

Contact 24-Hour Care for all your Occupation and Physical Therapy needs. We will come right to your home. Ask your doctor today!

Benefits of OT and PT

Occupational Therapy

- Improve motor skills to perform everyday functions
- Regain a sense of independence
- Gain a sense of confidence and happiness

Physical Therapy

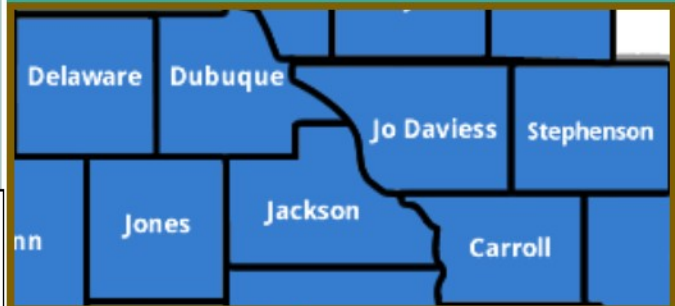
- Prevent long term pain through exercise and treatment
- Gain full range of mobility from damaged areas
- Ability to perform everyday activities

EVENT AT MERCY DUBUQUE:

Friday, June 8, 2018 from 9:30 AM to 2:30 PM CDT—Register for this free health event with information for aging adults. Hear from Mercy's experts about nutrition, balance and safety, Medicare, and advance care planning. Lunch included. Space is limited. Mercy, sixth floor auditorium.

Mercy Medical Center - Dubuque
563-589-9600

We are now serving Jackson, Jones, and Delaware counties in IOWA!



Write on wax paper with permanent markers and then wrap around candle and heat until it transfers to the candle.

June 2018 join us at one of our events!

June 12th—The Woodlands in Dubuque @ 10 AM for Jeopardy

June 14th—Windsor Park in Dubuque @ 1 PM for Jeopardy

June 18th—Galena Nursing Home @ 1:30 PM for Trivia Bingo

June 21st—Stonehill in Dubuque @ 1:30 for BINGO

Please visit our website for more events! 815-777-2424 ask for Nicole



24-Hour Care Nurse Gretchen C. & Community Relations Manager Nicole K. showed their support by walking 5 miles at the American Heart Walk in Dubuque on May 5th.

A Message to Our Clients....

We would like to remind all of our clients and families that our after hours answering service is for immediate scheduling issues and emergencies only, please.

Also, it is important to have a back up plan in case staff are unable to make it to an appointment. We will contact you as soon as possible to let you know if staff will be late or are unable to get to their visit.

Thank you! *Agency Administrator,
Emmy Hinton*

**Bingo at 10 AM— Senior Resource
Center in Hanover. Lunch provided at
11:30! Join us for some fun and laughs!**

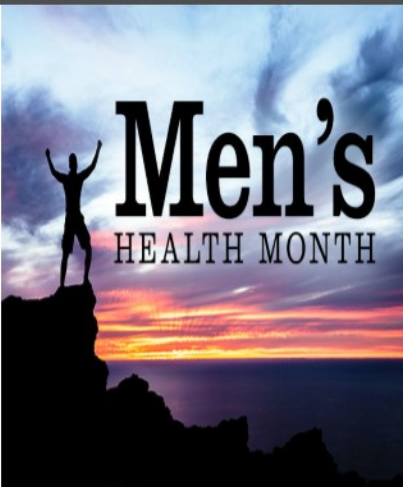
HAPPY FATHERS DAY

Unscramble the letters to find the words in the word scramble to answer the hidden phrase.

MLAYFI	___ _ ○ ___ _ ○
AERTFH	___ _
ENTUURR	___ _
IHLOYDA	___ _ ○ ○
TFUHGHOULTL	___ _
DYDAD	___ _ ○ ○
STOLO	___ _
SONTGR	___ _
OTLFOALB	___ _ ○
DCILHNRE	___ _
DVOEEDT	___ _
PSOSRT	___ _ ○
ERLHAUGT	___ _
IVGIGN	___ _ ○
ESMOREMI	___ _ ○ ○
RAVBE	___ _
MEHO	___ _ ○
FNYUN	___ _
TRSPEEC	___ _ ○
ARCIGN	___ _
LSIPECA	___ _

Phrase: _____ !

ifting The Word Of God



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Tips for Seniors

- Secure scatter rugs in place or remove them.
- Ensure rooms, halls and doorways are well lit.
- Consider installing grip bars in the shower or bath.
- Keep the path from the bed to the bathroom clear.
- Only use ladders on dry, hard, flat surfaces, and keep your body weight centred.
- Keep high traffic areas free of obstacles.
- Do not store things on the stairs, even temporarily.
- Avoid rushing!
- Store heavy items in lower cupboards and lighter ones above.