24-HOUR CARE MONTHLY NEWSLETTER
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Care News

~ Top 80 Health Foods ~

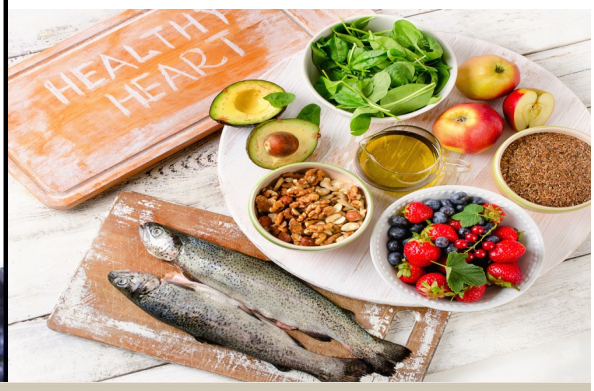
Start Eating Healthy Today!

Veggies	Fruits	Grains	Spices
Asparagus	Apples	Barley	Basil
Carrots	Cranberries	Brown Rice	Cilantro
Celery	Blueberries	Buckwheat	Ginger
Kale	Grapefruit	Corn	Oregano
Onions	Oranges	Millet	Parsley
Spinach	Pears	Oats	Peppermint
Squash	Plums	Quinoa	Rosemary
Sweet Potatoes	Rasberries	Rye	Sage
Yams	Watermelon	Spelt	Thyme
Tomatoes	Strawberries	Whole Wheat	Tumeric

Beans	Seafood	Nuts	Drinks
Black Beans	Cod	Almonds	Cranberry Juice
Garbanzo Beans	Halibut	Cashews	Fat Free Milk
Kidney Beans	Mackerel	Flaxseed	Fruit Smoothie
Lima Beans	Oysters	Macadamia Nuts	Green Tea
Miso	Salmons	Peanuts	Mint Tea
Pinto Beans	Sardines	Pistachios	Orange Juice
Navy Beans	Scallops	Pumpkin Seeds	Soy Milk
Soy Beans	Shrimp	Sunflower Seeds	Tomato Juice
Tofu	Talapia	Sesame Seeds	Vegetable Juice
Tempeh	Tuna	Walnuts	Water

MARCH IS HEALTH AWARENESS MONTH

- Eat a balanced diet.
- Choose food rich in nutrients.
- Eat well-portioned plates.
- Plan meals in advance.
- Stay hydrated.



Employee Spotlight

Robin has shown great strength and support for our team in the office and in the field with her patients. She always has a smile to give and continuously puts a warm smile on the hearts of her patients. We are so grateful to have a caring nurse to join our team this past fall.

March Anniversary's:

Gretchen C.
5 Years on 3/14/2021

Christine Bentz
5 Years on 3/25/2021

March Birthday's

Sherry L.
March 23

Our after hours service is for emergency calls only, please. Always be sure to have a back up plan in case a staff member is unable to make it. We will contact you ASAP if schedules change. Thank you for your understanding.

24-Hour Care Team

SENIOR CARE

Add an elevated toilet with hand grips on both sides

Be sure toilet tissue is within easy reach

Equip the bathtub with a bath chair or grab bars places at both sitting & standing levels

Use secure non-slip mats in the tub or shower

Use a wall-mounted soap & shampoo dispenser

Install a hand-held shower head

A securely wall-mounted shower rod will provide more support than a pressure-mounted rod