

CEDAR RAPIDS  
319-294-3527

CEDAR FALLS  
319-277-1936

CORALVILLE  
319-248-0270

DAVENPORT  
563-823-0920

DUBUQUE  
563-239-1994

# COMFORT CARE CHATTER

## December Birthdays

*Happy Birthday to YOU!*

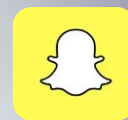
Christine C.	RN Case Mngr.	CO	12.5
Jessica M.	HCA	CF	12.5
Leon S.	HCA	CO	12.5
Victoria M.	RN Case Mngr.	DV	12.8
Tiphanie S.	LPN	DB	12.10
Taylor W.	Mktg.	CR	12.11
Jennifer H.	HCA	DV	12.13
Kathy L.	HCA	CR	12.22
Deana B.	Sched./HCA	CO	12.25
Barbara L.	HCA	CF	12.26
Sandra N.	HCA	CR	12.26
Jennifer M.	Sched.	CF	12.29
Lindsey R.	HCA	CF	12.31

## December 2018 Issue

Also available online at  
[www.comfortcareia.com](http://www.comfortcareia.com)

**NEW!**

**NOW YOU CAN FIND US ON  
FACEBOOK, SNAPCHAT,  
INSTAGRAM & TWITTER!**



*Search the following to  
find & follow Comfort  
Care!*

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Medicare, Inc.

**Snapchat:** comfortcareia

**Instagram:** comfortcareia

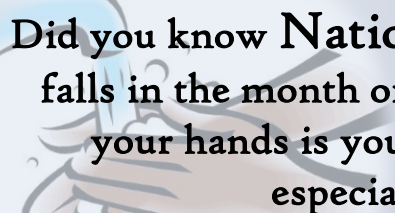
**Twitter:** comfortcareiowa



**HAVE YOU RECEIVED  
YOUR FLU SHOT THIS**

**YEAR?** IF NOT, CHECK OUT OUR  
OCTOBER NEWSLETTER (AVAILABLE  
ON OUR WEBSITE) TO FIND OUT  
*WHY IT IS IMPORTANT THAT YOU  
DO!*





## Did you know National Handwashing Awareness Week falls in the month of December?!? And it's no wonder, washing your hands is your best defense against getting sick, and is especially important this time of year!

### Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

### Use Hand Sanitizer Only When You Can't Use Soap and Water

Washing hands with soap and water is the best way to get rid of germs in most situations. You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Remember these key facts about alcohol-based hand sanitizers.

- Sanitizers can quickly reduce the number of germs on hands in some situations.
- Sanitizers do **not** get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.
- Be cautious when using hand sanitizers around children. Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple mouthfuls is swallowed.

### How to Use Hand Sanitizer

- Apply the gel to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all surfaces of your hands and fingers until your hands are dry.

Source: <https://www.cdc.gov/features/handwashing/index.html>



## REMINDER

CLIENTS & COMFORT CARE STAFF, PLEASE REMEMBER TO CALL THE OFFICE  
WHENEVER YOU HAVE A SCHEDULE CHANGE!

# Brain Teasers

## Last Month's Answers

Ann, Myers, turkey  
Mike, Newton, dressing  
Lyn, Juarez, pumpkin pie  
Bill, Ken, cranberry sauce

## This Month's Teaser

Jessica, Matt, Chris, Ellen, and Tony are five students having the surnames Saunders, Alvarez, Mason, Tan, and Locke (not necessarily in that order) assigned to each read a different book and write a book report on them. But their teacher, unluckily, has forgotten which student is supposed to read which book! Help her figure out the students' full names, assigned books, and presentation dates from the clues below.

Students: Jessica, Matt, Chris, Ellen, Tony  
Surnames: Saunders, Alvarez, Mason, Tan, Locke  
Books: Pride and Prejudice, Jane Eyre, Gone With the Wind, War and Peace, Oliver Twist  
Days: Monday, Tuesday, Wednesday, Thursday, Friday

1. Jessica, Chris, and the girl reading War and Peace plan to write their reports together on Monday night.
2. The 5 students are Matt, the girl presenting on Wednesday, the guy presenting on Tuesday, the kid reading Gone With the Wind, and Chris Saunders.
3. No person has the same first and last initials.
4. Miss Alvarez is presenting on Wednesday, while Pride and Prejudice is being presented on Monday.
5. Locke is mad he is the first to present, but Chris is happy because he is last.
6. Miss Tan wanted to read either Jane Eyre or War and Peace, but Tony and Ellen wound up reporting them instead.

Do you have a big announcement? A thank you? A great photo? Send your input for the Chatter to Taylor and she will add it to next month's newsletter!  
[tfeltes@comfortcareia.com](mailto:tfeltes@comfortcareia.com)

