

# OcToBeR 2022



Dubuque 563-588-2424 Galena 815-777-2424  
www.24hourcarehha.com

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

**OCTOBER**  
BREAST CANCER AWARENESS MONTH




*My day starts backwards.  
I wake up tired  
and go to bed wide awake!*

**BLOOD DRIVE**  
BLOODCENTER.ORG

**Elizabeth Community**  
Sponsored by 24 Hour Care  
Thursday, October 20<sup>th</sup> 3:30pm – 7:00pm  
Community Building 402 W. Street

*Coupon for a FREE pint of beer from Highway 20 Brewing Company!*

Masks and appointments are required.  
To schedule, please call Nicole Karberg at (563) 321-7949  
or online at [www.bloodcenter.org](http://www.bloodcenter.org).

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.**



Please eat before donating and bring Photo ID.  
Last Date to Donate Elsewhere: 8/25/22  
Group Sponsor Code: 3662



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.



Gretchen has gone above and beyond not only for her patients, but the other nurses as well! Thank you for being a dedicated nurse, friend, and coworker! We appreciate everything you do, every day!

### MILLWORK NIGHT MARKET

Millwork Night Market is an independent evening farmers' market that features high-quality local food producers, farmers, artists, musicians, & craft brewers in Dubuque's Historic Millwork District.

When: Oct 13, 2022 Time: 5:00 pm

Address: On Jackson Street, between 7th - 9th Streets  
Dubuque, IA

Join us as we offer older adults an opportunity to interact and educate themselves on services and supports that are available in the senior marketplace.

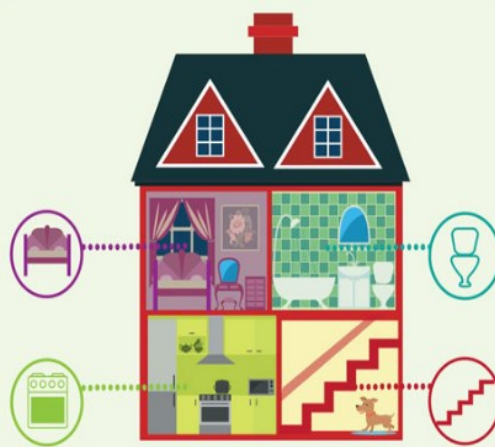
OCTOBER 27TH, 2022  
9 AM - 1 PM

**FREEPORT EAGLES CLUB**  
1200 W. Galena Ave, Freeport, IL 61032

### Who We Are

The Retired and Senior Volunteer Program of Dubuque County engages persons 55 and older in volunteer service to meet critical community needs; and to provide a high quality experience that will enrich the lives of volunteers.

**For more info call Marie Z at:**  
**563-589-2622**



### In your home

- **Bathroom:** Install grab bars in the shower and by the toilet; use shower mats with no-slip grip on the bottom.
- **Bedroom:** Install a night light; avoid tripping by using sheets and blankets that do not reach the floor.
- **Stairs:** Install hand rails; don't leave anything on steps.
- **Kitchen:** Store often-used foods and equipment on easy to reach shelves to avoid the temptation to climb up on a chair or step ladder.

### Answer

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

## For your health



Have your eyes checked regularly.



**Track medication** and pay attention for side effects, especially dizziness and dehydration.



Have an **annual wellness visit** for a full physical.