

February 2023

24^{Hour}CARE



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

Happy Birthday

Angela H. 2/2

Nicole K. 2/10

Chris L. 2/21

Happy Anniversary

Ryan J. 2/26 FIVE YEARS!

Mediterranean Salad

Salad:

1 English cucumber, peeled and diced (2 cups)
1 romaine lettuce heart, cut into 1/2 inch thick pieces
1 cup grape tomatoes, quartered
2/3 cup crumbled feta cheese
2/3 cup pitted kalamata olives, chopped
1/2 cup shelled pistachios
1/4 cup minced shallot
1 teaspoon table salt
ground black pepper, to taste

Dressing:

1/4 cup olive oil
1/4 cup sherry vinegar
1 clove garlic, minced



Instructions

- 1. Salt Veggies.** Stir together cucumbers, tomatoes, and salt in a colander. Mix well. Let stand until roughly 1/4 c. of liquid has collected in a bowl, about 30 minutes. Discard liquid.
- 2. Toss salad.** Whisk all ingredients in a small bowl until emulsified. Toss all salad ingredients with dressing in a large bowl until moistened. Add salt and pepper to taste. Serve or save for later.

February is
Heart Health
Awareness Month

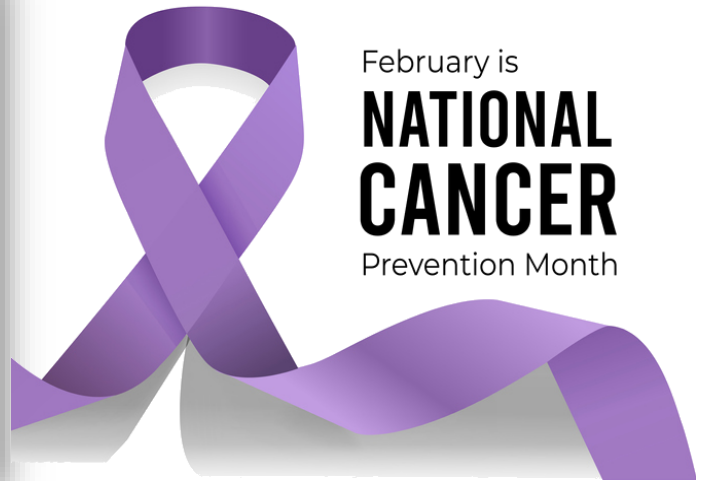


Clients: We kindly ask that you have a back up plan in case our staff is unable to make their scheduled visit.
Thank you for understanding.

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



Ben has been a caregiver with 24-Hour Care for a few months now. He is wonderful with his patients and a great worker! Thank you Ben for all you do!



February is

**NATIONAL
CANCER**

Prevention Month



**TUESDAY, FEBRUARY 28
2:00-3:00 P.M.**

Grand Oaks Room OAK PARK® Place Dubuque
1381 Oak Park Place, Dubuque, IA

Explore the mysteries of the deep with live creatures from the ocean that you can touch! The National Mississippi River Museum & Aquarium will bring you face to face with some special underwater animals with their traveling touch tank. And you'll learn some common misconceptions about sharks, how they have adapted to survive, their importance to the ecosystem, and how to help with conservation efforts.

Seating is limited. RSVP by Friday, February 24.
Call (563) 585-4900 or email
dubuquesales@oakparkplace.com



**24-Hour Care helped
sponsor this event.**

WINTER CARNIVAL 2023

ESCAPE TO EAGLE RIDGE OVER PRESIDENTS' DAY WEEKEND FOR THE ANNUAL WINTER CARNIVAL

This year, warm your heart at our Winter Carnival! It runs from February 17-20, 2023

Click on the Winter Carnival Activities button for all of our activities and locations of where the activities are taking place.

Heart Healthy Foods

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|--------------------|------------------|
| Oatmeal | Red Bell Peppers |
| Brown or Wild Rice | Black Beans |
| Salmon | Kidney Beans |
| Sardines | Spinach |
| Tuna | Green Tea |
| Walnuts | Red Wine |
| Almonds | Cantaloupe |
| Flax Seeds | Papaya |
| Berries | Acron Squash |
| Olive Oil | Tomatoes |
| Broccoli | Oranges |
| Carrots | Asparagus |
| Sweet Potatoes | Avocados |

The 2023 Winter Arts Snow Sculpting Festival will take place **Sunday, February 12**, with community festivities from 12 to 4 p.m. This free, family-friendly event is produced by the Dubuque Museum of Art in partnership with the City of Dubuque's Office of Arts & Cultural Affairs. Professional, amateur, and collegiate artists sculpt for four days, transforming 288 cubic feet of snow into masterful works of art. Enjoy a food truck, hands-on community sculpting blocks and musical entertainment.