Search: free tax preparation help

In-person assistance will be available at these area sites:

DC Library - Apple Valley

14955 Galaxie Ave, Apple Valley
 Thursdays, 9:30 AM - 1:30 PM
 Appointment Required
 952-891-7045 - Option #3

Prior Lake Library

16210 Eagle Creek Ave. SE
 Tuesdays, 9:00 AM - 11:30 AM
 Appointment Required
 612-440-7377

DC Library - Burnsville

1101 W. County Rd. 42, Burnsville
 Thursdays, 10 AM - 2 PM
 Appointments Required
 952-891-0300

Shakopee Community Center

1255 Fuller St. S.
 Wednesdays, 9:00 AM - 11:30 AM
 Appointments Required
 612-424-1749



SUPERIOR HOME CARE



**ACCREDITED
BUSINESS**



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