

Employee of the month!

Angela H. was chosen as Employee of the Month. Angela joined our team a little over a month ago and is our new Agency Administrator. She has been a nurse for 22 years and has worked with all ages in a variety of patient care settings. In her short time at 24-Hour Care she has thrived to learn whatever is tossed in her lap! We are excited to have you on board!

24-Hour Care and Oak Park Place work together to provide a Dementia Caregivers support group. It is held via ZOOM on the last Friday of every month. If you are interested in signing up, please reach out to Nicole at 815-777-2424.

Happy Anniversary Chris L.—
She has been with 24 Hour Care for 4 years and to say she knows her job well is an understatement. If you need Home Health Medicare rules and regulations, Chris is the go to gal! She knows them well! Thanks for being a pillar to our team. You are appreciated!



August is
Gastroparesis
 Awareness Month

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.

The Respiratory System

N	E	V	O	C	A	L	C	O	R	D	S	M	H
N	C	H	R	O	N	I	C	A	A	R	L	S	E
A	E	H	C	A	R	T	A	L	V	E	O	L	I
S	L	H	M	G	A	R	H	P	A	I	D	A	N
A	E	M	I	B	H	M	L	I	R	X	O	L	X
L	A	L	I	N	A	I	M	H	L	N	S	R	A
P	H	R	R	L	N	E	A	C	A	Y	E	I	C
A	E	I	H	U	N	L	E	N	R	R	I	N	C
S	S	I	G	N	M	H	S	O	Y	A	Y	C	O
S	Y	E	O	G	O	A	A	R	N	H	P	U	D
A	H	A	A	S	P	T	O	B	X	P	M	H	O
G	P	C	E	L	L	U	L	A	R	S	V	O	O
E	M	A	H	O	M	E	O	S	T	A	S	I	S
A	E	N	O	I	T	A	R	I	P	S	E	R	O

TRACHEA
 NASAL PASSAGE
 VOCAL CORDS
 ALVEOLAR
 CELLULAR
 LUNGS
 RESPIRATION
 HOMEOSTASIS
 LARYNX
 CHRONIC
 DIAPHRAGM
 PHARYNX
 EMPHYSEMA
 BRONCHI

Senior Section



HEAT STROKE

- Warm, dry skin with no sweating
- Strong and rapid pulse
- Confusion and/or unconsciousness
- High body temperature (above 103 F)
- Throbbing headaches
- Nausea, vomiting or both

Take steps to cool down and get medical attention immediately if you experience any of these symptoms.



August 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

BE HEALTHY, BE CLEAN	
CLEAN & DISINFECT	
SOCIAL DISTANCE	
PICK-UP & DELIVERY	

LET'S THINK OUTSIDE THE BOX AND HAVE FUN WITH THE NEW "NEW."

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

I CAN CONTROL

(So, I will focus on these things.)

THE AMOUNT OF TOILET PAPER AT THE STORE

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

HOW OTHERS REACT

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

PREDICTING WHAT WILL HAPPEN

OTHER PEOPLE'S MOTIVES



Client: Carrie Stephens Art Counseling



RISKS AND BENEFITS



CONSIDERATIONS FOR SOCIAL ACTIVITIES DURING COVID-19



FOR ALL ACTIVITIES

- Stay home when you are sick or if you think you have been exposed.
- Wear a mask when feasible.
- Keep at least 6 feet between yourself and non-household members.
- Clean your hands frequently.



PARTIES
REC. SPORTS
RECEPTIONS

Some activities can run the entire risk spectrum. More people in a smaller space equals a higher risk.