

Cold and Flu Prevention:



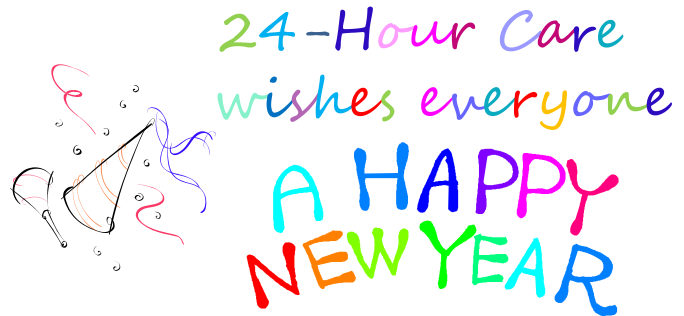
Building Resistance -Developing a powerful immune system is the foundation of avoiding or minimizing the effect of all disease. Along with a better immune system, healthier lifestyle choices can also help prevent cold and flu. During this flu and cold season here are some recommendations on how you can become healthier.

How do you become a warrior for your own health? The approach is threefold: Become aware of the threats around you, do all you can to lower those risks and build a strong immune system to defend against those threats.

Step 1: Know Your Risks

The leading causes of death in the U.S. are heart disease, cancer, respiratory diseases, strokes, accidents and Alzheimer's. We also know that the real causes of death are lifestyle characteristics that include smoking, a sedentary lifestyle, obesity and not using a seat-belt. These are things you can do something about to build our own "invincibility." Find out who your enemy is by talking to your doctor about what risks are specific to you and your lifestyle, and begin to chip away at those risks with small positive steps.

(Continued on back)



Winner for
the monthly
Gift Bag was
Shonnie
Congratulations!

CNA's
Remember to ask for
your ticket when you
come into the office,
for your chance to
win the gift basket!

Welcome To Our New Employees!



Cyndi, who will be our Iowa Nursing Supervisor for Medicare.



Tyreshia is one of our Certified Nursing Assistants (CNA).

January Birthdays

Randall M. - 3rd	Robert A.—22nd	Stephanie—4th
Robert S.—7th	Edith B.—24th	Jordan R. - 5th
James W.—11th	Warren S.—24th	Jessica—8th
Lorraine L.—14th	Patricia K.—27th	Christine—13th
Kathryn K.—18th		Paula—30th

Happy Birthday



Anniversary Dates

Jeresa 5 years
Brandon—3 years
Holly—3 years
Alice—1 year
Sherrie—1 year

Thank you for your dedication and service to
24-Hour Care and our clients!

NEW YEAR 2017



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

AULD LANGSYNE
 CHAMPAGNE
 CONFETTI
 COUNTDOWN
 DANCE
 EVE
 FAMILY
 FRIENDS
 HATS
 HORN
 KISS
 MIDNIGHT
 PARTY
 RESOLUTION
 TOASTS



(Cont.)

Step 2: Lower Your Risks (Eliminating Bad Habits)

Not smoking (even socially).
 Avoiding sugar.
 Reducing chronic stress
 Minimizing the amount of fatty and high-cholesterol foods you eat

Step 3: Build a Turbo Immune System (Replacing Bad Habits With Good Ones)

After minimizing or eliminating behaviors that put you at risk, you can build a warrior's immunity by adopting these better habits:

Move! Minimize the time you sit each day.

Get a flu shot.

Wash your hands regularly

Eat a Mediterranean-type diet.

Have purpose in your life.

While being proactive about your health cannot guarantee you'll never get sick, it can reduce the chances of developing life-threatening diseases, and will also enable you to recover more quickly should you get sick. As with crossing the street, look first in the direction where the most immediate threat will come, and plan accordingly.

Live Long; live well!

Senior Resource Center

Serving Jo Daviess and Stephenson Counties

The Senior Center provides programs and services to persons 55 years and older, and their caregivers. Their objective is to help seniors to maintain their independence and quality of life. They offer many helpful services for seniors! Here are a few of them:

Fitness Classes— Starting January 3, every Tues and Thursday, 9-10am at the old gym of the Hanover Park District Building

Money Management—Call Laura McKenzie @ 815-235-9777, ext. 239

For more information on their other services, call their Hanover office at 815-777-1316

Messages to Our Clients....

With winter weather here, 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 drive-ways and walkways maintained so that our employees can reach your house in a safe manner.

All scheduling concerns,
 changes, and questions should be directed
 to
 Terri at 563-588-2424.

Thank you!

Christmas Lunch & Sock Exchange



Galena office staff
Chris, Beth,
Melissa and Penny



Dubuque office



Contact Us:

11420 Dandar St., Ste. 200 Galena, IL 61036/ 801 Davis St., Dubuque, IA 52001
 815-777-2424 or toll free 855-772-2424 or 563-588-2424
 Office Hours 9am-5pm, Monday—Friday, Available 24 Hours a day