

DUBUQUE 563-588-2424 | GALENA 815-777-2424 HOURS 9A-5P
DEMENTIA CARE/SKILLED NURSING/PHYSICAL AND OCCUPATIONAL THERAPY/
HOME NURSING AND HOME SERVICES

YOU HAVE THE CHOICE!

Do you have a surgery coming up? Will you need any of the following:

- **Physical Therapy**
- **Occupational Therapy**
- **Skilled Nursing**
 - **IV Therapy**
 - **Wound Care**

Let your discharge nurse know—they have a list of all Medicare certified Home Health Agencies that YOU can choose from! Your doctor will send the paperwork over to us and we take care of the rest.

A Little Gray Hair Is A Small Price To Pay For All This Accumulated Wisdom.



SEPTEMBER IS
Healthy Aging
MONTH

JOIN US

Thursday, September 26 from 9a-1p at the Dubuque fairgrounds! A lot of good vendors to answer all your questions about senior health! Free coffee, refreshments, and BINGO at 12:30!

Chef Emily's Signature Cookie Bars

Ingredients

1 ¾ cups	All Purpose Flour	½ cup	Unsalted Butter, room temperature
½ tsp	Baking Soda	1 ¼ cup	Brown Sugar
½ tsp	Baking Powder	1 ea	Egg
½ tsp	Salt	2 tsp	Vanilla Extract
2 tsp	Instant Coffee	1 cup	Chocolate Chips

Instructions

- 1 Preheat oven to 325°F.
- 2 In a small bowl, combine the flour, baking soda, baking powder, salt and instant coffee.
- 3 In a large bowl, beat the butter and the brown sugar with an electric mixer until light and fluffy. Beat in the egg and vanilla extract. Add the dry ingredients and beat just until combined. Stir in the chocolate chips.
- 4 Divide the dough into 4 balls and roll each into a log. Place each log into a section of the pan and spread evenly (logs should join at pan bends).
- 5 Bake for 25-30 minutes or until lightly browned.



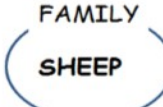
RECIPES

BY *Chef Emily*

BAKER'S EDGE
More recipes online at
BAKERSEDGE.COM

REBUS FOR YOU!

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

1. FACE	2. EGG EGG HAM
3. BUR	4. THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS . . .
5. TEEF FEET TEEF	6. FAMILY 
7. po FISH nd	8. ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE
9. TIME a b d e f g h i j k l m n o p q r s t u v w x y z	10. DAYSALLWORK

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Employee spotlight!

JULIA THOMAS is our August Employee spotlight winner! A little about her: She enjoys sewing and music. Never worked in the Healthcare field but LOVES helping people out. She LOVES Cats. Jesus is her inspiration. She is passionate about animals and people's rights. Her favorite movie is Desperately Seeking Susan. She's CLIMBED a WATERFALL before! If she could swap places with anyone it would be Sia Furler. She HATES when people are late and has a secret talent of Improving with her kids. If she could visit one place in the world it would be IRELAND!

We are lucky to have you Julie—THANK YOU for all your hard work and dedication!



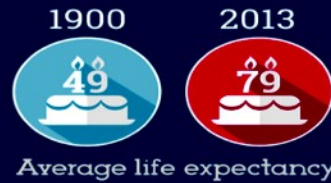
Fried Green Tomatoes of Galena hosted a Dine to Donate for the Alzheimer's walk coming up Sept. 7 at Medline Park in Dubuque. We received a very generous donation of **\$300** for the Walk to End Alzheimer's! We also received 2 private donations totaling **\$150**, so in total **\$450 was raised for this event!** Thank you Fred, Lee Sa and the entire Fried Green team for being amazing hosts and for your generous donation!

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.

↓ HELPFUL TIPS ↓

**LIVING LONGER.
LIVING HEALTHIER?**
[TIPS FOR BETTER AGING]



Americans are living longer.

National Center for Health Statistics, 2013

But nearly **61%** of Americans age 65+ have multiple chronic conditions.



United Nations, 2011

Practice healthy aging:

-  Be physically active
-  Make smart food choices
-  Get regular health screenings
-  Participate in activities you enjoy

"It is our mission to provide our clients the best individualized care; focusing on physical, emotional, and social needs. We will assist in improving the quality of our client's daily lives as we understand people feel the most comfortable being cared for in their homes." William P. McArdle, Founder