



24-Hour Care

www.24hourcarehha.com

A monthly newsletter about our small home care business located in Galena, IL and a sister office in Dubuque, IA

July 2023

Are you a Veteran in need of Home Health or Home Private Duty services? Give us a call, or contact your VA doctor to establish care! We are VA licensed and able to provide care for you or a loved one in the comfort of your own home. Feel free to share!



Crunchy French Onion Chicken

- 1 ½ cups French-fried onions, crushed
- 1 large egg, beaten
- 1 pound skinless, boneless chicken breast halves

Directions

Gather all ingredients.

Preheat the oven to 400 degrees F (200 degrees C). Spread crushed onions in a shallow bowl. Pour egg into a separate shallow bowl. Dip chicken into beaten egg, then press into crushed onions. Gently tap chicken to let loose pieces fall away. Place breaded chicken on a baking sheet. Bake chicken until no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

SWEET FACTS

FUN FOURTH OF JULY FACTS

CELEBRATION DAY
DID YOU KNOW? AMERICA CELEBRATES INDEPENDENCE DAY TWO DAYS LATE. CONGRESS ACTUALLY VOTED FOR THE DECLARATION OF INDEPENDENCE ON JULY 2ND!

YUM!
SOME OF THE MOST POPULAR 4TH OF JULY BBQ TREATS ARE POTATO SALAD, LEMONADE (GRANNY AGREES!), WATERMELON, HOT DOGS & POTATO CHIPS!

FIREWORKS
FIREWORKS WERE ORIGINALLY ENJOYED FOR THEIR SOUND, NOT THE DISPLAY! OVER TIME, SCIENTISTS LEARNED HOW TO MAKE BRIGHTER AND LONGER EXPLOSIONS!

FLAG
ACCORDING TO PROPER ETIQUETTE, THE AMERICAN FLAG IS NEVER SUPPOSED TO BE HELD UPSIDE DOWN, UNLESS AS A DISTRESS SIGNAL.

Sources: Nationalgeographic.com, Yahoo.com, Factmonster.com, <http://www.senate.gov>

GO CELEBRATE!

SWEET LEAF

SAVE THE DATE

SENIOR EXPO 2023

Thursday, September 21st
9:00 am - Noon
Dubuque County Fairgrounds
Ballroom & 4H Building

Hosted By:

24 Hour CARE **Windsor Park** **River Bend**
RETIREMENT APARTMENTS RETIREMENT COMMUNITY



CALLING ALL THOSE INTERESTED!

Personal Caregiver Needed (\$13/Hr, Training Provided, Start Immediately)

As you know if you've already worked as a caregiver, care giving can be a demanding job that requires compassion, patience, and sometimes the willingness to work nights or weekends. However, it's one of the most important jobs in society, and 24-Hour Care is passionate about the way we treat our caregivers accordingly. We take care of our caregivers the way we want them to take care of our clients. 563-588-2424 or www.24hourcarehha.com



Ruth was chosen by her supervisor for July's employee spotlight. From Mel, "She's taken 3 admissions that were on my schedule, 2 of which we were in Galena within the last 2-3 months. I really appreciate Ruth's ability to see where help is needed and taking the initiative. She has demonstrated what it means to be a team even when she has had a lot going on in her personal life."

Fourth of July

Word Search Puzzle



R U Q O G Y K J Q E K R O I Y F V
 E N T G G P A T R I O T I C O T A
 V H O L I D A Y S C C Q Q A T L P
 O I H U U M Z S O F R E E D O M E
 L I N D E P E N D E N C E A H Y S
 U Q C T Y R L X S O Z E N M O T U
 T D O Q G G J D R Y A L P S T P M
 I W L N F A M I L Y S E B B D I M
 O C O B N L U O Q K E B I E O C E
 N C N R K L Y F R U O R D W G N R
 G A I S N I M O C G E A H J S I B
 S M E C G B W E I S R T J L J C I
 T E S B G E B C X A R I M U S I C
 A R G K R R B S P U C O J U L Y J
 T I Z I A T E A O T C N F L A G R
 E C F B Y Y W F J E F F E R S O N
 S A V H X F L O L N Y D M E F R R



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| ADAMS | FLAG | LIBERTY |
| AMERICA | FOURTH | MUSIC |
| BARBECUE | FREEDOM | PARADE |
| CELEBRATION | HOLIDAY | PATRIOTIC |
| COLONIES | HOT DOGS | PICNIC |
| CONGRESS | INDEPENDENCE | REVOLUTION |
| FAMILY | JEFFERSON | STATES |
| FIREWORKS | JULY | SUMMER |

SUN SAFETY

SUMMER SKIN PROTECTION



WEAR BROAD HAT



USE SUNGLASSES



WEAR PROTECTIVE CLOTHING



AVOID SUN BETWEEN 11 AM AND 3 PM



USE SUNSCREEN



DRINK MORE WATER



REFLECTION CAUTION



SEEK SHADE



AVOID DIRECT SUNLIGHT

Thank you for the Veteran's Association for having us June 3. We appreciate all you do for our local Veterans!



WELCOME TRACY! WE ARE EXCITED TO HAVE YOU JOIN OUR TEAM AS OUR ILLINOIS HOME HEALTH NURSE! YOU'VE DONE AN EXCELLENT JOB SO FAR AND YOUR PATIENTS ADORE YOU!



Clients: Reminder to please have a back up plan in the event our care team is unable to make their scheduled visit. Thank you for understanding.