

SERVING JACKSON, JONES, DUBUQUE AND DELAWARE COUNTIES IN IOWA & JO DAVIESS, CARROLL, AND STEPHENSON COUNTIES IN ILLINOIS 815-777-2424

**DUBUQUE: 563-588-2424**

**GALENA: 815-777-2424**

## Home Health Care vs Home Care



*YOU HAVE THE CHOICE TO PICK YOUR HOME HEALTH AGENCY WHEN BEING DISCHARGED FROM THE HOSPITAL*

SERVICES AVAILABLE IN ALL OF DUBUQUE COUNTY.

**HOME HEALTH SERVICES AVAILABLE:**

- SKILLED NURSING
- IV THERAPY
- PHYSICAL AND OCCUPATIONAL THERAPY
- WOUND CARE
- MEDICATION SET UP & REMINDERS
- MUCH MUCH MORE!!

We also provide service in parts of Jackson and Jones counties in Iowa and ALL of Jo Daviess in Illinois (Apple River, Scales Mound, Stockton, Warren, Hanover, Galena, East Dubuque)

**WE ACCEPT MEDICARE**

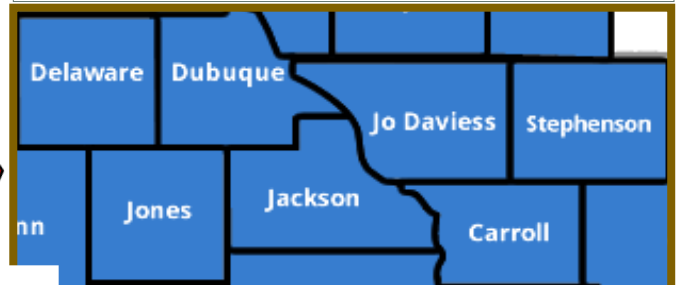
	Home Health Care	Home Care
Original Medicare approved	Yes	No
Medicare Advantage approved	Yes, may vary depending on insurer	No
Medicaid approved	Depends on state	Depends on state
Covers long term care	No	Yes, if specified
Skilled nursing	Yes	No
Rehabilitation therapy	Yes	No
Meal preparation	No	Yes
Activities of daily living (bathing, cleaning etc.)	No	Yes
Requirements for enrollment	Yes	No, unless enrolling in Medicaid funded program

## A Day in the Life of a Home Health Aide

**24 Hour CARE** 815-777-2424

- Help clients get dressed and undressed and maintain proper clothing
- Oversee the administration of prescribed medications to clients
- Provide and assist with personal services such as bathing and grooming
- Accompany clients to their doctor visits

We go to ALL of Dubuque and Jo Daviess counties and parts of the surrounding counties.



## NATIONAL HEART MONTH

### HEALTHY HEART TIP

Eat less sodium. Don't add extra salt to your meal. Be cautious of pre-packaged food as they contain excessive amounts of salt for flavor and preservatives.



Ingredients  
for 10 servings



- 1 whole chicken
- 1 onion, halved
- 6 large stalks celery, cut in half
- 6 large carrots, cut in half
- 4 cloves garlic, optional
- 1 cup your favorite pasta, (I recommend using smaller shapes such as stelline, orzo, pastina, or any other similar shapes)

1. Fill a large pot with water and then add the chicken and onion. Cook over medium heat until the pot is brought to a slight boil or simmer, and set the kitchen timer for 4 hours

2. After 3 hours of cooking time, rinse the celery and carrots and add them to the pot (if you'd like, also add the garlic cloves). Let all of the vegetables cook along with the onion and chicken for the remaining hour

3. After everything is finished cooking, carefully remove the chicken, onion, and all of the vegetables to a large bowl and let cool slightly before storing in an airtight container in the fridge.

4. Add your favorite pasta to the pot and let cook according to the package directions or until al dente/tender. Enjoy!!!

### Calcium Word Search

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

DIRECTIONS: Find the following words below. Some words may be spelled across, backwards, diagonal or vertical. HAVE FUN!

CHEESE	SPINACH	VITAMIN D
STRONG	CALCIUM	LACTOSE
PROTEIN	CHOCOLATE	POWER
DAIRY	BONES	TOFU
EXERCISE	MILK	COW
	YOGURT	

## Employee of the MONTH!



Ryan is our care coordinator/scheduler. Her job is very detailed and since she does everything from keeping the clients happy to our aids, yet she does it professionally and with a smile on her face. Thank you Ryan for being a pillar to this team! We adore you and appreciate EVERYTHING you do!!

## PROPER WOUND CARE DOS AND DON'TS

### ✓ DOS



*Wash with clean water.*



*Pat dry using clean towel.*



*Apply appropriate treatment/ointment.*



*Dress appropriately and regularly.*

### ✗ DON'TS



*Don't use harsh soap.*



*Don't put hydrogen peroxide.*



*Don't pull off scabs.*

**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.