

24-HOUR CARE

GALENA 815-777-2424

DUBUQUE 563-588-2424



CARE NEWS

**HIRING!!!**  
**Personal Care Workers**  
 Jo Daviess County area

Companionship  
 Light-housekeeping  
 Bath Aides  
 Medication Reminders  
 Help with grooming and MUCH more!

Ask about our sign on bonus!

Full and Part-time positions are available.

Apply at: [www.24hourcarehha.com/careers](http://www.24hourcarehha.com/careers)  
 or call Angela at 563-588-2424

**Happy Anniversary**

Ryan L. 2/26

**Happy Birthday**

Angela H. 2/2

Nicole K. 2/10

Chris L. 2/21

What did the calculator say to the pencil on Valentine's Day?  
 \*  
 "You can always count on me."

Do skunks celebrate Valentine's Day?  
 \*  
 Sure, they're very scent-imental!

♥ Valentine's Day ♥

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

Sensory Valentine's Bottles

Items Needed:

For Sparkle—Glitter

To make glitter float—corn syrup or glue

Container—anything with a lid like mason jar or clear bottle



Don't forget— water and hot glue gun.

Mix 1/2 water (warm) and 1/2 corn syrup or glue. Mix in your glitter, hot glue the cap and shake!

1. VALENTINE
2. CANDY
3. CHOCOLATE
4. CUPID
5. FLOWERS
6. FRIENDS



7. SWEETHEART
8. ARROW
9. KISSES
10. LOVE
11. HEARTS
12. HUGS

# Employee Spotlight



SHERRY L. IS OUR EMPLOYEE SPOTLIGHT WINNER THIS MONTH! SHE HAS BEEN AN AMAZING CAREGIVER TO SO MANY PEOPLE FOR MANY YEARS WITH 24-HOUR CARE AND WE ARE LUCKY TO HAVE HER!! CONGRATULATIONS SHERRY!!

## Ingredients

4-6 cups Rice Chex cereal  
1 8- oz bag Strawberry Candy Melts OR  
1 bag of white chocolate baking chips {12 oz} AND  
1 box of Strawberry Creme Jell-O Pudding\*\* {pudding NOT gelatin!}



Measure out Chex cereal into a large bowl. Note: if you're using the Strawberry Candy Melts, you'll use 4 cups of cereal. If you're using the white chocolate chips + pudding mix, you'll use 6 cups of cereal.

Pour chocolate into a small glass dish. Add 1/2 tsp shortening, if desired, to help the chocolate coat the cereal easier. Microwave for 1 minute 20 seconds. Let sit in the microwave for 3 minutes. Remove and gently stir. If chocolate loses its shape and looks smooth, it's done. If not, return to the microwave in 15 second increments, letting it sit for 2-3 minutes each time, until melted and smooth.

If you used White Chocolate Chips + Pudding Mix: Add 4 TBSP of the strawberry creme pudding into the white chocolate and stir gently until smooth. Add 2 drops of red food coloring, if desired.

Pour the chocolate mixture over the Chex cereal and stir gently to coat.

Transfer cereal mixture to a large piece of wax paper. Sprinkle with M&M's and Valentines sprinkles, if desired. Let cool to set. Break pieces and store in an airtight container to save.

## February is American Heart Month



What did one blueberry say to the other on Valentine's Day?

⋈  
"I love you berry much."

What did the chef give to his wife on Valentine's Day?

⋈  
A hug and a quiche.

### BLOOD DRIVE FOR ImpactLife!

SATURDAY, APRIL 2 9AM-12:30PM

ELIZABETH COMMUNITY BUILDING! GET A FREE

PINT AFTER YOU DONATE AT HIGHWAY 20

BREWERY!

CALL NICOLE TO SCHEDULE!

815-777-2424

**PINT FOR  
A PINT!**

Please use after hours for emergency's only. Always be sure to have a back up plan in case a staff member is unable to make their scheduled shift. You will be contacted ASAP if schedules change. Thank you for understanding.

## FOOT CARE TIPS FOR SENIORS

1. Keep feet clean and dry.
2. Discard worn-out shoes.
3. Commit to self-exams.
4. Make healthy lifestyle choices.
5. Schedule regular podiatric exams.

