

EMS LifeLink

Safety and Independence at Home



July 2016

Are you moving soon?

If you're moving to a new residence soon, let us know before you move your EMS LifeLink panel so we can update your address in our system.

We want to make sure we're sending EMS to the right location if you should have an emergency!



If you need to update your address, or check that it is correct, please call us at 734-477-6453—Option 1

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

Heat Safety Tips



Here are some tips to stay safe and healthy when the temperatures rise:

1. Drink more fluids! If you're on fluid restrictions, talk with your doctor about how much you can drink
2. Stay indoors and in air conditioning if possible. If your home doesn't have air conditioning head to a public place like a shopping mall or library to cool down
3. Never leave anyone alone in a closed, parked vehicle!
4. Wear lightweight, light-colored, loose-fitting clothing

Healthy Recipe Corner

A fun and easy red, white and blue dish for 4th of July!

You'll be surprised at how great watermelon tastes with mint and feta cheese!

Watermelon and Blueberry Salad with Feta

Ingredients

- 2 tbsp olive oil
- Juice from one lime (about 2 tbsp)
- 1/2 tbsp honey
- 1/4 tsp kosher salt
- 5 c diced watermelon
- 1 pint blueberries
- 6 oz crumbled feta cheese
- 1/4 red onions thinly sliced
- 1/4 c chopped mint

Preparation

1. Whisk together olive oil, lime juice, honey and salt in a small bowl
2. Mix watermelon, blueberries, feta, onion and mint in a large bowl
3. Add vinaigrette to large bowl. Toss to coat and serve at room temperature

Source: kingsfoodmarkets.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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- 1200 State Circle Ann Arbor, MI 48108

Do you have a recipe to share?

We want to know your favorite summer recipe! Email or mail your recipe to the contact information above to have it shared in our upcoming newsletters!