



CHRISTMAS IS MONDAY, DEC. 25, 2017

NEW YEAR'S EVE IS SUNDAY DEC. 31, 2017

Going beyond what others provide. Dec. 2017 Proud to have earned ACHC accreditation for our Home Health Agen-



December 2, 2017. Enjoy the evening sky as it comes alive with fireworks to kick off the holiday season in downtown Galena. Live carolers, hot cocoa, bonfire and more!

December 9, 2017. The streets, steps, and sidewalks of Galena will be lined with nearly 5,000 candle-lit luminaries. *Living Windows* is when the storefronts come alive with holiday

New Employee

NICOLE K. — COMMUNITY RELATIONS MANAGER

JENNA M. — ADMINISTRATIVE ASSISTANT

HALEY B. — PERSONAL CARE WORKER

COMING IN 2018
New Medicare cards with new numbers. Are you ready?

FLU MYTHS vs. FLU FACTS

- MYTH:** THE FLU SHOT CAN GIVE ME THE FLU
- FACT:** FLU VIRUSES USED IN FLU SHOTS ARE INACTIVATED, SO THEY CANNOT CAUSE INFECTION
- FACT:** GETTING THE FLU SHOT PROVIDES BENEFITS SUCH AS THE POTENTIAL TO REDUCE ILLNESS AND PREVENT TIME LOST FROM WORK
- MYTH:** VACCINES ARE NOT PROVEN TO PREVENT THE FLU
- FACT:** IF YOU GET THE FLU VACCINE, YOU ARE ABOUT 60% LESS LIKELY TO NEED TREATMENT FOR THE FLU
- MYTH:** I SHOULD WAIT TO GET VACCINATED SO THAT I'M COVERED THROUGH THE END OF THE SEASON
- FACT:** IT IS BETTER TO GET THE FLU THAN TO GET A FLU VACCINE
- MYTH:** PEOPLE SHOULD GET A FLU SHOT AS SOON AS THEY ARE AVAILABLE BECAUSE IT TAKES ABOUT TWO WEEKS FOR ANTIBODIES TO DEVELOP

For more flu myths and facts, go to www.cdc.gov/flu/about/faq/ or www.fda.gov/flu/about/faq/

'TIS THE SEASON FOR EATING

- 1.76 BILLION** candy canes are made each year
- 22 MILLION** turkeys are consumed nationwide
- AVERAGE CALORIES CONSUMED ON CHRISTMAS**
7,000
- 38%** of people give away their fruitcakes
- 112 LBS** of eggnog are slurped annually
- 7.3 BILLION** shrimp are munched on at holiday parties
- 400,000** Americans get **SICK** from leftovers
- 1 in 10** women mess up the gravy
- AVERAGE COST OF HOLIDAY FOOD**
\$104.74

CHRISTMAS CHEX MIX

INGREDIENTS:

- 3 cups Corn Chex cereal
- 3 cups Rice Chex cereal
- 2 cups pretzel sticks
- 1 1/2 cups Cheerios
- 1 1/2 cups Kix cereal
- 1 cup peanuts
- 6 Tbls. butter, melted
- 2 Tbls. Worcestershire sauce
- 1 1/2 tsp. seasoned salt
- 3/4 tsp. garlic powder
- 1/2 tsp. onion powder

SOURCES: Delish.com, money.asanews.com, investopedia.com, Forbes.com, slate.com, foodworldnews.com

Date: December 24, 2017

Time: 10:00 AM - 1:00 PM CST

Location:

Inspire Café
955 Washington St, #105
Dubuque, IA

Date/Time Information:

December 24, 10am-1pm



THE GRAND OPERA HOUSE December 2 & 3 at 7:30 PM
December 4 at 2:00 PM

135 8th Street
Dubuque, IA 52001
Box Office: 563-588-1305

A CHRISTMAS STORY

Event Description:

Take in the relaxed ambience and enjoy a three-tiered arrangement of finger sandwiches, scones, and seasonal desserts. Choose from a selection of exceptional teas and perhaps enjoy a glass of champagne or mimosa. Afternoon Tea is a celebratory affair to enjoy with friends, associates and especially loved ones. "Little Prince & Princess tea" also available for our junior guests (4 years to 12 years).

Fees/Admission:

\$25 for adults, \$15 for children



Notice to Clients:

All scheduling concerns, changes, and questions should be directed to

Terri

at 563-588-2424.

Thank you!

DECEMBER

- Crohn's and Colitis Awareness Week (December 1-7)
- Safe Toys and Gifts Month
- National Influenza Vaccination Week (first full week of December)
- World AIDS Day (December 1)
- National Handwashing Awareness Week (December 4-10)

CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.

Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is _____.
7. Christmas Drink
10. The name of a popular snowman.

Down

2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney.
8. On Christmas morning we unwrap our _____.
9. _____ to the world!

WWW.THRIFTYMOMMSTIPS.COM

DECEMBER BIRTHDAY'S

KATHIE B. — 12/13

CANDY R. — 12/17

BETH K. — 12/20

Happy Birthday

Client's Birthdays:

Arlette F. — 12/7

Edward S. — 12/16

Alvin M. — 12/17

Winefred V. — 12/18

Willy L. — 12/19

Randy W. — 12/22

December 2017						
Sun	Tue	Wed	Thu	Fri	Sat	
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

24-Hour Care, LLC 11420 Dandar St., Ste. 200 Galena, IL 61036/ 801 Davis St., Lower Level, Dubuque, IA 52001

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Office Hours 9am-5pm, Monday—Friday, Available 24 Hours a day