

August 2022 NEWSLETTER



Dubuque 563-588-2424 Galena 815-777-2424 www.24hourcarehha.com

SMOOTHIE

- 1 BANANA
- 1 C. FROZEN STRAWBERRIES
- 1 C. FROZEN BLACKBERRIES
- 1 C. FROZEN RASPBERRIES
- 1 1/4 C ALMOND MILK
- 1/2 C GREEK YOGURT



DIRECTIONS:
BLEND ALL INGREDIENTS UNTIL SMOOTH. DIVIDE BETWEEN 2 CUPS AND GARNISH WITH MORE BLACKBERRIES.



August - National Dog Month

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

- BULLDOG
- DACHSHUND
- GREAT DANE
- WEIMARANER
- MALTESE
- SHIH TZU
- BICHON FRISE
- BOXER
- SCHNAUZER
- DALMATIAN
- PUG
- POODLE
- AKITA
- BEAGLE
- AIREDALE
- BASSET HOUND
- LHASA APSOS
- LABRADOR TERRIER

Clients: We kindly ask that you have a back up plan in case our staff is unable to make their scheduled visit.
Thank you for understanding.

Visit KDTH's event calendar for more information on events going on in the Dubuque and Jo Daviess county areas.



RUTH,

WE CAN'T THANK YOU ENOUGH FOR
ALL YOUR HARD WORK, DEDICATION,
HEART AND SOUL YOU PUT IN TO
YOUR PATIENTS AND OUR COMPANY.
THANK YOU FOR ALL YOU DO, AND
THANK YOU FOR BEING A GREAT
NURSE TO YOUR PATIENTS!

SAVE THE DATE

2022 SENIOR EXPO

Thursday, September 22nd
9:00 am – Noon

DUBUQUE COUNTY FAIRGROUNDS

Hosted By:

Windsor Park Retirement Apartments
24-Hour Care Home Health and Nursing Services
Riverbend Retirement Community

Caring Transitions® is the area's trusted provider of relocation, estate clean-out, and resale services. When someone is moving or downsizing, we help plan, pack, sort, organize and move. We also help sell unwanted items through estate sale options.

(563) 519-8883

Located in the old Jo Ann Fabrics



The Retired and Senior Volunteer Program (RSVP), sponsored by UnityPoint Health-Finley Hospital, is part of the AmeriCorps Seniors network.

Open to Americans age 55 and older, it allows volunteers to use their unique skills and experiences to help people and communities thrive.

RSVP Dubuque County connects you to over 30 organizations with volunteer opportunities that meet the community's needs, utilize your talents and work within your schedule.

A significant benefit of RSVP is learning about multiple volunteer opportunities and finding the right experience for you, without having to go to numerous places. One visit to RSVP and you will learn about opportunities we have within the community. We work with you to find the right placement and will help you get started wherever you choose. There is no cost to join or be a member of RSVP.

(563) 589-2655