

Veteran's discounts

Monday, November 11—*Veterans and active-duty service members get:*

- **Buffalo Wild Wings:** A free order of small boneless or traditional wings with a side of fries when they dine in at participating locations.
- **Applebee's:** A free meal with proof of military service. Valid for dine-in only.
- **Freddy's Frozen Custard & Steakhburgers:** a free combo meal card, valid through Nov. 30, 2019.
- **Houlihan's:** A free meal. Current and former service members can also take 15% off their order year-round.
- **Hy-Vee:** Can stop into a Hy-Vee grocery store with in-store dining to access a free breakfast buffet between 6 a.m. and 11 a.m.
- **IHOP** -Can chow down on a free breakfast combo or a free stack of Red, White, and Blueberry pancakes at participating locations.
- **Olive Garden:** Can dine on a free entree with unlimited soup or salad and garlic breadsticks.
- **Red Robin:** Can feast on a free Tavern Double Burger and Bottomless Steak Fries with proof of service. This deal is not valid with any other offer or discount including Red Robin Royalty.
- **Texas Roadhouse:** Can choose a free meal from a special menu.

For more information visit: <https://www.offers.com/blog/post/veterans-day-freebies/>

Employee Appreciation Spotlight!



you are
APPRECIATED
thank you

Anna Bowser

HELPFUL TIPS

BLADDER HEALTH TIPS



TRY TO DRINK ABOUT
6 TO 8 CUPS OF
WATER EACH DAY

LIMIT INTAKE
OF CAFFEINE,
SUCH AS COFFEE,
TEA, & COLA.



"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