

SERVING JACKSON, JONES, DUBUQUE AND DELAWARE COUNTIES IN IOWA & JO DAVIESS, CARROLL, AND STEPHENSON COUNTIES IN ILLINOIS 815-777-2424

## Jo Daviess County Health Expo



Presented By:

April 23, 2020

8:30a to 12p

Elizabeth Community Building

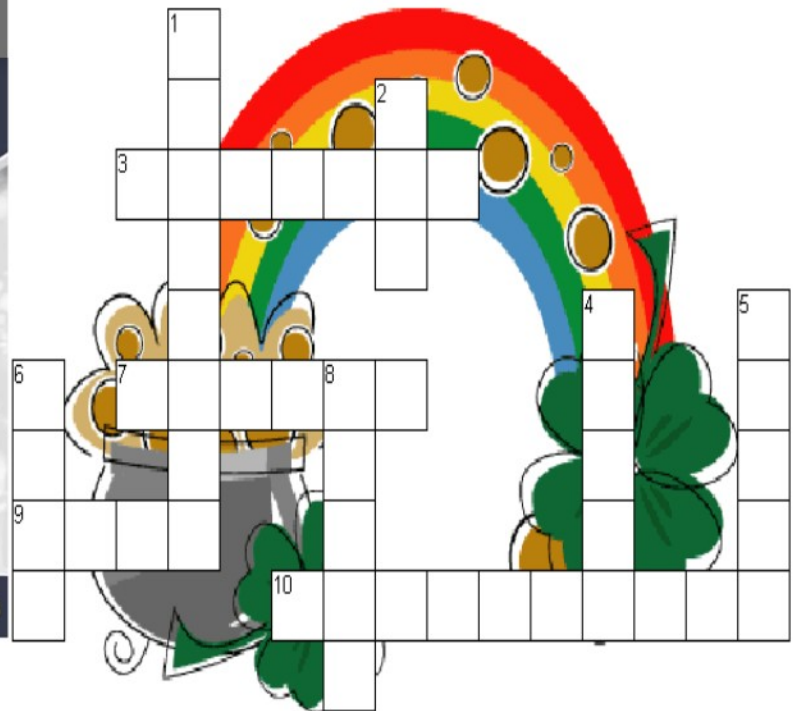


We go to ALL of Dubuque and Jo Daviess counties and parts of the surrounding counties.



### St. Patrick's Day Crossword

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## 2ND ANNUAL COMMUNITY WELLNESS EXPO 2020

SATURDAY, MARCH 21 | 10 A.M. - 4 P.M.  
FIVE FLAGS CENTER | DUBUQUE, IOWA

FREE FAMILY FRIENDLY EVENT WITH OVER 120 LOCAL BUSINESSES

Offering a fun, hands-on and interactive day filled with activities, demonstrations, information, and samples!

- Rock Climbing Wall • Bounce Houses • Chair Massages
- Hypnosis • Cooking Demonstrations • Magic • Face Painting
- Free Health Screenings & Tests • Blood Typing • Animals
- Selfie Station • Educational Resources and Product Demonstrations
- Painting • Reflexology • Silent Auction, Raffle Drawings and Giveaways
- And So Much More...

### Across

- Colorful Arc
- Where can you find a leprechaun?
- Good \_\_\_\_
- Little Green Elf

### Down

- Four-leaf Clover
- In what do leprechaun's store their gold?
- People from Ireland
- St. Patrick's Day Color
- Expensive Shiny Metal
- How many colors are there in a rainbow?

MARCH IS  
**BRAIN INJURY**  
AWARENESS MONTH

## Stuffed Green Peppers

### Ingredients

- 4 green peppers (large, washed)
- 1 pound turkey, ground
- 1 cup rice, uncooked
- 1/2 cup onion (peeled and chopped)
- 1 1/2 cup tomato sauce, no added salt
- black pepper to taste



### Preparation:

1. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers.
  2. Wash, and then cook green peppers in boiling water for five minutes. Drain well.
  3. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper.
  4. Stuff each pepper with the mixture and place in casserole dish.
  5. Pour the remaining tomato sauce over the green peppers.
- Cover and bake for 30 minutes at 350 degrees.

## INNOVATIVE INDEPENDENCE — inc —

Alison Schoenrock with Innovative Independence will be offering a wonderful educational opportunity for seniors and individuals with visual impairments on navigating smartphones and devices!

Join us on **Thursday, March 12th** for a **FREE lunch** at 12:00pm with her presentation following.

RSVPs are appreciated but not required.

For more information please contact Erica at Sunset Park Place.



3730 Pennsylvania Ave.  
Dubuque, IA 52002  
563-583-7939  
www.SunsetParkPlace.net



**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.

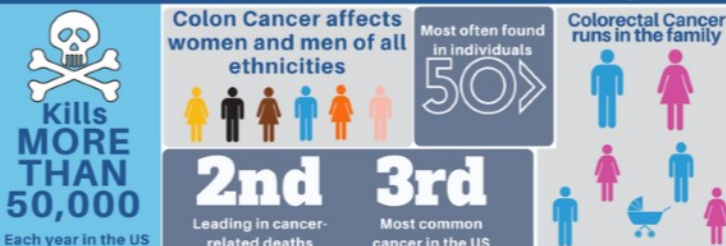
Thank you! 24-Hour Care.

## Employee of the MONTH!



Ruth is our Nurse Supervisor for IA and man does she do it well! Our patients adore her, and frankly we all do too! She takes the time to understand her patients needs and goes out of her way to provide care beyond nursing! If you don't have food, she will go to a food bank for you, for example. You will become family when you have Ruth as your nurse and we are lucky to call her part of our family! Thanks Ruth for all you do!

## March is... Colorectal Cancer Awareness Month



## 9 HEALTHY EATING TIPS FOR A MORE VIBRANT YOU THIS YEAR

Follow these tips to have a smarter, healthier, and tastier 2019!



1  
EAT MINDFULLY



2  
REPLACE PACKAGED  
SNACKS WITH FRUIT



3  
ADD VEGETABLES TO  
YOUR BREAKFAST



4  
REDUCE SUGAR INTAKE,  
USE STEVIA INSTEAD



5  
INCORPORATE PREBIOTICS  
AND PROBIOTICS TO  
YOUR DIET



6  
DON'T BUY SWEETS



7  
MEAL-PREP



8  
EAT OUT  
LESS OFTEN



9  
DRINK ALCOHOL ON  
WEEKENDS ONLY