



## January 2017

Happy New Year from EMS LifeLink! We hope you had an enjoyable holiday season and are looking forward to all 2017 has to offer. We look forward to another year of providing you safety and independence in your home.



### Anniversaries!

EMS LifeLink is owned and operated by your local ambulance service. We have operations all over southeast Michigan and have been keeping our communities safe for quite a while! In 2016 we celebrated some big anniversaries:

Huron Valley Ambulance: 35 years

Jackson Community Ambulance: 20 years

Monroe Community Ambulance: 10 years

Lenawee Community Ambulance: 21 years

Albion Community Ambulance: 17 years



### Client Tip!

When EMS LifeLink client Carol Wisner is working in her back yard or garage, she places a note on her front door stating where she can be found. In the event she has an emergency and needs to press her EMS LifeLink button, EMS responders will know where to find her. Great idea, Carol!

## Preventing Winter Injuries

*Adapted from HealthinAging.org*

Getting out for some fresh air during the long winter months can brighten your mood, get your blood pumping and relieve boredom. Taking time to prevent winter injuries can make the excursion all the more enjoyable.

### Hypothermia

Hypothermia occurs when your body temperature drops to a dangerous level. Your body temperature can drop when you are out in the cold for an extended period of time because it begins to lose heat quickly.

*Precautions:*

- Don't stay outside for very long
- Keep indoor temperature at 65 degrees or warmer
- Stay dry – wet clothing chills your body
- Dress smart – protect your lungs from cold air

- Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing

- Essential winter weather gear: hats, gloves or mittens, winter coat, boots and a scarf to cover your mouth and nose

### Falls

It's easy to slip and fall in the winter, especially in icy and snowy conditions.

*Precautions:*

- Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavement that could be iced over
- Clear away snow and salt your home walkways, or hire someone to do it
- Wear boots with non-skid soles to prevent slipping
- If you use a cane, replace the rubber tip before it is worn smooth
- Consider an icepick attachment that fits onto the end of the cane for additional traction
- Consider using traction grips for your winter boots and shoes to prevent slipping. Visit [Yaktrax.com](http://Yaktrax.com) for more info



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