24-HOUR CARE MONTHLY NEWSLETTER Galena 815-777-2424 Dubuque 563-588-2424

OCTOBER

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HALLOWEEN WORD SEARCH

Halloween October Spooky Scary Ghost Vampire Werewolf Witch Zombie Skeleton Monster Black Orange Candy Trick or Treat Haunted House Jack O' Lantern Boo Spider Bats

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8 Mini bagels

1/4 c. of pizza sauce

1/3 c. shredded pizza cheese blend

Pepperoni



Directions: Preheat oven to 425. Arrange bagels on baking sheet. Cut side up. Spoon a layer of pizza sauce over each 1/2 bagel and sprinkle cheese on top. Place pepperoni's on top. Bake in oven for approximately of 6 minutes.





HIRING WITH A <u>SIGN-ON</u> BONUS!

PERSONAL CASE WORKERS
VISIT OUR WEBSITE TO
APPLY.
WWW.24HOURCAREHHA.COM





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



CONGRATULATIOS
RUTH!
24-HOUR CARE AND
YOUR PATIENTS ARE
LUCKY TO HAVE
YOU!



OCTOBER

Happy Birthday

Victoria R. on October 4 Dana M. on October 29



SENIOR CARE

1 out of 3 will fall each year 165 or older 177 older 188 cause of 177 older 189 older 199 older

to severe injuries

PREVENT SERIOUS FALLS

- Wear shoes or boots with rubber soles.
- Always use handrails; turn lights on.
- Keep your porch, deck, walkways, and driveway clear of snow and ice.
- Limit walking to areas that have been cleared.
- Take shorter steps; keep hands free.
- Slow down.
- Be careful when getting into the car.
- Use your cane, walker or other assist device; walk with someone.
- If there is carpet, stay on it whenever you can.