

HIRING WITH A SIGN-ON BONUS!

PERSONAL CASE WORKERS!

VISIT OUR WEBSITE TO APPLY.
WWW.24HOURCAREHHA.COM

August is Medic Alert Awareness Month

For people with medical conditions that are not easily recognized, a medical ID tag can save their life. A medical ID informs paramedics and doctors of your condition in the event that you are unresponsive.



Chocolate Chip Banana Bars

- 5 very ripe bananas (about 1 2/3 cup)
- 3/4 cup brown sugar
- 1/4 cup oil (any type, I use coconut)
- 1/4 cup milk
- 2 eggs
- 1 3/4 cup flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 tsp cinnamon
- 1 cup mini chocolate chips, divided



Heat oven to 350°. Spray a 15X10.5 pan with non-stick cooking spray.

Peel bananas and mash well. Stir in brown sugar, oil, milk and eggs until combined. Add in dry ingredients and stir. Fold in 1/2 of the chocolate chips.

Spread the batter into the prepared pan and sprinkle remaining chocolate chips on top. Bake 18-22 minutes, until a wooden toothpick inserted in center comes out clean. Cool completely and cut into squares.

Yields 24 bars.



Employee Spotlight

Our scheduler Ryan is a go getter. Helping people with their schedules, doing visits herself, and helping out around the office when needed. Thank you Ryan! We appreciate you!

SENIOR CARE

7 Seated Resistance Band Exercises for Seniors



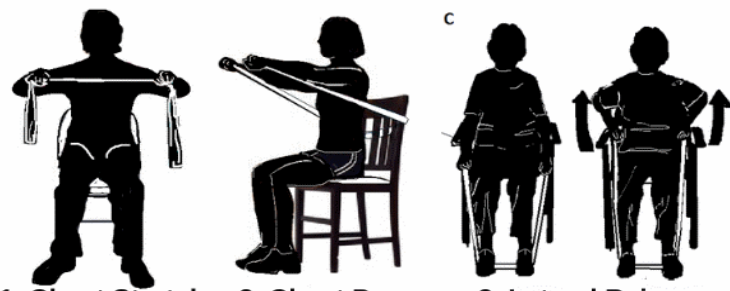
JULY ANNIVERSARIES

Chris L.
5 years

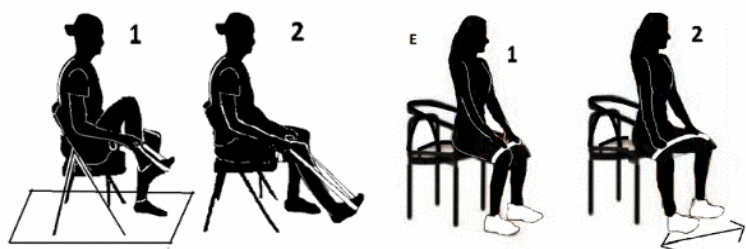
Thank you for the dedicated years of service!

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.

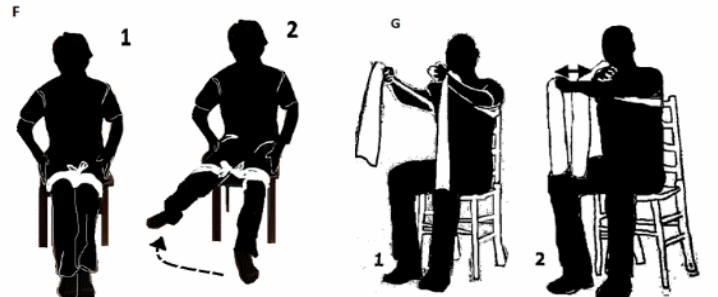
24-Hour Care Team



1. Chest Stretch 2. Chest Press 3. Lateral Raise



4. Leg Press 5. Seated Hip Abductions



6. Seated Lateral Band 7. Chest Strengtheners