

EMS LIFE LINK

Safety and Independence at Home



August 2016

Wear that button!

We often hear from clients, “I don’t wear my button, but I keep it close by (in my drawer, on my night stand, by the phone)”

If you fall and can’t reach the button, it’s not going to be any use to you then! Wear your button day, night and in the shower—they’re waterproof!

Our number one goal is to keep you safe and independent in your home.

EMS LifeLink Presentations!

Do you live in a senior living community or belong to a church, group or club that would benefit from learning about EMS LifeLink?

Our EMS LifeLink technician, Bob, gives informative presentations about EMS LifeLink to organizations around our service area.

If you’d like to arrange a presentation, give us a call at 734-477-6453 — Option 1.



Bob Scoggins, EMS LifeLink Technician

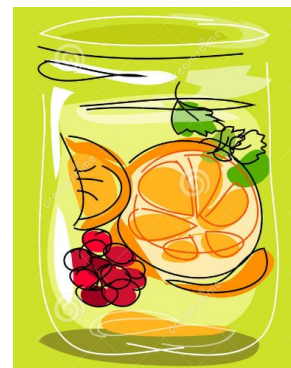
Former Police Chief of Plymouth

Preventing Dehydration

Staying hydrated is great for your health and is especially important in hot weather!

1. Try to drink 8oz of water each time you take medication
2. Keep water bottles available throughout your home
3. If you don’t like drinking water, try

flavoring your water with fun ingredients like lemon slices, fresh fruit slices, mint leaves or agave nectar



Healthy Recipe Corner

An easy dish that makes great leftovers!

Farfalle and Veggies Summer Salad

Ingredients

Salad

- 4 c peas—cooked, drained and cooled
- 8 oz mini farfalle (bowtie) pasta—cooked, rinsed and drained
- 1 1/2 c your favorite color bell peppers—chopped
- 2 tbs chopped fresh basil
- 2 tbs chopped fresh dill
- 2 tbs chopped fresh mint
- 3 c chopped cooked chicken (optional)

Dressing

- 1/4 c white wine vinegar
- 1 tbs Dijon mustard
- 1 tbs lemon juice
- 2 tsp honey
- 3/4 tsp kosher salt
- 1/4 tsp black pepper
- 1/2 c olive oil

Preparation

1. Toss together salad ingredients
2. Whisk together vinegar, mustard, lemon juice, honey, salt and pepper. Slowly whisk in olive oil.
3. Pour dressing over salad, toss to coat

Source: myrecipes.com



Link-a-Friend!

EMS LifeLink is starting a referral program called, “Link-a-



Friend”. When you refer a friend or family member to EMS LifeLink, and they sign up with us, you get **50% off** one month’s bill! The more referrals you provide, the more months you’re eligible to receive a discount!

Would you like to contact us?

Nicole Karbacz—EMS LifeLink Program Coordinator

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Garden Photos!

Do you have some type of garden? In your yard, pots on your balcony, an herb garden, flowers or veggies—we want to see pictures! Email or mail us photos of your garden and we’ll feature them in our September newsletter!