



May/June 2017

## Client Birthday!

Happy 101<sup>st</sup> Birthday  
to EMS LifeLink client Rylma!



## Wash your fruits and veggies

Summer is just about here! Along with summer comes an abundance of delicious, fresh fruits and vegetables. Even when produce is right from your garden, it is important to wash before eating to remove dirt and bacteria.

- Scrub down your kitchen counter, knives and cutting boards before prepping food.
- Washing with cool water for 30-60 seconds is best. No soaps or detergents are necessary.
- Wash food before peeling to prevent the spread of bacteria from the peel to the fruit.
- Don't wash and store – this causes food to rot more quickly.



## Exercise may improve cognitive functions in stroke patients

Exercise is essential to good health for everyone. Now a recent study suggests that an exercise routine can have positive mental health benefits for stroke survivors.

An analysis of clinical trials and the University of Pittsburgh appears to indicate moderate aerobic exercise, along with strength and balancing training, is effective at helping stroke survivors regain cognitive skills such as attention and processing speed.

The most effective programs emphasized strength, balance, stretching and aerobic fitness that increases your heart rate just enough to make you sweat. Exercises such as walking on a treadmill or riding a recumbent bike appear to have a positive impact.

## Price Increase

Do you still have questions about our recent price increase or our optional equipment maintenance program? We'd love to chat with you. Please reach out to us using the contact information at the bottom of this page.

## Father's Day

Father's Day is coming up! To all our LifeLink clients who are fathers, grandfathers or a father figure: thank you for all you do!

We hope everyone has a fun and enjoyable Father's Day.



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