

A monthly newsletter about our small Home Health and Home Nursing business located in Galena, IL with a branch office in Dubuque, IA.

www.24hourcarehha.com

MARCH 2024

Veterans. We are qualified to serve you for Home Health short-term Physical or Occupation Therapy services and Skilled Nursing services. We are also able to help with Nursing services as well! Call your VA doctor to see if you qualify for 24-Hour Care Home Health or Home Nursing services!

Jamaican Corn Beef and Cabbage

Ingredients

- 1 Tablespoon olive oil
- 1 green bell pepper chopped
- 1 yellow onion chopped
- 1 scotch bonnet pepper seeds removed and chopped
- 2 cloves garlic minced
- 1/2 medium-sized cabbage sliced (about 4 cups)
- 1 12 oz can of corned beef
- 2 Roma tomatoes chopped
- 2 springs of fresh thyme leaves removed from stem
- 1 Tablespoon ketchup
- pepper to taste

Instructions

- Heat olive oil in a large heavy bottom pot over medium heat.
- Add green bell pepper, yellow onion, and scotch bonnet pepper to the pot and sauté for about 3-5 minutes, until the onions and peppers have softened.
- Add garlic and sauté for an additional minute.
- Add shredded cabbage and stir and cook for about about 3-5 minutes, until the cabbage has softened a little.
- Add corned beef, Roma tomatoes, thyme leaves, and ketchup and stir to combine. Continue to cook for an additional 3-5 minutes until the corned beef is cooked through.
- Serve with white rice, bread, or on its own.



MARCH IS COLORECTAL CANCER AWARENESS MONTH



Quit smoking and/or using other forms of tobacco, including chew and iq'mik.



Exercise regularly. Physical activity can reduce your risk of colorectal cancer by as much as 50%.



Eat well and keep a healthy weight. Discuss a diet and exercise that works for you with your provider.

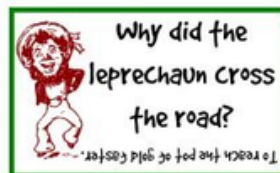


Limit alcohol consumption. Drink more water.



Get screened. Screening is recommended for Alaska Native people age 40 and older, and all adults age 50 and older.

St. Patrick's Day Lunch Box Jokes



Ruth's positivity, along with her motivation for her clients has landed her March's employee spotlight! We appreciate the energy you bring and the work ethic you have every day. Thank you for being you!!



Home Health Care



Home Care

- Medicare
- Private Long-Term Care Insurance
- Personal funds

- Medicaid
- Private Long-Term Insurance
- Veterans benefits
- Personal funds



1. Field Nurse Case Manager
 2. Bath aides
- Call today! 563-588-2424**

4 WEEKS to HEALTHIER HABITS



Getting healthy starts small, one step at a time.



By adding a new habit each week, you can build on the great lifestyle choices you've already established, while supporting total wellness.

WEEK 1: EAT WELL

Clear your kitchen of foods containing the following: high sodium content, solid fats, trans fatty acids (especially partially-hydrogenated oils), refined grain, and added sugar.

When shopping, fill a third of your cart with fresh foods.



WEEK 2: GET MOVING

Take a walk every day. Mark your calendar to help remind and encourage yourself.

Start with 10 minutes, and add one minute each day.

By the end of week 4, that's 24 minutes per day!

Keep at it until you reach or surpass 30 minutes, then work to increase the intensity of activity.



WEEK 3: FIND BALANCE

Locate a quiet place where you can be alone and free from distraction, and sit quietly.

Breathe in slowly through your nose and out through your mouth.

Continue for five minutes or longer, depending on how much "calm" time you need to counterbalance your day, every day.



WEEK 4: SLEEP MORE

Turn down lights and "disconnect" from screens (television, computer, phone) 30 minutes before bedtime.

Practice the deep breathing you started in week 3 to calm down before turning in.

Go to bed 15 minutes earlier, and do so each day until you wake up feeling energized and refreshed.

