

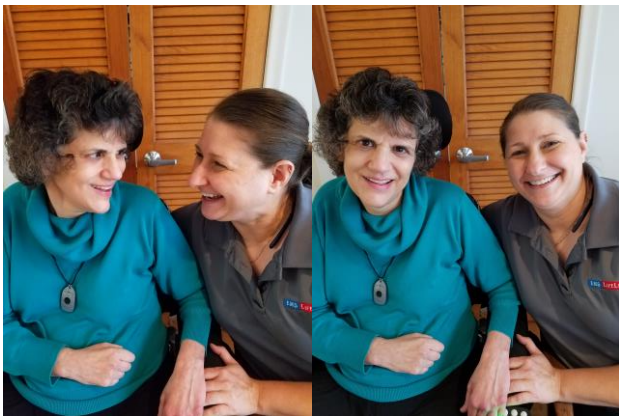


March 2017

New Online Bill Pay

Do you pay your EMS LifeLink bill online? **We have a new online bill pay system.** Visit emergenthealth.org and scroll to the “Bill Payment Online” button at the bottom of the page.

EMS LifeLink Client!



Nicole and Jodie celebrating their 8-year anniversary

Pictured is EMS LifeLink client, Jodie with EMS LifeLink coordinator, Nicole. Jodie has been a LifeLink client for 8 years! We're thankful to have you as a client, Jodie!

Spring Cleaning

Spring is just around the corner! While you're working on spring cleaning and shaking the winter dust out of your house, don't forget your EMS LifeLink panel.

Sometimes piles of books, papers or other items can stack up around our clients' panels. This can actually obstruct sound going to or from the panel and make it hard for the dispatchers to hear you in the event of an emergency. Make sure your panel has a nice, clear space around it.



Do you garden?

Adapted from GardeningKnowHow.com

Gardening provides many health benefits such as exercise, stimulation, a sense of accomplishment and improved mood and attitude.

Space or physical limitations don't mean a gardening hobby has to end. Below are some tips on how to create an easy care garden.

Where: If you have yard space consider using raised beds or table beds, these lessen the need to bend and reach. Plant containers are a perfect place to garden on patios or balconies.

Planting seeds: To reduce bending while planting seeds, put seeds in a jar with small holes punched in the lid and sprinkle them on the soil from a standing position.

Garden tools: There are a variety of adaptive, light weight garden tools for people with limited hand mobility that can be found at garden centers or online. Adding bike tape to the handles of tools adds more grip. A tool's reach can be extended by taping broom handles or PVC pipe to the handle.

Fresh or frozen? The choice is yours.

We all know that eating fruits and vegetables is one piece of wellness and good health. But did you know that fresh produce isn't necessarily superior to frozen? According to the *New York Times*, most nutrients are surprisingly hardy: Iron, for example stands up to freezing quite well, and fiber does its job whether frozen or fresh.

When vitamin content was analyzed in several different varieties of fresh and frozen produce, including blueberries, broccoli, carrots, spinach and strawberries, no significant difference was found.

Experts do recommend looking for produce frozen using the IQF process – “individually quick frozen” – for the highest quality produce.

Whether your produce is fresh or frozen, eat up and enjoy, knowing that you've made a delicious and healthy choice.



Don't forget to wear your EMS LifeLink button out in the garden. The button signal has a reach of up to 400 feet away from the panel.

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