



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

August 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!

National IMMUNIZATIONS MONTH

Vaccines prevent more than 2.5 million deaths each year.

A vaccine stimulates our immune system to produce antibodies which help defend against diseases.

Know when to vaccinate. Use the Center for Disease Control Immunization schedule to know when to vaccinate your children.

For more information, visit vaccines.gov.

Most vaccines are 100 percent covered under your health plan.

AUGUST



Chicken Chow Mein

- 1 lb. chicken breast, boneless, skinless
- 3 tablespoons oil
- 12 oz of chow mein noodles (uncooked noodles)
- 2 cups cabbage
- 1 large carrot julienned
- 1/2 batch of green onions
- 2 cloves of garlic
- Chow Mein Sauce
- 6 tbsp oyster sauce
- 3 tablespoons Soy Sauce with low sodium
- 3 tbsp light sesame oils (not torn)
- 1/2 cup chicken broth
- 1 Tbsp cornstarch
- 1 Tbsp of sugar granulated

Directions

In small mixing bowls, employ a whisk to mix oyster sauce with granulated sugar soybean oil, soy sauce chicken broth, and cornstarch. Set aside.

Cook the noodles according to the instructions on the package then drain them, rinse with cold water, and then set aside.

Cook a large wok pan filled with olive oil on medium heat. Cut the chicken breasts into strips of bite-sized pieces and cook to golden-brown in oil. Take strips off and place them aside.

Add the cabbage, carrots and garlic pressed and saute for a few minutes, until the vegetables have softened slightly and the cabbage becomes slightly translucent.

Incorporate the chicken and noodles to the pan. Pour sauce on top, and cook all the ingredients together for an additional two minutes.

Add chopped green onions, and serve the noodles directly from the pan. They are hot!

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



Melissa, Agency Supervisor says, "Tracy has done great with taking on a new position here and handling the situation with being down a nurse really well. I have gotten a lot of feedback from her patient about how caring she is as well."

Thank you Tracy for being a wonderful, caring nurse!

Name: _____ Date: _____

AUGUST

Word Search Puzzle

Find these words related to the month of August

BOAT	KAYAK	SUN	WARM
GARDEN	BARBECUE	SHADE	LAKE
CAMPFIRE	OCEAN	VACATION	TOWEL
BIKING	CANOE	SWIMSUIT	POOL
FLOATIE	PICNIC	SWIMMING	PARK
FISHING	BEACH	POPSICLES	CAMPING
RIVER	ICE (as in ice cream)	READING	SUNSET
AUGUST			

The words may be hidden vertically, horizontally or diagonally.

SAVE THE DATE

SENIOR EXPO 2023

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

Hosted By:

Our Home Health Service area in Illinois includes:
 East Dubuque - Galena - Elizabeth - Scales Mound
 - Stockton - Warren - Apple River - Nora -
 Menominee - Hanover

Our Home Health Service area in Iowa includes:
 Dubuque - Bankston - Sherrill - Peosta - Epworth
 - Bernard - Durango - Asbury - Rickardsville -
 Graf - Sageville - Balltown - Farley

Call to ensure staffing availability. 815-777-2424



Find meals in your area.

<https://ncaa.org/service/golden-meals/>

<https://www.findhelp.org/food/meals--dubuque-ia>

VA
Services
Available
563-588-2424

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.