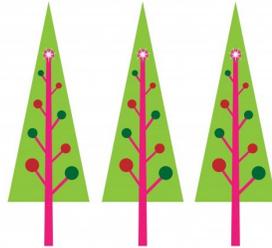




Going beyond what others provide. December 2016 Proud to have earned ACHC accreditation for our Home Health Agency.

Veteran's Day Celebration

As a gesture of appreciation for our Veterans, two of the nurses at 24-Hour Care, *Emmy & Jenni*, prepared and cooked a full breakfast for about 45 Veterans at the Veteran's Freedom Center in Dubuque.



24 Hour CARE

Home Health Agency
Home Nursing & Home Services Agency



Respite Care

Need an extra hand during the holidays?

Holiday schedules may mean that you need extra help. Our respite care services are available for you when you need us, and for as long as you need us.

To ensure we can assist, advance notice is required. Please contact us at least 7-10 days prior for admission and scheduling.

Meet Jenni McCann, RN, BSN
Iowa Nursing Supervisor

Jenni joined 24-Hour Care in 2015, bringing 24 years of nursing experience. She has experience in long-term care, office nursing, dialysis, managerial, hospital nursing, skilled nursing, and the clinical setting for a local school of nursing. Jenni is the Iowa Nursing Supervisor and Case Manager for our VA clients and private pay clients.

Dubuque 563.588.2424 801 Davis Street, Lower Level
Galena 815.777.2424 11420 Dandar St, Suite 200

24HourCarehha.com

Serving NW Illinois, NE Iowa, and SW Wisconsin
Proud to have earned ACHC accreditation for our Home Health Agency.

The December Solstice is on the 21st. Days will start getting longer after this!!



December Birthdays

John P on the 3rd	Kathie on the 13th
Eileen D on the 10th	Candy on the 17th
Ed S. on the 16th	Beth on the 20th
Alvin M. on the 17th	
Christine Z. on the 19th	

Happy Birthday

Seasonal Affective Disorder

Seasonal Affective Disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same time every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody.

Don't brush off that yearly feeling as simply a case of the 'winter blues' or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your doctor. This is especially important if your sleep patterns and appetite have changed or if you feel hopeless, think about suicide, or turn to alcohol for comfort or relaxation.

Treatment for SAD may include light therapy (phototherapy), psychotherapy and medications.

Light therapy is one of the first line treatments for fall-onset SAD. It generally starts working in a few days to two weeks and causes few . (continued on back)

X X C Y J W D J W S Q B Y K D
 K H O E R Q O I O S L O D E J
 L W O M F L N N M B J O E R C
 M I K G L T S U S E J O R Z S
 U A I Y E A M S D X I Y U A L
 S M E R N N L E H L I T R D C
 Z T S V P G E C F F K W N L L
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 B O S C U L N S U M H S E X M
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 D P R G S P R G S T H G I L X
 B J N Q N W L I S D F W U V H
 G X B B X K K D X A Y I Y M H



ANGEL
 BELLS
 CANDLE
 CAROLS
 COOKIES
 JESUS
 JOLLY
 JOY
 LIGHTS
 SNOW
 STOCK-
 INGS
 TINSEL
 TOYS
 WINTER
 WREATH

(continued from front)
 side effects. Research on light therapy is limited, but it appears to be effective for most people in relieving SAD symptoms

Before you purchase a light therapy box, talk with your doctor about the best one for you, and familiarize yourself with the variety of features and options so that you buy a high-quality product that's safe and effective.

In addition to your treatment plan for seasonal affective disorder, try the following:

Make your environment sunnier and brighter. Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office.

Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning.

Exercise regularly. Exercise and other types of physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.



Melted Snowman Cookies



Ingredients:

- 1 package of Betty Crocker's Sugar Cookie Mix
- 10-12 large marshmallows
- White cookie icing (with clear vanilla for whiter icing)
- Black decorating icing
- Decorating tips w/red, green and blue decorating icing
- Orange frosting for the nose, or rainbow chip sprinkles

Directions:

Mix the cookie mix together as directed, then take a small chunk (about the size of a golf ball) and flatten to about 1/4"-1/2" depending on how thick you like your cookies. Bake the cookies according to directions. Ice cookies after cooling, letting some drip over edge for that melting effect. Spray microwave safe plate with cooking spray and put marshmallows in microwave for 15-20 seconds. Spray hands with cooking spray and put marshmallows onto cookies. Decorate to look like snowmen. Use your imagina-

A Message to Our Clients....

It is that time of year and we would like to remind all of our clients and families that staff will try their best to make all of their visits even in tough weather. But if the roads are treacherous, dangerous, un-passable or unsafe they may not be able to make it to all of their visits. Please have a back up plan in case staff are unable to make it. We will contact you as soon as possible to let you know if staff will be late or are unable to safely get to their visits.



Also, please ensure that you have your driveways and walkways maintained so that our employees can reach your house in a safe manner.

Thank you!

Agency Administrator, Emmy Hinton



Feliz Navidad

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Information from www.mayoclinic.org

In light therapy, also called phototherapy, you sit a few feet from a special light therapy box so that you're exposed to bright light. Light therapy mimics natural outdoor light and appears to cause a change in brain chemicals linked to mood.

