

LIVING WELL SENIOR EXPO



Beth and Ann attended the Living Well Senior Expo, held in Hanover on October 28th. The event was sponsored by the Senior Resource Center.

Senior Resource Center

Located in Hanover at 500 Fillmore St., The Jo Daviess County Senior Center is a multi-service agency that 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 and their mission is to grow, enhance, and develop services and programs that inspire community involvement, offer support and resources, and advocate independence and well-being of seniors and disabled adults. For more information call 815-235-9777.



**Daylight Savings
Ends on
November 6th**

Veteran's Day is November 11th



**Thanksgiving Day is
November 24th**



November Birthdays

Kaleb B. on the 8th	Marianne on the 6th
Eugene C. on the 12th	Marie on the 2nd
Donna D. on the 14th	Jenni on the 14th
John B. on the 14th	Kayla on the 15th
Gregg M. on the 22nd	
Douglas L. on the 23rd	

Happy Birthdays

Anniversaries

Marianne - 4 years
Eliza—2 years
Jorja—1 year

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

New Employees



Felon, HSW



Marie, HSW

Notice to Clients:

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

Thank you!

Happy Thanksgiving!



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

corn
cranberry
family
football
feast
grateful
Indians
pilgrims
Plymouth
squash
turkey
yams
pumpkin
cook



CHOOSE *Happy*

Sweet Corn Spoonbread

Ingredients:

1 (8.5 oz) package JIFFY Corn Bread Mix
1 (14.75 oz) can cream style corn
1 (15 oz) can whole kernel corn, drained
1/2 cup sour cream
3 eggs
1/2 t. salt

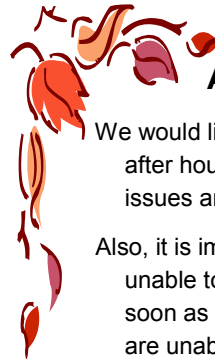
Instructions:

Preheat oven to 375 degrees and lightly grease a 2 quart casserole dish with nonstick cooking spray. In a large bowl, combine the ingredients and mix well. Pour the mixture into the casserole dish. Bake 35 to 40 minutes, or until the spoonbread is set.

November is National

Alzheimer's Awareness month

This event is centered on recognizing all those living with Alzheimer's disease and honoring the more than 15 million caregivers, including families and friends, who support them. Wear purple!

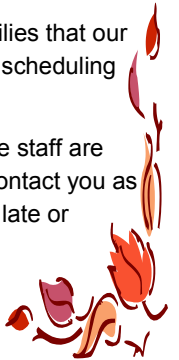


A Message to Our Clients....

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! Emmy Hinton, Agency Administrator



Crock Pot Chicken and Stuffing Serves 6-8



Ingredients

4 chicken breasts (defrosted)
1 large can or Cream of Chicken Soup (or two small cans)
2 boxes of Stuffing mix
1 cup Sour Cream (we used light)
1 small package of frozen green beans
Crockpot
Non stick cooking spray

Instructions

- ~ Spray the crockpot with non stick cooking spray
- ~ Place the defrosted chicken breasts in the bottom of the crockpot as your first bottom layer.
- ~ Open two boxes of stuffing mix (we used the Stove Top Chicken flavor), pour the dry mix over the raw chicken.
- ~ In a separate bowl, mix together the soup and sour cream. Top this mixture over the dry stuffing mix.
- ~ The last layer will be the frozen green beans.
- ~ Now add about 1 cup of water to the top of this mix.
- ~ Cook on high for 4 hours or cook on low for about 7 to 8 hours.

Tip: About 1/2 way between the cooking time use a fork to fluff the stuffing mix. This will allow the water to drop through the soup mix and create a steam to cook the stuffing. Add less water if you prefer a dry stuffing or add more water if you like it really moist.