

EMS LIFE LINK

Safety and Independence at Home



May 2016

Access to your home is critical in an emergency!

At EMS LifeLink, our goal is to help provide the needed tools to get you the assistance you need in the event of an emergency.

When a medical emergency occurs, emergency responders need to be able to get to you as quickly as possible. Having a lockbox allows the quickest entry into your home.

A lockbox is a metal device in which you can safely secure keys. The lockbox can hang on an outside door handle, fence, porch railing or even be mounted with screws into a door frame.

Access into the lockbox is gained by using a numeric code set by you. This code is stored in your personal EMS LifeLink profile and



only given to Emergency Medical Responders when you are unable to unlock the door for them.

Hidden Keys may hinder access to your home

In the event of a medical emergency, you want emergency responders to get to you as quickly as possible. If you have a hidden key, ask yourself these questions about its location:

- Does the location of your hidden key allow for fast entry by emergency responders?
- How will the area you have hidden your key be affected by low visibility factors such as darkness or fog?
- If it snows, or the ground freezes, will the object covering your key be frozen to the ground? Will your key be buried in the snow?
- If your key is hidden in a garage—can the garage door still open if the power goes out?

Healthy Recipe Corner

A quick and delicious asparagus recipe!

Asparagus Risotto

In a large pot in **olive oil**, cook 4 chopped **green onions** and 1 cup **Arborio rice** until fragrant. One cup at a time, stir in 1 qt. hot **vegetable broth** and cook, stirring, until each cup is absorbed and the rice is al dente, around 20 minutes. Add hot water if you need more liquid.

About 5 minutes before the rice is done, add 2 lbs trimmed **asparagus**, that has been cut into 2 inch pieces. Add 2 tbsp. **unsalted butter** and 1/2 c grated **parmesan cheese**. Cook until asparagus is tender crisp.

Source: sunset.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?

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