

EMS LIFE LINK

Safety and Independence at Home



August 2017

EMS LifeLink – A matter of life or death

Wearing your EMS LifeLink pendant or bracelet could be a matter of life or death. Keeping your EMS LifeLink button on all day is the primary way to ensure you can call for help if needed. If your button should become damaged please contact us right away to have it replaced.

Recently, we were very saddened to hear that one of our clients fell and did not have their button on because it was broken, due to this they did not get the immediate help they needed and were stuck on the floor for a long period of time. **Your safety is our number one concern.**

If you find yourself frequently losing your button and needing it replaced, which costs \$65/each replacement, consider signing up for the annual maintenance plan, which is only \$60/year. This offers you a savings of \$33 on each button replacement and \$20 savings on each service call.

If your EMS LifeLink necklace cord breaks, wear something with a pocket and keep your button in your pocket until you get a replacement cord. We don't recommend putting your button on any type of chain or cord that doesn't have a breakaway feature as this could pose a strangling hazard, especially when sleeping.

Please contact us at 734-477-6453 Option 1 if your system needs any maintenance or you have any questions.



Staying Hydrated

During this summer heat, it is important to stay hydrated. If you don't like drinking plain ice water, consider making fruit ice cubes to add to your drink. In addition to making your water taste great, you'll be getting a dose of vitamin c!

Flavored Ice Cubes

From spoonforkbacon.com

2 kiwis, peeled and diced

6 strawberries, cleaned hulled, and diced

¼ c blueberries

1 ½ c kiwi-strawberry sparkling water

-Mix fruit together, place a small spoonful into each spot of ice cube tray

-Fill tray with flavored sparkling water

-Freeze for at least four hours



Cleaning your Equipment

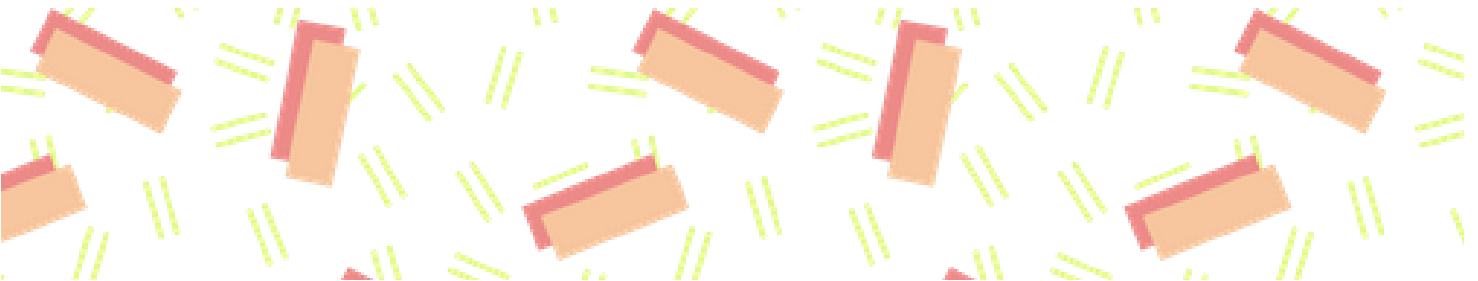
Regular, light cleaning of your EMS LifeLink equipment will help ensure it works properly and performs well for a long time.

Button

Clean with rubbing alcohol. Use a q-tip to make sure there is no build up around button edges, which prevents the button from being pressed

Panel

Make sure the panel has a clear area around it and the speaker is not blocked by objects. Dust the panel, use a vacuum attachment on speaker area if necessary.



Contact Us! Nicole Karbacz – EMS LifeLink Program Coordinator. **Phone:** 734-477-6453, Option 1
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