

24-Hour Care serves Veteran's Breakfast at the Veteran's Freedom Center on Kerper.



WE HONOR VETERANS



Healthy Holiday Tips

1. Don't skip meals beforehand
2. Keep plate sizes and portions small
3. Drink mostly water & limit alcoholic drinks
4. Make time for daily exercise routines
5. Eat 70% vegetables, and 30% other foods
6. Skip dressings, butter & gravy
7. Eat slowly and thoughtfully
8. Give away leftover dishes
9. Avoid stressful topics of conversation
10. Schedule time alone to rest and recharge
11. Keep up your spiritual disciplines
12. Avoid long hours watching TV or chatting
13. Trust and act on your inner guidance
14. Go for a walk after dinner
15. Be thankful and see lessons and blessings
16. Remember that you are lovable and valuable



Galena Luminaria

4pm

Saturday,
Dec. 8, 2018

HAPPY NEW YEAR

Events in December

- Thursday, Dec. 13—BINGO @ Windsor Park
- Monday Dec. 17th — BINGO @Galena Nursing Home
- BP Check Wednesday Dec. 19 at St. Mary's Apartments in Dubuque



Ruth, Cyndi and kids, and Mandi from our Dubuque office helped with the Ginter Thanksgiving Deliveries! What a wonderful time to give to those in need! Kudos Ladies!

REMINDER: 24-Hour Care's after hours answering service is for immediate scheduling uses and emergencies only, please.

Please 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 make their visit.

Thank you! 24-Hour Care.

SANTA'S EXERCISE PLAN, PART 1



Christmas Day

December 25th

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

CANDY
CANE
CAROLING
CHRISTMAS
DECEMBER
HOLLY
LIGHTS
MERRY

MISLETOE
NORTH
POLE
PEACE
PRESENTS
REINDEER
SANTA CLAUS
SLEIGH

SNOWMAN
STAR
STOCKING
SUGARPLUM
TREE
WREATH



HELPFUL TIPS FOR THE ELDERLY



TIMELY MEDICAL ATTENTION

SAVES LIVES

THE GOLDEN HOUR

For senior falls, this is the first hour after falling.



80% of fallen seniors over 90 could not get up from a fall unassisted



30% were on the floor for more than an hour

