

SERVING JACKSON, JONES, DUBUQUE AND DELAWARE COUNTIES IN IOWA & JO DAVIESS, CARROLL, AND STEPHENSON COUNTIES IN ILLINOIS

NEW TO 24-Hour Care
Memory Care Services.

24-Hour Care now has certified Dementia Care Specialists to provide compassionate, quality care for Dementia patients in the comfort of their homes. Call Terri today for more information! 563-588-2424 or visit www.24hourcarehha.com

Valentine's Day
 Word Search



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|-----------|-----------|----------|
| LOVE | VALENTINE | FEBRUARY |
| CHOCOLATE | CARD | CANDY |
| ROSES | GIFT | FRIEND |
| HEART | RED | DATE |
| KISS | PINK | CUPID |

www.thetypicalmom.com

Dubuque has moved offices! Open House
 Feb. 21
 9a—4p
 4029 Pennsylvania Ave.
 Suite 4.
 Under the Remax offices.

KNOW THE WARNING SIGNS OF A HEART ATTACK

Warning Signs:

- Sudden Chest Pain
- Discomfort in Upper Body Parts
- Shortness of Breath
- Dizziness
- Cold Sweat

Preventive Tips:

- Exercise daily
- Eat a well-balanced, healthy diet
- Quit smoking
- Get quality sleep

Free events in Jo Daviess County for February:

Winter Carnival Weekend-Eagle Ridge

Friday, February 15th through Sunday, February 17th

Special Olympics—Chestnut Mountain Resort

Tuesday, February 5th through Thursday, February 7th

Free events in Dubuque for February:

Health classes at Mercy, Dubuque—Register on mercydubuque.com

Heart Health—February 7 from 5:30p-6:30p

Healthy Eating—February 11 from 5:30p-6:30p

Chest Pain—February 20 from 5:30p-6:30p

Creamy Crockpot Chicken

Serves 4

- 8oz. Fat Free Cream Cheese
- 1 cup onion Chopped
- 4 Chicken Breasts
- 0.5 cup Low-Sodium Chicken Broth
- 1 can Healthy Request Cream Chicken Soup
- Dash of Thyme, Garlic Salt and Pepper (Optional)



Cal: 133
 Fat: 2.5
 Protein: 17
 Fiber: .5
 Sodium: 494
 Points: 3

Make It:

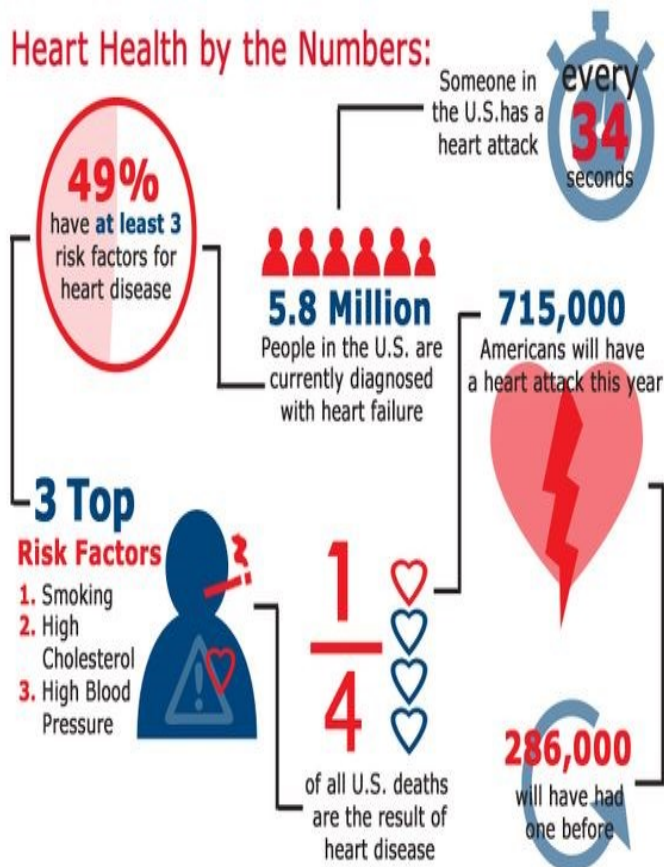
1. Combine all ingredients in a crock pot and cook on high for 4-6 hours or low for 8-10 hours
- *Pour over whole wheat noodles or my husband loves to dip Baked Tostitos in it
- *Fun add-ons: top with fresh tomatoes, shredded cheese and fat free sour cream... above caloric values do not include pasta, chips, or fun add ons

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.

Heart Health by the Numbers:



HELPFUL TIPS FOR THE ELDERLY

12 TIPS FOR A HEALTHY BRAIN HOW YOU CAN PREVENT DEMENTIA

1. Add coconut oil to your diet.
2. Limit sugar in your diet, especially fructose.
3. Optimize your Vitamin D.
4. Keep your fasting insulin levels below 3.
5. Take your high quality fish oil supplement.
6. Vitamin B12!
7. Get your folate, too!
8. Avoid mercury and aluminum.
9. Ginkgo biloba!
10. Eat your blues!
11. Challenge your mind daily.
12. Avoid anticholinergic or statin drugs.