

EMS LIFELINK

Safety and Independence at Home



June 2016

Don't forget to update your emergency contact information!

Has your emergency contact gotten a new phone number or gotten rid of their land line? Don't forget to let us know!

Updating emergency contact information is very important because it is the information our dispatch staff uses to contact your friends or loved ones on your behalf if you should have an emergency.

If you have someone listed as an emergency contact who is no longer able to fulfill this role, we need to update this information as well.

If you would like to update your emergency contact information, or check that it is correct, please call us at 734-477-6453—Option 1

Seniors Benefit from Volunteering

Adapted from a guest column by Ann Whisenhunt in Citizen-Times.com

- Volunteering your time makes you feel like you have more time “giving your time to others can make you feel more ‘time affluent’ and less time-constrained than wasting your time, spending it on yourself, or even getting a windfall of free time.”
- Volunteering your skills helps you develop new skills
- Volunteering your body helps you have a healthier body “volunteering leads to better health...those who volunteer have lower mortality rates, greater functional ability and lower rates of depression later in life than those who do not volunteer”
- Volunteering your experience helps you build new connections to the community
- Volunteering your love makes you feel more love “volunteering builds empathy, strengthens social bonds and makes you smile—all factors that increase the feeling of love”

Healthy Recipe Corner

Who wants to turn on the stove when it's hot outside?

Fresh Summer Wrap

Spread 1 tsp. **mayonnaise** on a **whole grain wrap**. Place 2 slices **ham or chicken** or a small can of drained **tuna** in the center of the wrap.

Top with 2 TBS **shredded cheese**, 1/2c **shredded lettuce** 1 small sliced **tomato** and other **salad vegetables** of your choice.

Fold or roll wrap. Cut in half and enjoy!

Source: seniorchef.co.nz



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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- lifelink@emergenthealth.org
- 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!