

April 2023

Dubuque 563-588-2424

Galena 815-777-2424

24^{Hour}CARE



Mother Graham's Chicken Salad



Ingredients

- 1 1/4 lb. boneless chopped chicken
- 1/2 cup celery
- 1/2 cup grapes
- 1/4 cup chopped pecans
- 1/4 cup chopped white onion
- 3/4 cup poppy seed dressing
- 1/2 cup mayonnaise

Instructions:

- Cook chicken and cut into small cubes; place in large bowl. Combine mayonnaise and poppy seed dressing; stir into chicken. Add celery, grapes, pecans and onion; stir to combine.
- Place on a croissant or bread of your choice, if desired. Serves 5-6.

Save **THE DATE!**
Senior Expo 2023

Elizabeth, IL

Community Building

Thursday
April 27, 2023

9-noon



815-777-2424 or 563-588-2424

Kathie & Christine



Private Duty, Veteran's Assistance & Nursing

- ★ Medication Management
- ★ IV Therapy
- ★ Catheter
- ★ RN Services
- ★ Weekly or monthly injections
- ★ Rehab for PT/OT Management

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.



Kudos to Ruth for Employee Spotlight this month. We had a family talk about the great care that was given to her husband, and the great support and guidance given to the patient's wife. Thank you Ruth!

Hello April...
 new month, new beginning,
 new mindset, new focus, new start,
 new intentions, new results.

Sudoku Puzzle Brought to you by 24-Hour Care

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

SHIELD your family.
SHIELD your friends.
SHIELD your coworkers.
 Know your **COVID** status in less than a day. **Free.**



Do NOT eat or drink anything for one hour prior to your test!
 ¡NO coma ni beba nada una hora antes de su prueba!

Free Testing to All
 Prueba gratuita para todos

Walk-Ins Okay - No Appointment Necessary
 No se requiere cita

Non-Invasive Saliva Test - No Nasal Swab
 Prueba de saliva no invasiva, sin hisopo nasal

Confidential Results in 24-48 Hours
 Resultados confidenciales en 24-48 horas.

SCAN HERE TO SIGN UP

JO DAVIESS COUNTY HEALTH DEPARTMENT
 9483 US RT 20 W GALENA, IL 61036

TUESDAY & THURSDAY
 9AM TO 1:30PM

shieldportal.pointclick.com
 AGENCY CODE: d55brbj



4 A's of Stress Management

- Avoid UNNECESSARY STRESS
- Alter THE SITUATION
- Adapt TO THE SITUATION
- Accept THE THINGS YOU CAN'T CHANGE

