

SERVING JACKSON, JONES, DUBUQUE AND DELAWARE COUNTIES IN IOWA & JO DAVIESS, CARROLL, AND STEPHENSON COUNTIES IN ILLINOIS

June is Alzheimer's awareness month

24-Hour Care Offers compassionate, professional support for your loved one suffering from memory loss. We understand how hard it is for both those who take care of and those suffering from Dementia.

- Dementia-Related Behaviors
- End-of-Life Dementia Care
- Dementia Advanced Care
- Activities for Daily Living
- Dementia Care for Families
- Case Management

We also offer a smooth transition if you and your loved one decide a Memory Care Facility is best. *We are dedicated to providing quality Dementia Care at the comfort of your loved ones' home.*



Charlotte is specialized in **DEMENTIA CARE** and does an amazing job with her patients. She is kind, patient and makes her patients feel comforted and loved. We are blessed to have her join our Nursing Staff. She truly is one of a kind!

4						
	8					4
	3	2	8	1		5
3		9	1		2	
6	4			5	9	
7		3	8		4	
	7	6		1	3	4
	1					2
5						

ALZHEIMER'S DISEASE IS THE **6th** LEADING CAUSE OF DEATH IN THE U.S.
IT KILLS MORE THAN BREAST CANCER & PROSTATE CANCER COMBINED

June is Alzheimer's and Brain Disease Awareness Month

Recent estimates indicate that Alzheimer's Disease may rank third, behind heart disease and cancer, as a leading cause of death for older people in the US

1. Heart Disease
2. Cancer
3. Alzheimer's



In 2017, Alzheimer's and other dementias will cost the US

\$259 billion
2017

By 2050, these costs could rise as high as

\$1.1 trillion
2050

African Americans are about twice as likely to have Alzheimer's or other dementias compared to older white Americans

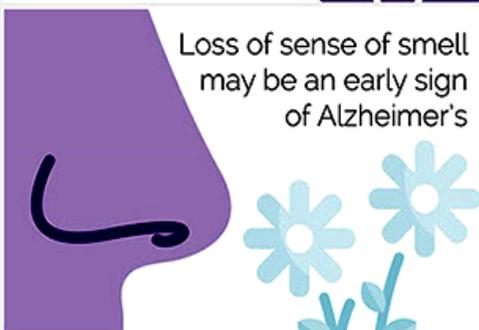


Loss of sense of smell may be an early sign of Alzheimer's

Symptoms of Alzheimer's can develop in people as young as age

30

Just like humans, older dogs and cats are also at risk of developing dementia



Things to do:

- Take a hike to Julien Dubuque Monument
- Ulysses S. Grant Home in Galena

WHAT'S ON THE MIND DIET?

 AT LEAST THREE SERVINGS OF WHOLE GRAINS EACH DAY

AT LEAST ONE DARK GREEN SALAD AND ONE OTHER VEGETABLE EACH DAY



BERRIES AT LEAST TWICE A WEEK

 AT LEAST A ONE-OUNCE SERVING OF NUTS EACH DAY 

BEANS OR LEGUMES AT LEAST EVERY OTHER DAY

POULTRY AT LEAST TWICE A WEEK



FISH AT LEAST ONCE A WEEK



If you don't drink alcohol, purple grape juice provides many of the same benefits.



A FIVE-OUNCE GLASS OF RED WINE EACH DAY

NO MORE THAN ONE TABLESPOON A DAY OF BUTTER OR MARGARINE; CHOOSE OLIVE OIL INSTEAD



CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK



PASTRIES AND SWEETS LESS THAN FIVE TIMES A WEEK 



Our Iowa Nursing Supervisor, Ruth, does Blood Pressure checks in Dubuque and talks about the risks of high blood pressure.



June is Men's Health Month

REMINDER:

24-Hour Care's after hours answering service is for immediate scheduling uses and emergencies only, please.

Please 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 make their visit.

Thank you! *24-Hour Care*

New employee spotlight!

Meet Franci!

Franci graduated from Clarke College on May 18 with her Bachelor's in Psychology and a minor in Spanish!

Franci has been with 24-Hour Care now for almost a year and has been a true asset to our company. Good

luck to you and what your future

holds!

Franci



HELPFUL TIPS

5 STEPS TO PREVENT FALLS

FIND YOUR BALANCE

Regular exercise will promote balance and strength, which can help prevent falls. Try **gentle yoga**, or find a balance program through your local government department on Aging.



GO FOR A CHECK UP

Schedule a time to **discuss fall safety with your doctor**. Go over the medications you take, and have them test your balance, hearing and vision. Your doctor can help you come up with a plan to reduce your unique fall risk. Make sure to always keep your hearing aid and glasses prescriptions up-to-date.

MAKE HOME UPDATES

Reduce your risk of falling by adding non-slip mats and handle bars to your tub or shower. **Remove clutter and tripping hazards** from your home, and make sure your lighting is bright and your stairs are easy to manage.

WEAR SAFE CLOTHING

Loose-fitting clothing can increase your risk of slipping if it isn't hemmed properly or drags on the ground. Wear **non-slip shoes**, and choose clothing that fit closer to the body whenever possible.



"It is our mission to provide our clients the best individualized care; focusing on physical, emotional, and social needs. We will assist in improving the quality of our client's daily lives as we understand people feel the most comfortable being cared for in their homes." William P. McArdle, Founder