



March 2016

Daylight Saving Time!



Don't forget to "spring forward" and set your clocks ahead one hour before you go to bed on Sunday, March 13th!

First Day of Spring!

The first day of spring is Sunday, March 20th.
Warmer days are coming soon!



National Button Week

March 20 – 26 is National Button Week.

While National Button week may be in honor of clothing buttons, we like to think of it as a reminder to wear your EMS LifeLink pendant and keep that button close at hand!

Bring the Birds to your Garden

Bird watching is a fun, rewarding and relaxing hobby. If you'd like to attract birds to your yard, add these elements:

- **Trees** – Provide sanctuaries for birds to rest and build nests
- **Berry-yielding shrubs** – They not only provide beautiful flowers, they also serve as living birdfeeders
- **Annuals** – They produce seeds that bring plants back next year
- **Bird feeders** – Black oil sunflower seeds are popular with many bird species
- **Bird houses** – Gives birds a safe place to rest and build a nest!



Healthy Recipe Corner

A delicious dish for a spring day!

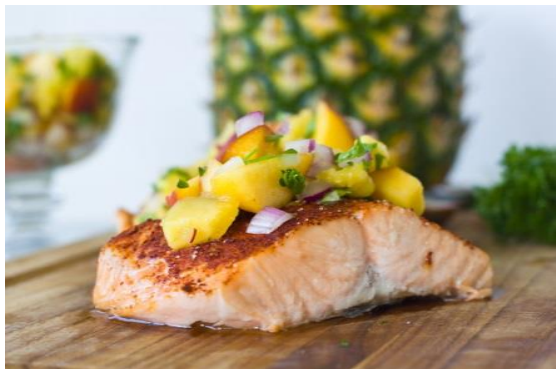
Pan-Grilled Salmon with Pineapple Salsa

Ingredients:

- 1 c chopped fresh pineapple
- 2 tablespoons finely chopped red onion
- 1 tablespoon rice vinegar
- 1/8 teaspoon ground red pepper
- cooking spray
- 4 (6 ounce) salmon filets (about 1/2 inch thick)

Preparation:

1. Create salsa by combining pineapple, onion, vinegar and red pepper in a bowl, set aside
2. Heat a nonstick grill pan coated with cooking spray over medium-high heat. Sprinkle fish with salt. Cook fish 4 minutes on each side or until it flakes easily when tested with a fork.
3. Top with pineapple salsa – enjoy!



Do you have a healthy recipe you'd like featured in our next newsletter? Send it to our email address or mailing address below!

Would you like to contact us?

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