

# September 2022



Dubuque 563-588-2424 Galena 815-777-2424  
[www.24hourcarehha.com](http://www.24hourcarehha.com)

## Whole Grain Peanut Butter and Fruit Toast

**Ingredients:** 2 slices of Whole Grain bread (toasted)

1/4 c. peanut butter

1 Banana

2 Strawberries (sliced)

2 tablespoons almonds (sliced)

1 tsp honey

**Instructions:** Spread peanut butter on toast. Layer the bananas and strawberries on top, Sprinkle with almonds and honey. Enjoy!



			2				5
8					9		4
			1	8			2
3						5	9
5							7
	6						4
							6
		1		3	4	9	8
9	2		6	5			3

Free Admission

## 2022 SENIOR EXPO

Thursday, September 22nd  
 9:00 am – Noon

**Dubuque County Fairgrounds**

**Community Helping Community**

Special appearance by Bernie the St.  
 Bernard and Dubuque Police Department

Over 30 Vendors

Door Prizes

Live Radio Broadcast  
 and more...

**First 100 attendees will receive a gift bag**

HOSTED BY:



Clients: We kindly ask that you have a back up plan in case our staff is unable to make their scheduled visit.  
 Thank you for understanding.

Visit KDTH's event calendar for more information on events going on in the Dubuque and Jo Daviess county areas.

WELCOME LANIE! WE ARE  
EXCITED TO HAVE YOU JOIN  
OUR TEAM AND EVEN MORE  
THANKFUL FOR ALL THE  
HARD WORK YOU PUT IN!  
LANIE JOINED OUR TEAM  
ABOUT A MONTH AGO AND IS  
THE FRIENDLY VOICE BEHIND  
THE PHONE WHEN YOU CALL  
OUR DUBUQUE OFFICE. FEEL  
FREE TO GIVE HER A CALL  
JUST TO SAY HI! THANKS  
FOR ALL YOU DO!

# BLOOD DRIVE

[BLOODCENTER.ORG](http://BLOODCENTER.ORG)

## Veteran's Freedom Center

Sponsored by ProMedica & 24 Hour Care  
Food Truck by Versus serving 4-7pm

Friday, September 30 3:00pm – 6:30pm

Donor Bus 2245 Kerper Blvd., Dubuque

MASKS AND APPOINTMENTS ARE REQUIRED.

[CLICK HERE TO SCHEDULE AN APPOINTMENT](#)



SCAN ME!

Please eat before donating and bring Photo ID.  
Last Date to Donate Elsewhere: 8/5/22  
Group Sponsor Code: 4846

Give blood 9/12 – 11/13  
and get a voucher for a  
blood type mug or a gift  
card. Mugs are available  
in all 8 blood types.



 **ImpactLife**



Per Mar's in-home medical alert system is perfect for those who live independently and want peace of mind. You can choose between a medical alert pendant and wristwatch. Both devices can be connected to a cellular or traditional phone line. Calling for help is

easy. Simply push the button on your device. A trained, live operator will talk to you via the speaker and ensure that you receive care, if required. Our team will then contact family, friends, neighbors, or anyone that you previously designated on the call list to apprise them of the situation. The in-home necklace or pendant can also be equipped with automated fall detection, a feature that measures the rate of speed and angle of a fall to determine if help should be called. [PERMARSECURITY.COM](http://PERMARSECURITY.COM)