

## National CNA Day is June 15th

Where would we be without the important work of our CNAs? Sometimes their job is tough and thankless, but we appreciate our CNAs and they are the backbone of 24-Hour Care!

**Thank you to all of our CNAs for the wonderful job you do!**

Marianne  
Lenora  
Candy  
Jessica  
Carole  
Teresa  
Jordan  
Allison  
Brandon  
Sherrie  
Ellesha  
Judy  
Holly  
Levi  
Makenna  
Samantha  
Jorja  
Monica  
Bree  
Shantae  
Tyreshia  
Sherry  
Kiesha  
Melissa  
Arkazia

*A father is someone who carries pictures in his wallet where his money used to be. Unknown*



**On June 18th**

## Anatomy Of A CNA



## June Birthdays

Gretchen—4th	Jerry S.—22nd
Melissa—11th	Chad S.—26th
Bree—22nd	Marilyn H. —
Judy—28th	
Ali—27th	
Suzanne H. —19th	
Tina S—21st	



**Happy Birthday to All!!**



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

Dad  
Father  
Baseball  
Tie  
Protect  
Responsible  
Football  
Play  
Build  
Family  
Love  
Parent  
Proud

## Needles and Other Sharps

Here are some tips for safely disposing of needles and other sharp devices that are used outside of health care settings. Patients and caregivers should keep these tips in mind when at home, at work, and while traveling.

### What are Sharps?

'Sharps' is a medical term for devices with sharp points or edges that can puncture or cut skin. Examples are needles, syringes, lancets, auto injectors, and infusion sets.

### Importance of Safe Sharps Disposal

Used needles and other sharps are dangerous to people and pets if not disposed of safely because they can injure people and spread infections that cause serious health conditions. Safe sharps disposal is important whether you are at home, at work, at school, traveling, or in other public places such as hotels, parks, and restaurants.

**Never place loose needles and other sharps (those that are not placed in a sharps disposal container) in the household or public trash cans or recycling bins, and never flush them down the toilet.** This puts trash and sewage workers, janitors, housekeepers, household members, and children at risk of being harmed. Pet owners who use needles to give medicine to their pets should follow the same sharps disposal guidelines used for humans.

Sharps and sharps containers may be dropped off at the Galena Ambulance Garage for proper disposal.

## Medication Disposal

Safely dispose of unwanted medications. By disposing of your old and unwanted medications properly you can make your home safer, prevent possible theft and help protect local waters. Flushing most prescriptions down the toilet or throwing them away is not always a safe method of disposal.

Unused medications and may be taken to:

Galena—Police Department, Hartigs or Midwest Medical Center for proper disposal.

Dubuque—Hartigs, Walgreens, HyVee, Mercy and Finley.

Be kinder than necessary,  
because everyone you  
meet is fighting some kind  
of battle.



### *Anniversaries*

*Beth—6 years*

*Emmy—5 years*

*Lenora—3 years*

*Sherry—3 years*

*Allison—3 years*

*Kiesha—1 year*

Thank you for your dedication and  
service to  
24-Hour Care and our

## Just For Fun

How smart is your right foot? Just try this. 1) While sitting, lift your right foot off the floor and make clockwise circles. 2) Now, while doing this, draw the number 6 in the air with your right hand (starting at the top of the number 6 and going down). Your foot will change direction! You can keep trying over and over again to see if you can outsmart your foot, but you can't. But try it with your left hand and you should have no problem.