

24 Hour CARE

Home Health Agency
Home Nursing & Home Services Agency



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

www.24hourcarehha.com

Sept. 2023

Are you a Veteran in need of Home Health or Home Private Duty services? We are VA licensed and ready to provide care for you or a loved one in the comfort of your own home.

Call 563-588-2424 for more info!

Back Pain relief

Prevention

As we get older our height and gait changes, which means pressure is often put on our spines. On average a person will lose about half an inch of height every 10 years from their peak height. The loss in height becomes more pronounced after the age of 70. A change in height and posture can lead to back pain. Here are some factors that can affect postural changes with age (source muschealth.org):

- Exercise — the more one regularly exercises the more posture can improve.
- Diet — balanced diet with vegetables and fruit with limited red meat can lead to good health.
- Calcium and Vitamin D improve bone density.
- Limit alcohol use.
- Do not smoke.
- Behavioural changes of purposefully maintaining erect posture.

Ingredients

- 2 cups warm water 110° F/45° C
- ½ cup white sugar
- 1 ½ TBSP active dry yeast
- 1 ½ tsp salt
- ¼ cup vegetable oil
- 5-6 cups flour all-purpose flour OR bread flour



Instructions

- In a large bowl, or a stand mixer, dissolve 2 TBSP of the sugar in the warm water. I just combine the two and whisk slightly to dissolve the sugar. Stir in yeast. Allow to proof until yeast resembles a creamy foam, about 5 minutes.
- Add in remaining sugar, salt and oil. Begin to mix, using a rubber scraper or the dough hook on your stand mixer. Add the flour one cup at a time, reserving the last cup of flour to see if you need it. You might not use all of the flour. The dough should pull away and clean the bowl, sticking on the bottom in a small circle about the size of a quarter. If your dough does this with just 5 cups of flour, do not add more. However, if your dough still sticks to the bowl, add more a couple tablespoons at a time until it cleans the bowl, sticking in just a small circle on the bottom.
- Now knead dough for 7 minutes. Set a timer as a full knead is important! Place in a well oiled bowl, and turn dough to coat. Cover with a damp cloth. Allow to rise in a warm area until doubled in bulk, about 1 hour.
- Punch dough down. Knead for 1 minute and divide dough in half. Shape into loaves and place into two greased 9x5 inch loaf pans. Allow to rise for 30 minutes, or until dough has risen 1 inch above pans.
- Bake at 350° F (175° C) for 30-40 minutes. Cool, brush with butter and enjoy!



Reliable, dependable, and pushes for all the answers. These are some of the things fellow coworkers say about Chris when asked. Kudos Chris, we know your job isn't easy. Thank you for doing it flawlessly. We appreciate you!

Where did Labor Day come from?

Labor Day was created as a way to acknowledge and pay tribute to the workforce for all that they have done to make our country prosperous and strong.

The first Labor Day was celebrated in New York City, and other cities followed this example in the following years. It was 1894 that Congress passed a law making the first Monday in September a legal holiday.

Now that you know... have a great Labor Day!

SAVE THE DATE

SENIOR EXPO 2023

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

Hosted By:






Labor Day

N R M U Y Z H M N N L B R Y Z L B T Q X M W N M
 E D G B S E N C N A I D R O P N M S D C H W L C
 D O V M K S T X S C A R P E N T E R S O S S L P
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september	machinists	association	carpenters	joiners
local	brotherhood	mcguire	years	secretary
general	founder	developed	ordiancnes	municipal
government	movement	american	first	monday
holiday	public	day	labor	puzzle
word				

With VA health care, you're covered for regular checkups with your primary care provider and appointments with specialists. You can access Veterans health care services like home health and geriatric (elder) care, and you can get medical equipment, prosthetics, and prescriptions. Find out online how to apply for and manage the health care benefits you've earned. <https://www.va.gov/health-care/#get-va-health-care>



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.