



## 7 Tips to Healthy

### Aging

1. Stay physically active.
2. Eat Right as often as possible.
3. Prioritize Sleep.
4. Protect your brain.
5. Keep your doctor in the loop.
6. Keep the stress as low as possible.
7. Nurture and expand

**SENIOR**

**2021**

**EXPO**

**FREE  
ADMISSION**

**Thursday, September 16th**

**9:00 am - 1:00 pm**

**Dubuque County Fairgrounds**

Over 30 Vendors

Door Prizes

**HIRING WITH A SIGN-ON BONUS!**

**PERSONAL CASE WORKERS!**

VISIT OUR WEBSITE TO APPLY.

[WWW.24HOURCAREHHA.COM](http://WWW.24HOURCAREHHA.COM)

**US STATE CAPITALS WORD SEARCH PUZZLE**



- |             |            |            |             |
|-------------|------------|------------|-------------|
| ANNAPOLIS   | COLUMBUS   | LANSING    | RICHMOND    |
| BISMARCK    | DES MOINES | MONTGOMERY | SACRAMENTO  |
| CARSON CITY | FRANKFORT  | NASHVILLE  | SPRINGFIELD |
| CHARLESTON  | HARRISBURG | OLYMPIA    | TALLAHASSEE |
| CHEYENNE    | JUNEAU     | PROVIDENCE | TRENTON     |



**SEPTEMBER ANNIVERSARIES**

**HAPPY BIRTHDAY (9/10)  
AND  
ONE YEAR ANNIVERSARY (9/21) TO  
ROBIN S.**

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



**Employee Spotlight**

**CONGRATS TO YOU VICTORIA! SHE IS OUR IOWA HOME HEALTH NURSE AND HAS BEEN MAKING STRIDES IN THE COMMUNITY WITH HER CARE. WE ARE GRATEFUL TO HAVE YOU ON OUR TEAM!**

**↓ SENIOR CARE**

*Working with Your*

**Senior Care Provider**

*& Agency*



**Provide Too Much Information**



Like daily schedule, bedtime, favorite foods, suffering from frequent headaches, enjoys playing card games, hates Chinese food, loves smoothies

**Hold a Family Meeting**

Keep the entire family in the loop and allow them all to be a point of contact for the caregiver



**Check in with Your Loved One**

Call frequently to make sure they are happy. They may be shy to complain without being asked! Agencies makes it easy to switch providers

**Check in with Your Caretaker**

Take initiative. Schedule calls to make sure things are going smoothly.

**Stay Flexible**

Remember that a senior's needs will change as they age. Eventually, they may request additional hours and services.

