

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

MAY 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!



**A heartfelt
thanks
for all you do**

National Nurses week

"Sometimes I inspire my patients; most often they inspire me."



LET'S CELEBRATE OUR NURSES!
WORD JUMBLE

At least 24 words of 3 letters or more can be made using the letters in

NURSE

How many can YOU make?

Three Letters

Ens	Ern	Ers	

Four Letters

Erns	Rues	

Five Letters

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



HOME HEALTH HONORS

Home Health Honors is designed to recognize cutting-edge excellence in the home health and home care industry.

INGREDIENTS LIST FOR THE CUCUMBER TOMATO SALAD

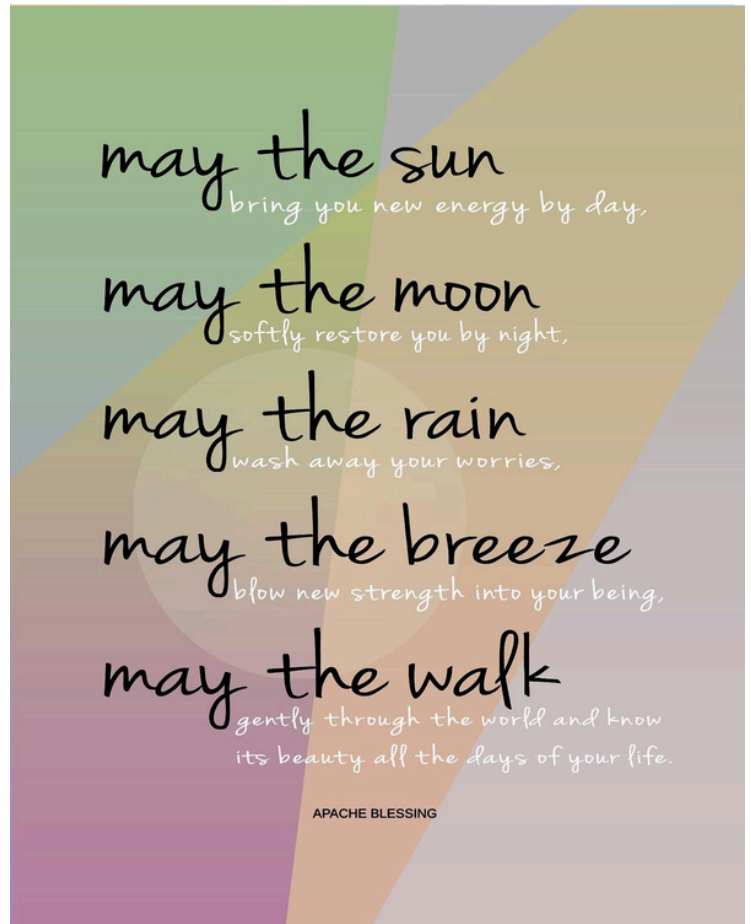
Yield: 4-6 servings

- 1 1/2 pounds (2 cups) mixed heirloom tomatoes, diced, about
- 1 large English cucumber, peeled, halved, and thinly sliced
- 5 large basil leaves, thinly sliced
- 3 tablespoons olive oil
- 1 1/2 tablespoons balsamic vinegar
- 1 teaspoon honey
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper



DIRECTIONS

1. Combine all the ingredients in a bowl, stir well to coat. Serve immediately or cover and refrigerate until ready to serve. Enjoy without moderation!



Gardening Tips for Seniors

1. Build a raised bed.
2. Pick the right tools. Invest in lightweight tools and long-handled forks, spades and secateurs.
3. Choose low maintenance plants like onions, shallots, carrots, spinach and chard.
4. Birdwatching is a great way to pass time. It's also great exercise to replenish the bird food!

Benefits of gardening for the elderly

Spending time outdoors boosts Vitamin D which helps older people stay healthy. Eating fresh and nutritious produce. Exercise and mental stimulation.