



## January 2016

Happy New Year from EMS LifeLink! We hope you had a happy holiday season and the new year is treating you well. We had a busy and productive 2015 – we brought on an additional 164 new LifeLink members and responded to 295 calls in southeast Michigan.



We're constantly working hard to keep you protected and safe at home!

## Home Safety Tips!

January is National Bath Safety Month! While bath safety may seem like no big deal, there are actually 370 people on average across all age groups injured in the bathtub or shower **daily!** Here are some simple tips to keep your bathroom safe:

- Install grab bars around tub, shower and toilet
- Put nonslip strips in the tub and shower
- Keep a nightlight in the bathroom
- Take your time and wear your LifeLink pendant in the tub or shower! 😊

## New Year's Resolution



Is becoming more active a resolution for you in 2016? Being physically active is one of the healthiest things

you can do for yourself. Even simple exercises can help you stay strong and fit enough to maintain your independence as you age. Some benefits of physical activity are:

- Reduced risk of falling
- Can help reduce blood pressure
- Increase stamina and muscle strength
- Manage stress and improve mood

## Healthy Recipe Corner

Here is an easy and healthy recipe that will warm you up on those cold winter days:

### “So Easy” Crock Pot Recipe

#### Ingredients:

- 1.5 lb bag frozen skinless, boneless chicken tenders (no breading)
- 1 16-oz can of organic, low-sodium chicken broth
- 10-15 baby red potatoes
- 2 carrots cut into 1 inch pieces
- 3 stalks of celery cut into 1 inch pieces
- 1 small onion, sliced

- 1 packet of McCormick’s Gourmet Seasoning (Chicken and Potatoes or any other flavor you fancy)

#### Preparation:

1. Spray crock pot with olive oil spray
2. Add cut veggies, potatoes, broth, frozen chicken tenders, packet of seasoning. Mix all together.
3. Cook on low for 6-8 hours. Use leftovers for lunch the following day or make into a stew.

*Source: Dr. Lindsay Jones-Born*



## Would you like to contact us?

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