

APRIL 2022



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NEWSLETTER



INGREDIENTS:

3 Wolferman's 1910 Original Recipe English Muffins

6 large eggs

1 tablespoon butter

1 tablespoon olive oil

1 cup shredded mozzarella cheese

Kosher salt and black pepper



Optional toppings: crumbled bacon (scallions, cherry tomatoes, olives, pepperoni, pizza seasoning.)

Preheat oven to 425° F.

Heat a large skillet over medium heat. Add butter and let melt. While skillet heats, crack the eggs into a bowl. Season with pinches of salt and pepper. Whisk until the yolks are broken and well blended. Pour into the pan and stir gently, allowing the uncooked egg to flow underneath the cooked egg, until cooked completely through, about 4 minutes. Remove from heat.

Meanwhile, slice each English muffin in half. Place on a baking sheet. Brush with olive oil. Bake for 6 minutes, or until lightly toasted. Remove from oven and top with eggs, cheese, and any optional toppings. Return to oven and bake until the cheese melts, about 4-6 minutes.

Serve immediately.



What's the best thing about Switzerland?

I don't know, but the flag is a big plus.

HIRING

Do you have a family member interested in becoming a personal care worker or Nurse Case Manager? Have them go to our website and fill out an application!

Nurses work weekdays until 4P, the position can be full or part time and they are on call once every 8 weeks! Great benefits and pay! Each position is a great way to work with senior citizens and Veteran's in their homes!

REWARDING JOB! PTO
AND Mileage offered!
Call Angela today for more info!

563-588-2424

CONGRATULATIONS to Christine for being our employee spotlight for the month of April. Christine takes care of our Veteran's and private duty patients. She takes pride in her job. We are thankful to have you on our team!



FREE TIPS for Seniors to Stay Safe!

- ☒ **Schedule a Medication Review**
with your pharmacist. Some Meds can make you dizzy or contribute to a fall.
- ☒ **Get a Balance Test**
Easy 5-minute check to see if you are at risk for falling. Ask your doc to refer you.
- ☒ **Make Your Home Safer and Get Active**
Get a FREE Home Safety Check to see if your home is fall proof. Call the Department of Health (DOH).
- ☒ **You Can Prevent Falls...and We Can Help**
Call DOH (808) 733-4202 for information on how to keep you and loved ones safe.

APRIL TO-DO LIST

Wake up with gratitude & Joy

Tell a Joke that makes people laugh

Take time to wind down before bed

Spend time on a hobby

Do a brain dump for mind clarity

SAVE THE DATE

2022 SENIOR EXPO

Thursday, September 22nd
9:00 am – 1:00 pm

DUBUQUE COUNTY FAIRGROUNDS

HOSTED BY:

WINDSOR PARK RETIREMENT APARTMENTS
24-HOUR CARE HOME HEALTH AND NURSING SERVICES
RIVERBEND RETIREMENT COMMUNITY