

Taking care during the COVID-19 pandemic

If you are an elderly resident,



Avoid travel.

Postpone unnecessary doctor visits. If you must go outside, minimize contact with surfaces and stay 6 feet away from others.



Stay healthy.

Ask your doctor about virtual consultations. Stay fit with senior-focused video exercises online. Consider investing in a medical alert system.



Stay connected, virtually.

Via telephone, text, video chat, or mail. Do not invite visitors.



Have a supply plan.

Ask someone to deliver food and necessities. Stock up on as much of your medication as your insurance will allow. If you cannot cook or order food, contact a food delivery service or a non-profit such as Meals on Wheels.



Wash hands often.

Scrub for at least 20 seconds with soap and water.

If you know an elderly resident,



Check up on them.

Call, text, or video chat with them to ensure they are healthy and well-supplied. If you can, teach them how to use their smartphone or social media.



Get involved.

Offer to help them get in touch with food services. Bring them groceries or supplies. Encourage friends and family to write cards, send notes, or call.

Christmas Day

December 25th

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

CANDY
CANE
CAROLING
CHRISTMAS
DECEMBER
HOLLY
LIGHTS
MERRY

MISLETOE
NORTH
POLE
PEACE
PRESENTS
REINDEER
SANTA CLAUS
SLEIGH

SNOWMAN
STAR
STOCKING
SUGARPLUM
TREE
WREATH

January 2021													
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24	25	26	27	28	29	30	31						

February 2021													
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March 2021													
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April 2021													
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May 2021													
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16	17	18	19	20	21	22	23	24	25	26	27	28	29
23	24	25	26	27	28	29	30	31					

June 2021													
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July 2021													
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August 2021													
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September 2021													
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12	13	14	15	16	17	18	19	20	21	22	23	24	25
19	20	21	22	23	24	25	26	27	28	29	30		
26	27	28	29	30									

October 2021													
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November 2021													
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December 2021													
S	M	T	W	Th	F	S	S	M	T	W	Th	F	S
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We are currently looking for dependable caregivers. If you have a family member who is looking for a little extra income and loves helping our senior citizen population, give Angela a call Monday-Friday 8a-4p.

563-588-2424



BEST EVER Chocolate Chip Cookies!

Ingredients

1 cup butter, softened	3 c. plain flour
1 cup white sugar	1 tsp. baking soda
1 cup packed brown sugar	2 tsp. hot water
2 eggs	1/2 tsp. salt
2 teaspoons vanilla extract	2 c. chocolate chips (I use at least 5 different kinds!)

Directions

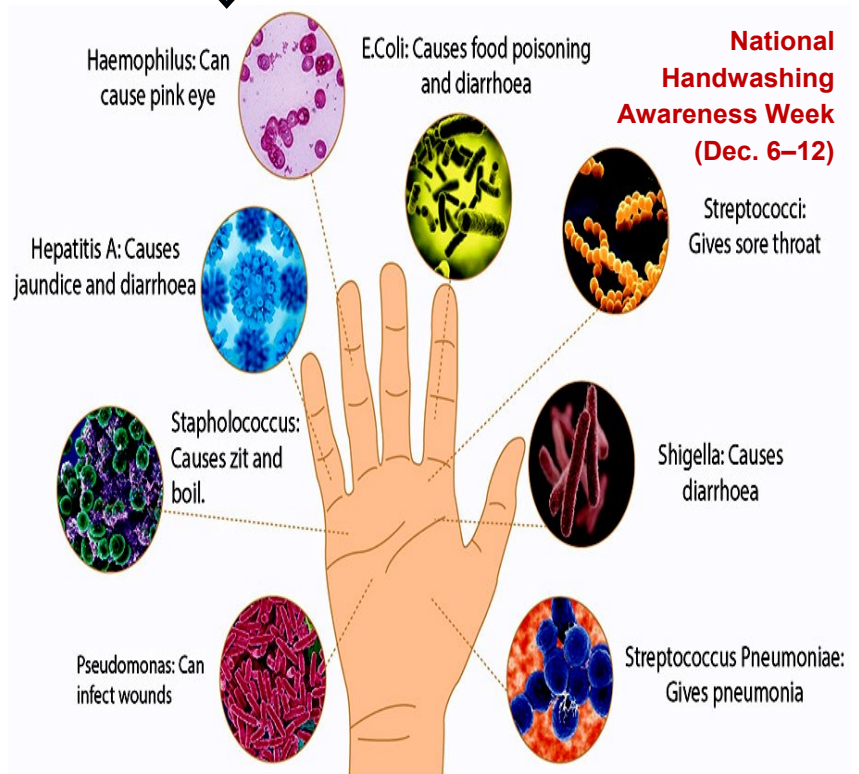
Preheat oven to 350 degrees F (175 degrees C).
 Cream together the butter, white sugar, and brown sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour & chocolate chips.. Drop by large spoonfuls onto ungreased pans.
 Bake for about 10 minutes in the preheated oven, or until edges are nicely browned.



Congrats to Christine!
 We think you are pretty great and appreciate all you do for 24-Hour Care and your patients.



↓ SENIOR CARE



Happy BIRTHDAY!
 to you.

Kathie B. & Julia T. —
 12/13

Candie Randecker —
 12/17

Our after hours service is for emergency calls only, please. Always be sure to have a back up plan in case a staff member is unable to make it. We will contact you ASAP if schedules change. Thank you for your understanding.

24-Hour Care Team

