

Groundhog Day

Every February 2nd, a small, furry mammal with buck teeth gets trotted out in front of a crowd in Pennsylvania to take part in a time-honored Groundhog Day tradition: If the beloved groundhog Punxsutawney Phil "sees" his shadow, the country is in for six more weeks of winter; if he doesn't, we're in for an early spring. So, how often are Phil's shadowy forecasts accurate? A team of wonks at The Washington Post actually did the math. Going back to 1887 when the tradition first started, there have been 102 times when Phil saw his shadow and 17 times when he did not (9 years were not recorded). The team at the Post found that Phil was accurate 39% of the time. So there you go. The statistics suggest that you probably shouldn't pack up your snow gear based on Punxsutawney Phil's forecast. Then again, what do you expect? Phil is a groundhog, after all.

Save the Date and Join Us
Galena Business Expo
on
Saturday, April 1st,
at the Ramada Inn , 9am-1pm

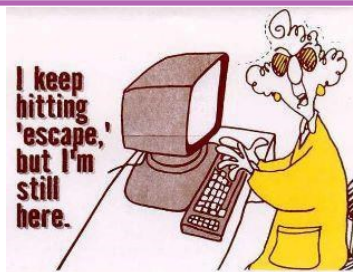


Free Admission
Door Prizes
Giveaways

BE MY VALENTINE!

Don't Be Afraid of Technology!

Consider learning to use technology to maintain connections. A computer with a camera is a bridge to anyone in the family. You can see and talk to distant grandchildren and other family members, stay in touch and connected! No matter your age, or if you have never even touched a computer before, you can learn if willing. Many people learn to use the internet at an older age. And it can open a whole new world for you, by doing what most everyone does now; just 'google' it. If you need someone to teach you, perhaps a relative such as a kind grandchild will teach you.



February Birthdays

David R on the 3rd
James S on the 5th
Edward H on the 8th
Theodore R on the 8th
Delmer S on the 12th



Terri on the 7th
Mindy on the 12th
Teresa on the 13th
Alice on the 18th
Chris on the 21st

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

-Helen Keller

Happy Anniversary

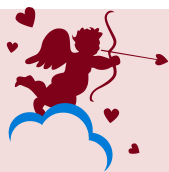
Denny—3 years

Jessica—1 year

HUGS!



Valentine's Day



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

Heartthrob	admirer	crush
honey	secret	cherish
hug	gift	amorous
sweetheart	flame	love
balloons	roses	chocolate



HELPFUL HINTS

Turn a sock into a heating pad. Fill a sock with long grain rice or dried beans and tie a knot in the end. Microwave for 2 minutes whenever you need a heating pad for a sore neck, back, etc.

A Message to Our Clients....

We would like to remind all of our clients and families that during the winter months, staff will try their best to make all of their visits even in tough weather. But if the roads are treacherous, dangerous, un-passable or unsafe they may not be able to make it to all of their visits. Please have a back up plan in case staff are unable to make it. We will contact you as soon as possible to let you know if staff will be late or are unable to safely get to their visits.

Also, please ensure that you have your driveways and walkways maintained so that our employees can reach your house in a safe manner.

Thank you! Agency Administrator, Emmy Hinton

FUN FACTS

According to the Greeting Card Association, 190 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular greeting card-giving occasion, after Christmas.



The average person celebrating Feb. 14 will shell out \$142.31, with \$96.63 going to a spouse or significant other and the rest split among family members, friends, co-workers, pets, children's classmates or teachers or other recipients.

DID YOU KNOW...

February 14th is not only Valentine's Day but also National Organ Donor Day.

Just one donor can save up to eight lives through organ donation and save or heal more than 75 lives through eye and tissue donation.

National Donor Day, an observance day originally designated in 1998 by the U.S. Department of Health and Human Services, the Saturn Corporation and its United Auto Workers to raise awareness for organ, eye, tissue, marrow, platelet and blood donation. Today, nearly 120,000 patients are on the waiting list to receive a lifesaving organ transplant, and countless others are in need of cornea, tissue, bone marrow, blood and platelet donation.

Valentine's Day – and every day for that matter – is the perfect day to register as an organ, eye and tissue donor! What a better way to express love than to commit to saving and healing lives by joining the donor registry?

To register to become a donor visit www.lifegoeson.com or sign up at your local DMV

Notice to Clients:

All scheduling concerns, changes, and questions should be directed to Terri at 563-588-2424. Thank you!

Employee Spotlight

Winner of the gift bag drawing for January is Allison

Congratulations!!

Contact Us:

24-Hour Care, LLC 11420 Dandar St., Ste. 200 Galena, IL 61036
 815-777-2424 or toll free 855-772-2424
 Office Hours 9am-5pm, Monday—Friday, Available 24 Hours a day