



February 2017

New Online Bill Pay

Do you pay your EMS LifeLink bill online? **We have a new online bill pay system.** Visit emergenthealth.org and scroll to the “Bill Payment Online” button at the bottom of the page.



February is American Heart Month!

This month everyone is encouraged to take charge of their health with simple steps that can **help prevent heart disease.**

Small steps you can take include:

- Schedule a **visit with your doctor** to talk about heart health
- Add **exercise** to your daily routine, even 15 minutes, three times a week can help
- Increase **healthy eating**
- Take steps to **quit smoking**
- Take **medication as prescribed** – especially high blood pressure and cholesterol medications

Client Testimonial

“When my husband and I first got LifeLink we were stubborn, I didn’t want to wear the necklace. I’m not old enough to need that! Then one day my husband had a fall, he didn’t have his button on and luckily I was home. I pushed the button and the ambulance was there in just a few minutes. Now we never take our buttons off!” – Mary from Adrian

Thanks for sharing your story, Mary! Do you have a story about EMS LifeLink you’d like to share? Use our contact information on the back to send us your story!

Emergency Car Kit

Adapted from LittleThings.com

Keep a few essential safety items in your car in the event you have a break-down, you'll be glad you did!

Items to keep in your car

-Extra hats, gloves and scarves.

Warming items such as blankets, hand warmers and emergency thermal blankets

-Light sources: flashlights and extra batteries or matches and candles

-First aid kit: a basic kit with sanitizing wipes, antibiotic ointment, Band-Aids, gauze bandages and an instant cold pack

-Food and water: a couple bottles of water and non-perishable snacks like granola bars, nuts and dried fruit

-A mini shovel, hammer, screwdriver, wrench, jumper cables, tape, and extra motor oil are all smart items to keep on hand

-Always make sure you have a phone charger when traveling

If your car breaks down the safest place for you to wait for help is in your car!



Immune-Boost Soup

Source: aplaceformom.com

If you're suffering from some winter sniffles, or just need a warm meal, this easy soup is just the ticket.

Ingredients:

- 1 small yellow onion, diced
- 1/2 c chopped mushrooms
- 1 head escarole*, roughly chopped
- 1 can low-sodium white beans
- 1 qt. low-sodium chicken broth
- salt and pepper to taste

Preparation:

1. In a medium pot, sauté diced onions and mushrooms in 1 tbsp. olive oil
2. Add broth, stock and beans
3. Bring to a boil, and then add escarole
4. Bring to a simmer and then add salt and pepper to taste

Enjoy!

**Escarole is a type of endive – a hearty, leafy green. It can be substituted with kale or chard.*



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