



July 2020

Care News

Services provided in Dubuque county and parts of Jackson Jones and Delaware Counties in Iowa & Jo Daviess County and parts of Carroll and Stephenson counties in Illinois



Three Sisters Sweet Shop located on Main St. in Elizabeth, IL is a great place to stop and get a sweet treat! Hours are

12-9pm every day. They have a beautiful garden sitting area and a HUGE chair to hop in and get a great photo!

(815) 858-5033

US Presidents Word Search

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| J | X | J | N | J | E | F | F | E | R | S | O | N | Y | P | B |
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| Washington | Taylor | Harrison | Eisenhower |
| Adams | Fillmore | Cleveland | Kennedy |
| Jefferson | Pierce | McKinley | Johnson |
| Madison | Buchanan | Roosevelt | Nixon |
| Monroe | Lincoln | Taft | Ford |
| Adams | Johnson | Wilson | Carter |
| Jackson | Grant | Harding | Reagan |
| Van Buren | Hayes | Coolidge | Bush |
| Harrison | Garfield | Hoover | Clinton |
| Tyler | Arthur | Roosevelt | Bush |
| Polk | Cleveland | Truman | Obama |

- Independence Day is celebrated every year in the United States on the Fourth of July.
- The liberty bell weighs 2080 pounds and its circumference is 12 feet.
- The Declaration of Independence was written by Thomas Jefferson.
- On July 4, 1776, the Continental Congress adopted the Declaration of Independence that gave freedom to all who lived in the United States.
- The Declaration of Independence was first read to the public in Philadelphia, where it was celebrated with bells that rang all night long.
- Twelve of the thirteen original colonies approved the final draft of the Declaration of the Independence.
- The first Independence Day celebration took place on July 4, 1777.
- On the 4th of July, we celebrate the birthday of the United States.
- People celebrate the 4th of July by going to picnics, parades and firework shows.
- In 1941, Congress declared the 4th of July a federal holiday.

Employee of the month!



Congratulations to you, Brandy!
Brandy is our home health aide at 24-Hour Care. She does a phenomenal job getting her patients in and out of bed, remind them to take their medication, bathing and grooming. She loves them like her own family.

Thank you Brandy for your integrity, hard work, and dedication you put in every single day to help your patients! We enjoy having you on our team!

Ingredients:

- 1 cup white chocolate chips
- 3 tablespoons butter
- 8 cups crispy rice square cereal
- 1 cup powdered sugar
- 1 cup of M&M'S (we picked out just the red & blue ones)
- 1 cup mini marshmallows



Instructions

1. Measure out cereal and put in a large bowl.
2. Melt butter and white chocolate chips & pour over the cereal and mix.
3. Once it's cool, place the mixture into a large zip-top bag, add the powdered sugar and toss until all the cereal is coated in powdered sugar.
4. Add in the M&M'S, sprinkles and marshmallows

BE THANKFUL

People who practice gratitude sleep better, are less anxious and are considerably more satisfied with their lives.



live healthy.
live happy.

Senior Section

Event Preparation Tips for Senior Safety this Summer



1 Proper clothing and a hat

2

Proper sunscreen & sunglasses



3

Bring a sturdy chair

4

Seek shade

5

Bring water



6

Give yourself time



7

Enjoy the moment



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.