

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

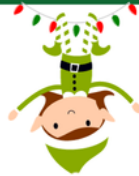
DEC. 2023

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!

Fun Christmas Quiz

Round One - Guess the Punchline



1 - Why is Santa so good at Karate?

He Has a Black Belt

2 - What is Santa's favourite Herb?

Christmas Thyme

3 - How does Santa keep track of every fireplace he has visited?

He Keeps a Log

4 - Which one of Santa's Reindeer has the best moves?

Dancer

5 - Which of Santa's Reindeer's favourite food is kebab?

Donner

6 - Where do Reindeer go for Coffee?

Star-Bucks

7 - What do you call a Reindeer with no eyes?

No-Eye-Deer

8 - What type of music do Elves love?

Wrap

9 - What do elderly Elves use to get around?

Candy Canes

10 - What would a vampire Snowman give you?

FrostBite



Home Health & Home Nursing Agency

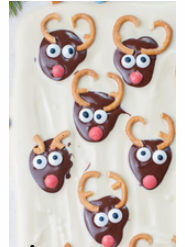
www.24hourcarehha.com



Christmas Bark

Ingredients:

- 8 ounces of white baking chocolate
- 3 ounces of bittersweet baking chocolate
- candy eyes
- candy m&m's
- mini pretzels



Directions:

Melt the chocolate in a microwave. Add chopped white chocolate into a heat-proof bowl (metal or ceramic). Pour boiling water into a medium pot. Place the bowl on top of the pot. The bowl shouldn't touch the surface of the water. Cook over the lowest heat, stirring the chocolate from time to time until it is almost completely melted. Take the bowl off the pot and stir the chocolate with a spoon until it's completely melted. Repeat for bittersweet chocolate. Spread white chocolate on a baking sheet lined with parchment paper. Dollop chocolate in white chocolate to resemble a deer face. Break pretzels in half to resemble deer antlers and place above dollop of chocolate face. Insert eyes and nose and refridgerate for 1 hour. Remove and break into smaller pieces.


Galena, IL Night of the Luminaria - December 9th

Toys for Tots - Five Flags Dubuque - December 10

12-3p.



Home Health

-  **Clinical care**
Ordered by a physician
-  Usually after hospital discharge or rehab; can also be utilized for a physical decline to regain independence
-  Covered by private insurance or Medicare
-  Provided by licensed nurses, therapists, social workers, etc.
-  May include the monitoring of health status, wound care, and various medical testing



December Employee Spotlight! Thank you Angela, for your dedication to our team. We appreciate your encouraging Friday emails, the time you take with all of us and our crazy questions, and the positive feedback you give. We couldn't be where we are without you!



Senior Living And Decorating For The Holidays
The holiday season is officially upon us, and it's always fun to participate in activities that bring us holiday cheer — and decorating is one of them! If the holidays are your elderly loved one's favorite time of year, it goes without saying that you want to help them deck the halls of their living space. Here are some tips to get started!

1. Put Up A Fake Tree

You want your elderly loved one to be safe. Having a fire-resistant tree that is just the right size for their room is the best safety option. Not only are fake trees safer, but they are also maintenance-free as you don't have to water them or clean up messy needles that will fall to the floor.

2. Invest In Shatter-Proof Ornaments

Again, safety is of the utmost importance. Shatter-proof ornaments will prevent your elderly loved one from getting cut. It's not worth taking the chance for glass ornaments to fall on the floor and break into sharp pieces.

3. Check Lighting And Plugs

Whether you are lighting the Menorah or stringing lights on a Christmas tree, inspect all electrical parts to ensure there are no frays or other damage. Double-check that all lighting is UL (Underwriters Laboratories) approved for indoor use. It's also important to ensure that any extension cords are out of the way to prevent falls.

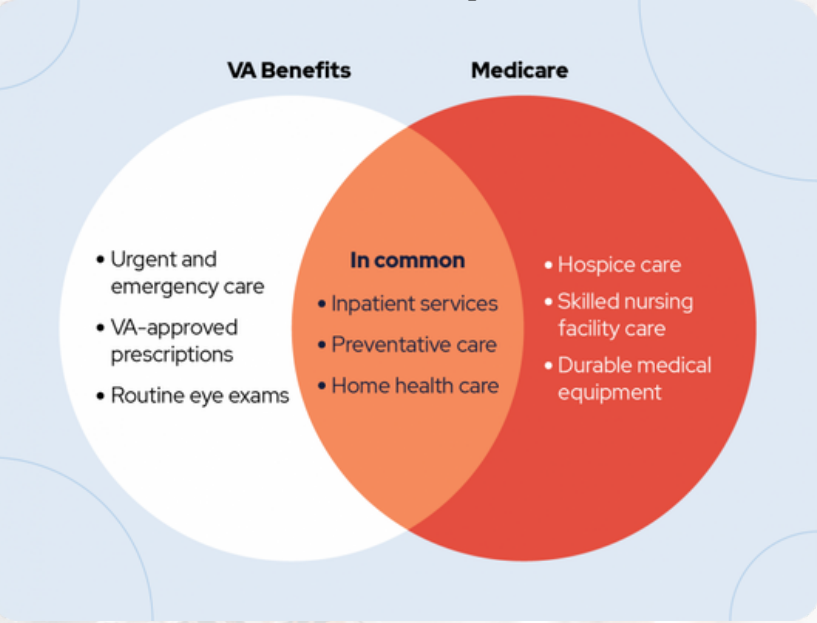
4. Clear The Clutter

When finished decorating, ensure that all ornament boxes and other storage containers are tucked away and not blocking any walking spaces or paths.

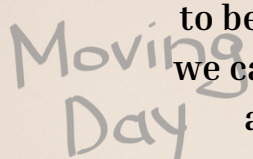
5. Forgo The Candles

While holiday candles smell delicious, it's best to use centerpieces or other types of holiday decorations around your elderly loved one's room. If they may forget to snuff out a candle, or accidentally knock one over, it could cause a fire hazard.

<https://www.va.gov/health-care/about-va-health-benefits/ph-text>



We have moved our Dubuque office! Stop in and say hi during office hours at our new location! 5600 Saratoga Road, Suite 4 in Dubuque, IA! Looking to become a CNA at \$25/visit, we can help there too! Stop in and talk with Angela!



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.