

THE VITAL HEALTH CARE GROUP

Vital Link, A Home Care Company
Vital DME
Vital Link Home Care-South

QUARTERLY NEWSLETTER

THE VITAL TIMES

Volume 7, Issue 3

July 18, 2014

Desk Dining

Did you know that 70% of Americans eat at their desk? Getting away for 30 minutes can help you focus on something other than work and gives your eyes a break from the computer along with giving your body a break from the same static posture. Fresh air and a change of scenery can help prevent you from feeling over worked.

Inside this issue:

- Welcome New DON & Kudos 1
- Summer fit tip & Deyta Report 2
- Happy Birthday & Welcome to Vital 3
- Reminders 4

Vital Link - Northshore Welcomes a New

Director of Nurses!

Vital Link is excited to announce that Sharon D. Lemieux, RN, BSN, has joined us as our new Director of Nurses (DON) for Vital Link, A Home Care Company.

Sharon joins Vital Link with several years of home health and health care industry experience. She is no stranger at Vital Link, having worked with us previously as the Regional Manager for the Mandeville and Bogalusa offices. Most recently she served as a Clinical Advisor for another local home health care agency. Sharon brings years of experience in leadership, management, administration, as well as hands on clinical and operational knowledge of home health.

We are excited about Sharon rejoining Vital Link as our Director of Nurses. Please join us in congratulating Sharon on her return to the Vital family and her new role.

Kudos to Vital Link Home Care -South

Stacy Brown and the staff of Vital Link Home Care-South were recognized at the company's Annual Agency Evaluation and Advisory Committee Meeting for achieving a deficiency free Medicare/Medicaid State Certification Survey. Our agency did not have a single deficiency! In home care, it is rare to be visited by surveyors and not dinged for at least one item. In conclusion the surveyors felt the patient care performed by Vital Link Home Care-South was excellent. Carl D. Clark, Chief Executive Officer, presented Stacy with a certificate to honor this accomplishment. Congratulations to Stacy and the staff for their hard work and dedication.



A VITAL Thought



"A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties."

by Harry S. Truman (the last U.S. President without a college degree)

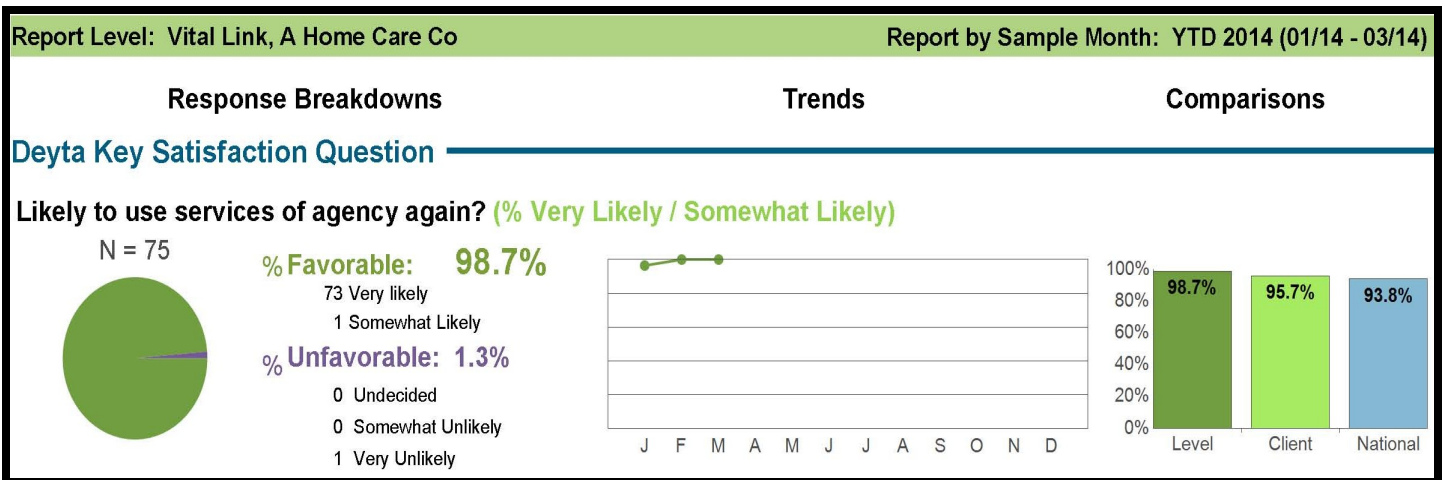
Hula Hoop for a healthier You!

According to an American Council on Exercise (ACE) study, Hula Hooping can: Strengthen your back, abdominal, arms & leg muscles, and could also improve flexibility & balance. In the ACE study, researches found this burned an average of 210 calories during a 30 minute workout, but these hula hoops are not the same as the one you had when you were 10 years old. These exercise hoops are larger in diameter (usually 37 to 45 inches) and are weighed (usually 1 to 4 pounds).

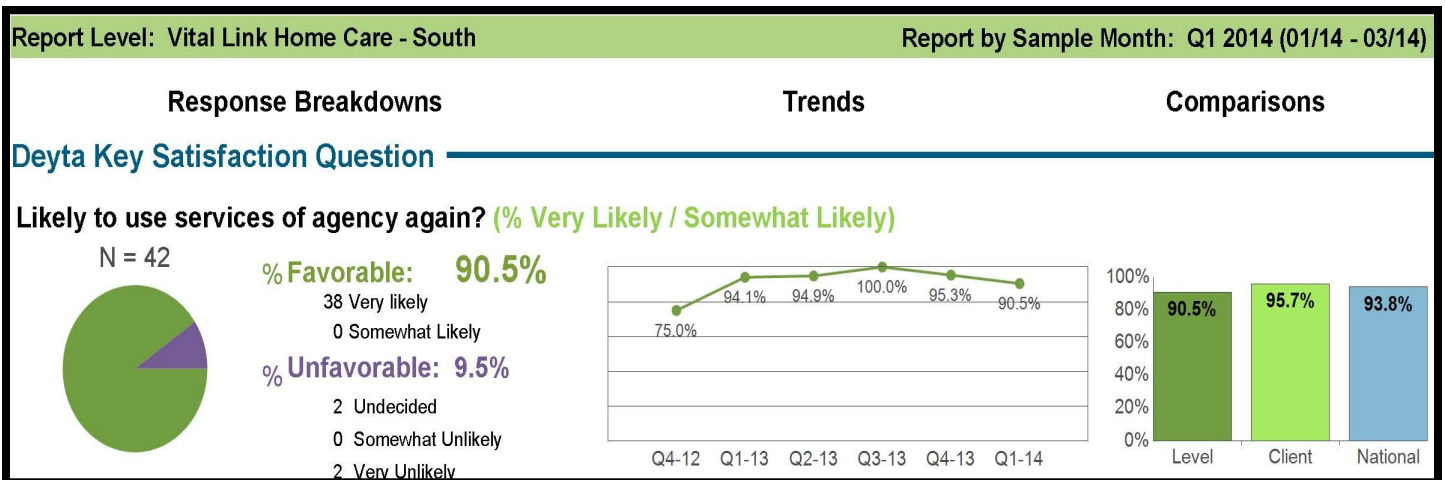
To get started make sure you have the right size hoop. Stand with a hoop in front of you. The hoop should stand between your waist and chest. Put the hoop around you and stand with one foot in front the other. Hold the hoop against your back, just above your waist. Push the hoop around your waist to start the hoop moving, and shift you weight back and forth on your feet to keep the hoop going. It's less of a circular hip motion and more of a rocking or pumping motion.

Deyta Satisfaction Report

Vital Link, A Home Care Company 1st Quarter Report



Vital Link Home Care - South 1st Quarter Report



Happy Birthday

July

Rhonda Becnel (7/01) *South*
 Cherie Pumila (7/02) *South*
 Jerry Hollander Sr. (7/05) *Corp*
 Claudette Helm (7/07) *BR*
 Leah Benoit (7/12) *Ham*
 Elizabeth Fiorillo (7/14) *South*
 Charlotte Thomas (7/14) *Mand*
 Glennis Kuhn (7/18) *SB*
 Kimberly London (7/18) *BR*
 Tricia Cambre (7/23) *SB*
 Nancy Landry (7/27) *South*
 Adam Arteaga (7/29) *Ham*
 Deana Bell (7/29) *South*
 Sommer Williams (7/31) *SB*

August

Nettie Tate (8/02) *Bog*
 Ronnie Roundtree (8/03) *DME*
 Heidi Ockman (8/07) *Ham*
 Sade Pierson (8/09) *BR*
 Mathilda Chartain (8/10) *South*
 Carroll Linden (8/11) *DME*
 Tyrelle Barlow (8/16) *BR*
 Yvette Sapp (8/24) *South*
 Maurice Welsh (8/24) *Ham*
 Rachel Whitney (8/31) *South*



September

Cheryl Lyons (9/01) *Mand*
 Christina Gegenheimer (9/02) *South*
 Danny Hollander (9/03) *Mand*
 Renee Martin (9/05) *SB*
 Kathleen Sambola (9/13) *DME*
 Ahsaki George (9/16) *South*
 Amy Mitchell (9/16) *BR*
 Sharon Naquin (9/16) *Mand*
 Rosary Papania (9/17) *BR*
 Rolanda Searles (9/19) *Mand*
 Alicia Tetreau (9/19) *Bog*
 Jessica Dupont (9/19) *Ham*
 Karen Finney (9/21) *Corp*
 Rhonda Albritton (9/22) *SB*
 Toni Stevens (9/24) *Mand*
 Shkethia Cryer (9/25) *Ham*
 Tiffany Owens (9/26) *SB*
 Deborah Austin (9/27) *South*
 Jessie Oberheide (9/27) *Ham*

SB = Senior Bridge

Christal Cook (*Mand*)

Natasha Dokes (*Ham*)

Carl Carlton (*Ham*)

Michelle Seibert (*Mand*)

Robin Hurley (*Mand*)

Shaneil Lenoir Byrd (*Mand*)

Cathy Swan (*Mand*)

Lisa Elsensohn (*Mand*)

Jennifer Gray (*Mand*)

Nashua Contranchis (*Mand*)

Miranda Dillon (*South*)

Sharon Lemieux (*Ham*)

Sharon Naquin (*Mand*)

Lacy Taylor (*Mand*)

Rebekah Guy (*Mand*)

Jessica DuPont (*Ham*)

Alexis Grimes (*DME*)

Charlette Leonard (*Bog*)

Lisa King (*SB*)

Jenee LeBlanc (*Ham*)

SB = Senior Bridge

*Welcome New
Employees*

Important Reminders

Regarding your Vision insurance!!

If you have the new VSP Vision Insurance, **NO** cards are provided. When you go for your appointment tell them you are a VSP Member and they will look up your membership under the employee Social Security Number.

401K Open Enrollment!!

If you missed out on 401K open Enrollment then don't worry, you can enroll again October 1, 2014. If you are interested in enrolling in The Vital 401K Plan, please contact Rhonda in the Corporate office at least 15 days before to make sure you are eligible to enroll.

All Vital Employees

If you have not signed up for Humana Vitality, then sign up today. Just go to HumanaVitality.com then register to log in, take the Health Assessment to begin earning Vitality Points. Set your personal goals, including scheduling a Vitality Check and other health activities to earn more Vitality Points. Review other opportunities to earn Vitality Points in categories on your browser bar. By signing up

THIS MAY HELP LOWER THE PREMIUMS!!!!

So what are you waiting for? Sign up today!!

The Vital Health Care Group

Vital Link, A Home Care Company

Vital DME

Vital Link Home Care-South

P.O. Box 8832

Metairie, LA 70011

Phone: 504-835-4000

Fax: 504-835-4999

Anyone with newsworthy information for the publication in The Vital Times, please contact Rhonda St. Amant or Renee Adams @ 504-835-4000, or email at rstantam@vitalhcgroupp.com radams@vitalhcgroupp.com