

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



From left to right, Janet—US Bank, Lynae—Oak Park Place, Nicole—24-Hour Care, and Tracy—Bell Tower are on the Board for RSVP.

The Retired and Senior Volunteer Program of Dubuque County engages persons 55 and older in volunteer service to meet critical community needs; and to provide a high quality experience that will enrich the lives of volunteers.

Contact Marie Z. for more information:
Call (563) 589-2655



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.



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.



Halloween Word Search



a	g	z	m	o	n	s	t	e	r
d	h	m	o	o	n	b	v	x	m
c	o	f	f	i	n	a	w	t	u
q	s	p	i	r	x	t	c	r	m
k	t	a	d	w	t	j	n	i	m
o	g	r	b	i	r	j	i	c	y
l	y	t	o	t	e	f	n	k	w
g	d	y	o	c	a	g	c	a	t
d	x	s	o	h	t	j	k	d	r
o	i	s	c	o	x	i	i	k	v

- bat boo cat coffin
- ghost monster moon mummy
- party treat trick witch

EASY TO PREPARE BREAKFAST IDEAS

 FRUITS PARFAIT	 PEANUT BUTTER BREAD	 SPICED EGGS
 EGG TOST	 CHIA PUDDING	 PROTEIN SHAKE
 OATS	 BANANA SMOOTHIE	 SCRAMBLED EGGS
 SALMON TOST	 COTTAGE CHEESE WITH FRUITS	 WATERMELON
 BOILED EGGS WITH SALT AND PEPPER	 APPLES WITH PEANUT BUTTER	 CINNAMON & FLAXSEED MILK

Employee spotlight!

Christine Bentz—24-Hour Care is so honored to have Christine on the team! She puts her heart into taking care of her Veteran patients. Their well being at home is what matters the most to Christine. Her smile is contagious, her heart is big, and we can not thank her enough for all the dedication that goes into making her patients feel safe and comfortable at their own homes.



↓ HELPFUL TIPS ↓

CRIME PREVENTION TIPS FOR SENIORS

AT HOME ...

- Never open your door automatically. Install and use a peephole.
- DO NOT ALLOW anyone into your home who you don't know.
- Lock your doors, windows, and garage doors.
- Vary your daily routine.
- Leave lights on when going out at night. Use a timer to turn lights on and off when you are away.
- When going away, notify a neighbor and ask them to collect your mail. Cancel deliveries such as newspapers.
- Don't hesitate to report crime or suspicious activities.
- Ask for identification from delivery persons or strangers.
- Do not leave notes on your door when you are gone.
- Do not hide your keys under the mat or in other conspicuous places.
- Never give out information over the phone indicating you are alone, or that you won't be home at a certain time.
- If you arrive at home and suspect a stranger may be inside, DON'T GO IN. Leave quietly and call 911.

"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