



# June 2020

# Care News

SERVING JACKSON, JONES, DUBUQUE AND DELAWARE COUNTIES IN IA & JO DAVIESS, CARROLL, AND STEPHENSON COUNTIES IN IL



## 24-Hour Care

Home Health, Home Nursing and Home Services



815-777-2424  
563-588-2424

- Skilled Nursing
- Physical Therapists
- Occupational Therapists
- Dementia Care
- Home Services
- Home Health Aides

[www.24hourcarehha.com](http://www.24hourcarehha.com)

Medicare / Private Insurance / Veteran Services  
Respite / Short & Long Term / Private Pay  
Medicaid Waiver Services-Iowa only  
(limited to Health and Disability & Elderly Waiver)

### Portillo's Italian Beef recipe

- 1 TSP salt
- 1 TSP pepper
- 1 TSP dried oregano
- 1 TSP dried basil
- 1 TSP onion salt
- 3 cups water
- 1 TSP dried parsley
- 1 TSP garlic powder
- 1 bay leaf
- 1 (2/3 ounce) package Italian salad dressing mix
- 5 IBS Rump roast

### Directions

In a medium saucepan over medium high heat, combine the water, salt, ground black pepper, oregano, basil, onion salt, parsley, garlic powder, bay leaf and salad dressing mix. Stir well and bring just to a boil. Place roast in a slow cooker and pour mixture over the roast. Cover and cook on low setting for 10 to 12 hours OR high setting for 4 to 5 hours. Remove bay leaf and shred meat with a fork. Serve on Italian Rolls.

## Fathers Day

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

- HANDKERCHIEF
- WALLET
- CARD
- BOTTLE OPENER
- AFTERSHAVE
- PARENT HAT
- STRONG HERO
- FATHER COOKOUT
- FOOTBALL MAN CAVE
- FAMILY JACKET
- RAZOR DADDY
- SPORTSCAR
- FISHING LOVE





Hello  
June

## Employee of the MONTH!

Cearia has recently joined 24-Hour Care as a caregiver and exceeded expectations! She has received so many kudos from patients and family members of those she takes care of that this is perfect for her to win this award for the month of June! Thank you Cearia—your work isn't going unnoticed! Keep up the great work!



Ruth trying on the PPE 24-Hour Care has received.



## Bath Safety Tips for Seniors

### • CLEAR A PATH

Make sure the path to the toilet and bath are clear of any tripping hazards

### • NON-SLIP SURFACES

Install non-slip surfaces inside and outside the tub/shower.

### • GRAB BARS

Install grab bars to ease movement into and out of the shower or up and down from the toilet.

### • RAISED TOILET SEAT

A raised toilet seat means seniors don't have to sit quite so low to use the toilet and helps them to get back up more easily.

24-Hour Care is taking all precautions and every protocol given by the CDC and IDPH to ensure the health and safety of our home health patients and nurses. If you have any questions or concerns please feel free to reach out.

**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.