

# Happy Memorial Day!

We honor the memory of service members and their families who have sacrificed to protect the freedom we enjoy.

## Memorial Day

WORD SEARCH

- AMERICAN
- ANTHEM
- CEMETERY
- CEREMONY
- COMMEMORATE
- DECORATION
- FALLEN
- FLAGS
- FLOWERS
- FREEDOM
- BRAVE
- HALF MAST
- HEROES
- HOLIDAY
- HONOR
- MAY
- MEMORIAL
- OBSERVANCE
- PATRIOTIC



REMEMBRANCE

SACRIFICE

SALUTE

SERVICE

SOLDIERS

TAPS

VETERANS

WAR



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### May Events and activities hosted by 24-Hour Care:

You can find us May 2nd at the Best Western in Dubuque for the Senior Expo from 9a—1p. Visit our table and sign up to win a basket from 24-Hour Care!

May 5th we will be walking for the American Heart Association on Kemper in Dubuque. Visit the American Heart Association for more information. Starts at 8 am.

May 11th we will be at Appledwood to host a fun game of Family Feud! 10-11 & 11-12

May 17th we are hosting a Who Wants to be a Millionaire event at 1 pm.

May 24 you can find us at Windsor Park for their annual YARD GAMES! 1 pm. Come join the fun!

For more events visit our website and click on the "events" tab for more information! We

*April Showers bring May flowers*



**How are we doing? Give us a shout out on Facebook! Win a basket from 24 Hour Care!**

#### Midwest Medical Center Auxiliary Spring Bake Sale

Date: 5/10/2018 | Time: 6:00 AM - 1:00 PM | Location: Midwest Medical Center, One Medical Center Drive Galena, IL

Non-profit Organization: Midwest Medical Center Auxiliary Foundation

Description: Baked goods will be available for purchase. Raffle tickets for several gift baskets can be purchased at Whispering Willows Gifts from 8 a.m. to 4 p.m. during the sale.





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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		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		

### Benefits of Gardening for Seniors

Improves memory, attention

Reduces agitation in dementia

Improves sense of independence

Provides involvement of senses

Improves mood & quality of life

Reduces fatigue & anxiety

Improves self-esteem

Increases sense of responsibility

Increases social interaction

Reduces perception of pain

Reduces need for high dose anti-psychotics

Provides cardiovascular movement

Fosters a sense of accomplishment

*Tips for caregivers - creatingdailyjoys.com*

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**MAY 24: JESSICA LARSEN, PA-C, DERMATOLOGY, WILL DISCUSS HOW TO PROTECT YOUR SKIN AND MORE.**

**Thursday, May 24, 5:30 – 6:30 p.m.**

Inspire Café, 955 Washington Street, Suite 105

Schmid Innovation Center, Dubuque

No fee. Registration required.

Call 563-589-9600

#### 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