

# January 2023

24<sup>Hour</sup>CARE



Dubuque 563-588-2424 Galena 815-777-2424

[www.24hourcarehha.com](http://www.24hourcarehha.com)



#### Hot Cocoa:

2 C. whole milk

2 TBSP sugar

4 OZ. bittersweet chocolate (Chopped)

Splash of vanilla extract and whipped cream (optional)



Combine milk and sugar in a small saucepan and place on the stovetop over medium heat. While the milk is heating place the chopped chocolate in the microwave and heat for 30 seconds. Take the chocolate out and stir it. Return to microwave and heat for another thirty seconds, remove and stir. Continue to heat and stir the chocolate in 30 second intervals until it has *\*almost\** melted. Always err on the side of under-melting, so you don't risk overheating it and causing separation and grainyness.

When the milk reaches the scalding point (180 degrees F, with bubbles on the side), turn off the heat and add the melted chocolate, whisking to combine. Add the vanilla extract now, if desired. Top with whipped cream or marshmallows if using, and enjoy!

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.

## → 20 acts of SERVICE

IT IS TIME TO PAY IT FORWARD

- drop off treats at you or your husband's office
- open the door for someone and hold it
- Leave quarters at a laundromat, vending machine, pay phone, etc.
  - Give the trash man bottled water
- put someone's grocery cart away
  - Read a book to a child
- pay for the car behind you in the drive-thru
- make someone cookies - Tip big
- invite someone over for dinner
- Offer to watch your friend's kids
  - compliment a stranger - visit the sick
- let someone go in front of you in line
  - wash a car - Forgive someone
- write a thank you note to the mail carrier
  - Draw a picture for someone
  - Smile at 5 strangers

- give someone you know who may be struggling, an envelope with cash in it

[WWW.TODAYSTHEBESTDAY.COM](http://WWW.TODAYSTHEBESTDAY.COM)

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



**Congratulations to Melissa for winning Employee Spotlight! We are extra thankful for your help in the field doing admissions and helping/answering all our questions and concerns. We appreciate you!**

## THE ULTIMATE LIST FOR 2023

1. Get more sleep.
2. Drink more water.
3. Get more exercise.
4. Read more.
5. Get more organized.
6. Clean more often.
7. Explore more.
8. Relax more.
9. Have more patience.
10. Forget doing 'more.'

*Just Try Your Best.*



# DONORS NEEDED

BLOODCENTER.ORG

**Blood donations are needed! Contact Erica at ImpactLife at 800-747-5401 to schedule your appointment at a nearby drive!**

### DRESSING FOR COLD WEATHER

adding layers will help keep you warm as the temperature drops

#### CHILLY

1-2 layers  
long layer  
outer layer to keep out wind, rain  
warm shoes water proof

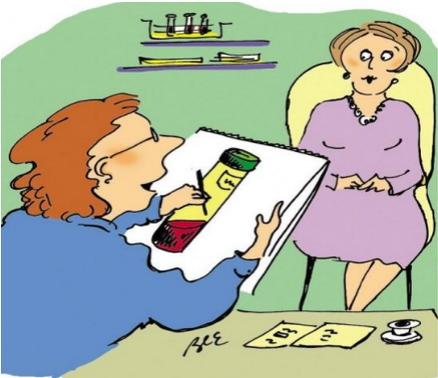
#### COLD

2-3 layers  
gloves  
warm hat  
outer layer to keep out wind, wet snow  
boots water proof

#### EXTREME COLD

3+ layers  
1 insulating  
gloves  
warm hat  
face mask  
outer layer to keep out wind  
boots water proof

weather.gov/safety



"Hold still, Mrs. Brown while I draw your blood."

## Warning Signs of Hypothermia

?

Confusion

⚡

Shivering

...

Difficulty Speaking

ZZZ...

Sleepiness

⚔

Stiff Muscles