

October 2020

CARE NEWSLETTER

JO DAVIESS COUNTY | DUBUQUE COUNTY | PARTS OF
JACKSON, JONES, DELAWARE COUNTIES IN IA | PARTS
OF STEPHENSON AND CARROLL COUNTIES IN IL

The Workshop Community Meals Program

How Does the Program Work?

Anyone with a **Galena zip** code is eligible to receive meals during our pilot program. *We hope to expand to all of Jo Daviess County in the future.*

- Meals are \$5.00 with free delivery, meals will be prepaid before delivery.
- Meals will be delivered between 11:00am – 1:00pm Monday through Friday when The Workshop is open (*please see list below of days we are closed*).
- Meals will be prepared daily by our chef who holds a National Food Managers Certification in our commercial kitchen.

** You can also call The Workshop to receive your Welcome Packet with forms in the mail: (815) 777-2211, extension 405.*

Once you are signed up you will receive a new menu each month.

*For more information visit The Workshop's website at theworkshopgalena.org or call the phone number above.

Meals will be available in **Dubuque, IA** on Mon, Wed, and Fri through the month of September and going forward if there is enough interest. Anyone interested in picking up a meal should call **563-556-3305** prior to 8:00 am the day of the meal. Meals can be picked up between 11:30-12:30 at the **Lifetime Center at 3505 Stoneman Rd.** Please be sure to wear a mask when picking up meals.

Dementia Caregivers support group is on the last Friday of every month. During Covid it is held virtually. For more information please call 815-777-2424 and ask for Nicole.

*Natural Ways
to increase*

SEROTONIN

- Reduce your stress
- Get quality sleep
- Stabilize your blood sugar
- Get enough B1, B2, B6 and folates
- Get enough sunlight and Vitamin D
- Make sure you get enough magnesium
- Regularly exercise and move your body
- Get checked out for Leaky Gut Syndrome
- Get enough Omega 3 Fatty acids
- Check with a functional medicine dr. about supplements

Reach out, LET'S TALK...

MENTAL HEALTH AWARENESS MONTH

OCTOBER



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!



Employee of the month is Sherry L. Sherry is a wonderful caregiver and directs all her time and energy in her patients!

24-Hour Care thanks you for all your hard work and dedication.

Homemade Ground Beef and Vegetable Soup

- 1 pound Ground Beef
- 1/2 whole Chopped Onion
- 1 Tablespoon Flour
- 2 cups Water
- 1 teaspoon Chili Powder
- 1/2 teaspoons Red Pepper Flakes (optional)
- 1/2 teaspoons Italian Seasoning (Double The Amount, if You Want)
- 1/2 teaspoons Celery Seed
- 1/2 teaspoons Garlic Powder
- Salt And Pepper, to taste
- 1 can (10 1/2 Oz. Size) Beef Broth
- 1 can (10 Oz. Size) Tomatoes With Green Chiles, Such As Rotel
- 1 can (8 Oz. Size) Tomato Sauce
- 2 cans (15 Oz. Size) Whole New Potatoes, Cut Into Bite Sized Pieces
- 1 bag Frozen Mixed Vegetables, 12 Ounce Bag
- 1 cup Elbow Macaroni



In a large soup pot over medium heat, brown ground beef and chopped onion. Once the meat is browned and the onions are softened, drain off grease. Add flour into the pot and stir well until well incorporated.

Add other ingredients except for the macaroni and cook on low to medium heat for 20-25 minutes. Then add 1 cup elbow macaroni and cook for 8-10 more minutes until pasta is done. Adjust the seasoning to whatever suits your taste.

Fall Favorites



- Acorn
- Apple Picking
- Autumn
- Candy Corn
- Cinnamon
- Crisp
- Fireplace
- Gourd
- Hayride
- Leaves
- Pine Cone
- Pumpkin Patch
- Raincoat
- Scarecrow
- Spider
- Squash
- Sweater
- Thanksgiving
- Trick or Treat
- Turkey

SENIOR SECTION



Healthy Lung

FACTS

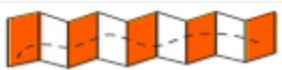
You can live with one lung. You may have limited physical abilities, but can still move around.



Our lungs together weigh **2.9 pounds**. The right lung is heavier than the left lung.



Your breathing can control over **90%** of your energy.



Combining all of the different airways in our lungs can equate to **1,500 miles**.

The surface area of a lung stretched out is roughly the same size as **half a tennis court**.



Kids laugh about **300 times** in a day.



The human sneeze has been clocked at **10 mph** to **30 plus mph**.



Breathing in air pollution can take **1 to 2 years** off of your life.



10 TIPS TO STRESS LESS 10

- LOOK FOR OPPORTUNITIES IN LIFE'S CHALLENGES
- GO FOR A WALK WITH A FRIEND
- FOCUS MORE ON THINGS YOU CAN CONTROL
- ASK FOR HELP
- YOU GIVE SOMEONE A COMPLIMENT
- GET INVOLVED WITH A CAUSE YOU BELIEVE IN
- REMINISCE
- GO TO BED EARLIER
- BREATHE
- TAKE A DANCE CLASS

VISIT WWW.MENTALHEALTH.ASN.AU
 MENTAL HEALTH ASSOCIATION NSW 1300 794 991
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24-Hour Care's after hours service is for emergency's only, please. Please make sure to have a back up plan in case our staff is unable to make it. We will contact you ASAP to let you know of any scheduling changes.



Breathe Easy. Stay Healthy!