

# November 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 simple act of caring is **HEROIC.**  
-Edward Albert, actor

*November is National Caregiver Month and we have some pretty amazing caregivers!!*

**November Lung Cancer Awareness Month**

**National NOVEMBER DIABETES AWARENESS MONTH**



*Happy Work Anniversary*

*Cyndi S. 4 years*  
*Brandy D. 2 years*



**caregiver**

FRIENDSHIP NOW connect smile healing kindness • COMPASSION purpose healthcare patience long term sense support LOVE UNCONDITIONAL nurture time activity mobility dignity family THERAPY inclusion community respect trust GRACE



MELISSA

BETH

ANGELA

10/16/2020

# Happy Bosses Day

*Happy Birthday*

**AMANDA J. 11/15**

**CYNDI S. 11/16**

*Have a great day, week, and MONTH! You deserve it!*



**LUNG CANCER AWARENESS MONTH**



**Diabetes Awareness Month**





### Candy R. EMPLOYEE OF THE MONTH

We are so grateful to have Candy on our team. She has a big heart and loves her patients as if they were family. Thank you for all you do! WE appreciate you!

### INGREDIENTS

For the oats:

- 1 cup steel cut oats (look for certified gluten-free if you have a gluten intolerance)
- 3 cups water
- pinch of salt



For topping (these are all optional, and to-taste):  
 fresh or frozen fruit / berries (I used blueberries and raspberries, but any fruit will work) a handful of sliced almonds, pepitas, hemp seeds, or other nut/seed (you could even use a little of your favorite granola -- I'm a fan of this Honey & Hazelnut Granola) unsweetened kefir, homemade or store-bought drizzle of maple syrup, sprinkling of coconut sugar, a few drops of stevia, or any other sweetener you like, to taste.

### INSTRUCTIONS

Add the oats to a small saucepan and place over medium-high heat. Allow to toast, stirring or shaking the pan frequently, for 2-3 minutes. Add the water and bring to a boil. Reduce the heat to a simmer, and let cook for about 25 minutes, or until the oats are tender enough for your liking. (The oats will thicken up as they cool -- if you prefer them a bit more porridgy, add a splash more water, or some milk or dairy-free alternative.) Serve with berries, nuts/seeds (or a handful of granola), a splash of kefir, and any sweetener you like, to taste. Dig in!



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.

## Thanksgiving Word Search

Challenging

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

- |             |              |              |
|-------------|--------------|--------------|
| CELEBRATION | CORN         | CRANBERRIES  |
| FALL        | FAMILY       | FEAST        |
| GOBBLE      | GRATITUDE    | HOLIDAY      |
| HOME        | LEAVES       | MAYFLOWER    |
| NOVEMBER    | PECAN        | PIE          |
| PILGRIM     | PLYMOUTH     | PUMPKIN      |
| STUFFING    | THANKFULNESS | THANKSGIVING |
| TRADITION   | TURKEY       | VOYAGE       |
| WISHBONE    |              |              |



## SENIOR SECTION

# SLIPS, TRIPS AND FALLS

Falls are not a normal part of aging

### What causes falls?



Falls are the leading cause of injury-related hospitalisation in persons 65+

- 30% of all elderly fall at least once per year
- 60% of falls happen around the home
- 70% of injury related deaths were fall related

### Falls Prevention

- Visit your doctor for regular check-ups
- Eat healthy
- Drink plenty of water
- Engage in activities that make you both stronger and improve balance