



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

JUNE 2023

24-Hour Care is a Home Health and Service small business. We have a staff of just under 20 people but our care team is some of the best in the tri-state! We offer Medicare Home Health services to all of Jo Daviess and Dubuque counties. Our Private Duty and VA services are also offered in these counties as well as parts of the lower SW portion of Wisconsin. If you have any questions or would like to schedule a free consultation for our private duty services please call us today at 563-588-2424!

Calling all those interested!

24-Hour Care is seeking personal care workers to work in the homes of individuals in need of help. This might include taking a patient to and from the doctor, helping bath, light housekeeping and food prep, companionship, and so much more! If this is something you might be interested in please reach out to Angela at 563-588-2424 or visit our website to apply!
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Ingredients:

- 1 lb lean ground beef
- 1 c green bell pepper, diced
- 1 c red bell pepper, diced
- 1 1/2 c onion, diced
- 3 clove garlic, minced
- 2 can petite diced tomatoes with jalapeño, 14.5 oz each
- 1 can tomato sauce, 15 oz
- 2 c chicken broth
- 1 tsp marjoram, dried
- salt and pepper, to taste
- 3 c cooked rice (about 1 1/2 cups uncooked)



In a large skillet, brown ground meat over medium heat. Drain fat. Add diced peppers, onions, and garlic. Cook about 5-10 minutes over medium-low heat. Transfer ground beef mixture to a large Dutch oven or soup pot. Add diced tomatoes. Add chicken broth. Add marjoram, salt, and pepper. Cover and simmer on low heat for 30 minutes. Add tomato sauce. While the soup is simmering, cook rice. Just before serving, add rice to soup and mix thoroughly.





Christine - you are wearing a lot of hats right now. Your positive attitude and professionalism makes you stand out not only this month, but every month! You're Veteran's love you, and we love having you as our LPN!

We appreciate all you do.

POSITIVE TRAITS

Looking for words with positive meanings.

ACROSS

- Positive
- Famous
- Efficient
- Recommend
- Giving
- Adept
- Creative
- Highly regard

DOWN

- Knowledgeable
- Cheerful
- Frank
- Lively
- Courageous
- Laugh
- Achieve
- Lucky



Birthday's

Ruth G. June 3
 Gretchen C. June 4
 Melissa F. June 11

Anniversary's

Angela H. June 12
 Kathie B. June 17
 Beth K. June 20
 Lindsay H. June 20

It's important to check:

- Does the person receive at least 2 visits a day?
- Is s/he lightly clothed?
- Is s/he protected from the sun by curtains or blinds?
- Do they eat enough?
- Is the temperature in room below 25°C?
- Does s/he have a telephone?
- Is the refrigerator working?
- Are important phone numbers listed by the phone?
- Are drinks available?
- Is s/he aware of prevention measures?

Elderly people living in isolation are especially at risk. If you know an elderly person who might be suffering from heatwaves, please visit them or give them a call.



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.