

Check us out at the Galena Territory Association's

annual meeting Exhibition's

Fair! We will be there from

9:30-1:30 pm!

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <small>New Year's Day</small>	2	3	4	5	6
7	8	9	10	11	12	13
14	15 <small>MLK Day</small>	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



A Message to Our Clients....

We would like to remind all of our clients and families that our after hours answering service is for immediate scheduling issues and emergencies only, please.

Also, it is important to have a back up plan in case staff are unable to make it to an appointment. We will contact you as soon as possible to let you know if staff will be late or are unable to get to their visit.

Thank you! Agency Administrator,
Emmy Hinton

EMPLOYEE BIRTHDAYS

STEPHANIE A. — JANUARY 4

TIFFANY B. — JANUARY 4

JORDAN R. — JANUARY 5

CHRISTINE B. — JANUARY 13

LEO S. JR. — JANUARY 13

CLIENTS BIRTHDAYS

KATHRYN K. — JANUARY 18

ROBERT A. — JANUARY 22

EDITH B. — JANUARY 24



Healthy behavior
will help you avoid
vision loss from
glaucoma.



January is Glaucoma Awareness Month, but half of people with glaucoma don't know they have it. Get a healthy start this year by learning about glaucoma and taking steps to reduce your risk of vision loss!

Know the Facts

- Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and even blindness.
- About 3 million Americans have glaucoma. It is the 2nd leading cause of blindness worldwide.

- Open-angle glaucoma, the most common form, results in increased eye pressure. There are often no early symptoms, which is why 50% of people with glaucoma don't know they have the disease.
 - There is no cure (yet) for glaucoma, but if it's caught early, you can preserve your vision and prevent vision loss. Taking action to preserve your vision health is key.
- <https://www.cdc.gov/features/glaucoma-awareness/>



Foods To Improve Eyesight

MyHealthTips.in



CREATE A LAUGHING BASKET 10 Benefits of Laughing

USE A WICKER BASKET TO COLLECT TIDBITS OF HUMOUR. FOLDED PIECES PAPER WITH WRITTEN JOKES AND FUNNY SAYINGS, MASKS, SILLY TOYS, A CLOWN NOSE, GROUCHO GLASSES, RUBBER NOSES, AND NOISE-MAKERS.

ENCOURAGE FAMILY TO DIP INTO THE LAUGHING BASKET SEVERAL TIMES A DAY AND PICK UP SOMETHING TO SHARE, LAUGH AT AND ENJOY.

1. Reduce tension
2. Promote cooperation
3. Build trust
4. Inspire a positive outlook
5. Remove barriers between people
6. Increase motivation
7. Improve memory
8. Enhance the immune system
9. Lower blood pressure



Egg Carton Wreath

Save your old egg cartons for this fun and colourful wreath. Who knew something so boring could be turned into something so beautiful?

What You'll Need:

- Egg carton
- Scissors
- Paint
- Glue
- Glitter
- Small bells or beads
- Pipe cleaners
- Wreath form

Directions:

1 With base of carton facing up, cut flowers from between cups. Curl petals around fingers to shape. Poke a small hole in bottom to accommodate pipe cleaner.

2 Paint flowers; let dry. Outline flowers with bead of glue; sprinkle with glitter.

3 Secure a bell or bead onto a pipe cleaner. Thread pipe cleaner stem through flower base; wrap stem around wreath form, twisting to secure tightly.



TELL US WHAT YOU THINK! GO TO OUR FACEBOOK PAGE AND LEAVE US A NOTE TELLING US HOW WE ARE DOING OR WHAT YOU WOULD LIKE TO SEE MORE OF!! WE LOVE

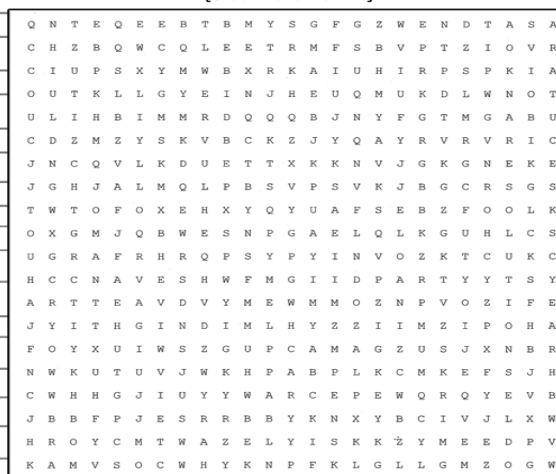
HEARING FROM THE PEOPLE THAT MATTER THE MOST!

* Search for 24 Hour Care LLC on Facebook *

Community Relations Manager — Nicole Karberg

New Years Eve

[Cross Word Search]



Resolutions	Celebration	Midnight
Happy	January	New
Party	Year	Apple
	Goals	Ring

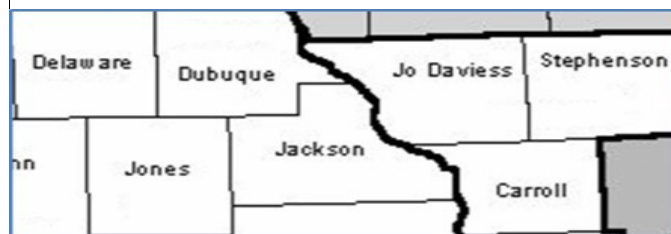
Wild Chili

- | | |
|----------------------------------|---|
| 1-2 lbs. meat, cut in 1/2" cubes | 2 pts. bottled beans or 2 cans |
| 2-3 T. butter | Pinch of allspice |
| 1/2 red or green pepper, diced | Pinch of cinnamon |
| 1 onion, diced | 1/2 - 3/4 t. cumin |
| 2 garlic cloves, minced | 1-2 fresh or bottled jalapenos, chopped |
| 1 pt. or 1 can stewed tomatoes | 1 c. beef broth |
| 2 T. ketchup | 1 c. strong coffee |
| 1 t. salt | |

Sear meat over high heat in small batches in butter until browned but still pink inside. Set aside. Sauté pepper, onion and garlic just until tender. Add remaining ingredients and simmer about 15 minutes to blend flavors. Add meat last few minutes to heat and season to taste. Add more water if needed. Serves 4-6.

COMING SOON!! We WILL SOON be serving

Delaware, Jones, and Jackson counties in Iowa!!



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