



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

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.

