

**THE VITAL HEALTH CARE GROUP**

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

QUARTERLY NEWSLETTER

-New Year, New You-

**Happy 2012!!:**

The holidays are OVER. So, whether you overindulged in 2011 or just want to get fitter and eat better, a new year is the perfect time to make serious life changes. Here are a few tips to help you get on a healthy track for 2012.

- **Change your mind.** Realize that you have the power to change your life by changing your mindset.
- **Set attainable goals.** To make permanent change, you'll need to set short-term and long-term goals and create plans to achieve them.
- **Set up a support system.** It's important to build a healthy support system. Share your goals and how you're planning to accomplish them. Let them know how important it is to you to have their support.
- **Make healthier choices.** Start the new year with a freshly restocked fridge and pantry. Make room for nutritious, energy-boosting fruits, vegetables, lean proteins and whole grains.

Know that this will not be easy. But with the right mindset, motivation and support system, you can do it.

Now, let's make 2012 our **HEALTHIEST**

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# THE VITAL TIMES

Volume 5, Issue 1

March 7, 2012



## Congratulations on 5 Years of Service



*Tawanda Jackson 8/02/2011*



*Cheryl Hall 8/14/2011*



*Rhonda Bagby 9/07/2011*



*Rosary Papania 10/02/2011*



*Sharon Lemieux 10/09/2011*



# Happy Birthday



## NOVEMBER

11/01 Chanda Winstead (Mand)  
 11/04 Nada Bailey (Bog)  
 11/04 Troy Allemand (DME)  
 11/04 Ronda Cairns (Hmd)  
 11/07 Philippa Tramell ( Hmd)  
 11/12 Murel Johnson (Mand)  
 11/13 Dontrelle Terrell (Mand)  
 11/14 Laurie Watt (Hmd)  
 11/16 Michelle Huggins (Hmd)  
 11/20 Mike Biguenet (Mand)  
 11/23 Danielle Roussel (Hmd)  
 11/24 Brittany Fortmayer (Hmd)  
 11/24 Elaine Williams (Met)  
 11/25 Patricia Antoine (Met)  
 11/27 Noreen Allen (Met)  
 11/29 Tammy Welsh (Hmd)

## DECEMBER

12/03 Robyn Woodall (Hmd)  
 12/06 Kim Green (Met)  
 12/08 Donna K Relan (Hmd)  
 12/14 LaKisa LeMann (Corp)  
 12/17 Julie Hebert (Met)  
 12/20 Michele Corkern (Bog)  
 12/21 Clayton Perry (Met)  
 12/21 John Martello (DME)  
 12/22 Cheryl Baham (Mand)  
 12/22 Deborah King (Mand)  
 12/22 Sarah Harrison (Hmd)  
 12/25 Christie Cooper (Hmd)  
 12/29 Bridgette Baker (Met)  
 12/30 Pamela Pflingsten (Mand)  
 12/31 Karen Applewhite (Bog)

## JANUARY

01/03 Christine Huber (Met)  
 01/07 Brandy B Bazile (Met)  
 01/07 Evelyn Perkins (B.R.)  
 01/08 Carol Rockwell (Corp)  
 01/11 Charlotte Leonard (Hmd)  
 01/13 Arlene Stipe (Met)  
 01/16 Sullandra ClouDET (B.R.)  
 01/18 Charlotte Leonard (Bog)  
 01/18 Carl Clark (Owner)  
 01/20 Brenda S. Sziber (Hmd)  
 01/22 Courtney Evans (Met)  
 01/29 Shirley Williams ( Met)  
 01/29 Shawna Mitchell (Met)

## FEBRUARY

02/03 Greg Deichmann (Owner)  
 02/05 Cathy Ford (Hmd)  
 02/06 Loretta Stewart (Bog)  
 02/07 Sharon Hoffmeister (Met)  
 02/08 Elisabeth Sullivan (Hmd)  
 02/09 Wendi Presson (Bog)  
 02/12 Megan Patorno (South)  
 02/13 Michael Harris (DME)  
 02/14 Jeanne Treanor (B.R.)  
 02/17 Beverly Ann Dixon (Met)  
 02/19 Sharon Lemieux (Mand/Bog)  
 02/19 Erin Doiron (B.R.)  
 02/20 Tracy Perkins (Met)  
 02/24 Jennifer Albarado (B.R.)  
 02/25 Pamula Mixon (Corp)  
 02/27 Lisa Hite (Corp)

## MARCH

03/06 Elaine D. Hayden (Hmd)  
 03/10 Cheryl Hall (Corp)  
 03/10 Linda Doyle (Met)  
 03/11 Harold Buhler (Met)  
 03/12 Kim Knoblock (Met)  
 03/14 Sandra Jones (Hmd)  
 03/18 Wendy Moran (B.R.)  
 03/18 John Gulczynski (Bog)

## MARCH CONT'D

03/23 Heidi Burnette (Met)  
 03/24 Melanie Batt (Met)  
 03/24 Aneka Moll (South)  
 03/28 Sue Hines (Bog)  
 03/28 Leonore Turner (South)  
 03/28 Valencia Taylor (South)  
 03/29 Tiffany Stewart (South)  
 03/30 Donna Jackson (Hmd)  
 03/30 Karen Martinez (Mand)  
 03/30 Claudia Bonilla (Met)

## APRIL

04/01 Angelique Knoblock (Hmd)  
 04/03 Fayedra Riley (Met)  
 04/04 Nikki Welsh (Hmd)  
 04/05 Tyrone Parker (Hmd)  
 04/12 Martha Thomas (Bog)  
 04/15 Sheila Seal (Bog)  
 04/30 Becky Willis (Bog)

## Welcome New Employees to the Vital Family



### ~Vital~

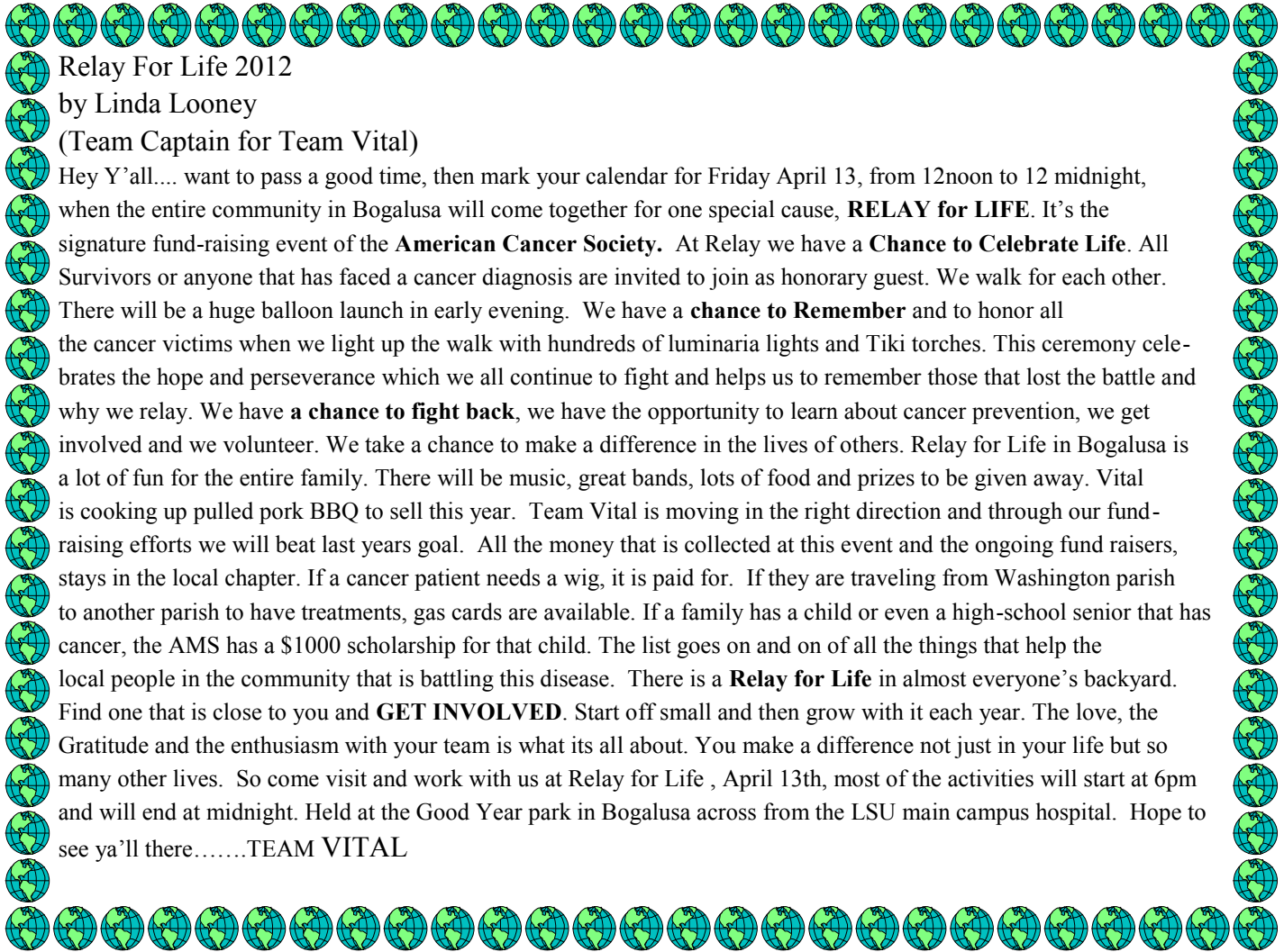
Cathy Ford (Hmd)  
 Laurie Watt (Hmd)  
 Terry Stevens (Hmd)  
 James Luce (Hmd)  
 Chrystal Giluso (Hmd)  
 Sandra Jones (Hmd)  
 Renee' Adams (Met)  
 Julie Hebert (Met)  
 Caprice Myles (Met)  
 Elizabeth Williams (Met)  
 Melanie Batt (Met)

### ~Vital~

Claudia Bonilla (Met)  
 Kim Green (Met)  
 Christine Huber (Met)  
 Tracy Perkins (Met)  
 Cynthia Hayes (Met)  
 Linda Quey (Met)  
 Beverly Ann Dixon (Met)  
 Andrea Matthews (Met)  
 Clayton Perry (Met)  
 Daniel Thibodeaux (Met)

### ~Vital~

Jessica Teeter (Bog)  
 Anissa Washington (Met)  
 Donngelia Landry (South)  
 Beverly Mandolph (South)  
 Tanisha Hadley (South)  
 Gwendolyn Christy (South)  
 Troy Allemand (DME)  
 Roger Mondello (DME)  
 Todd Wade (B.R.)  
 Jennifer Albarado (B.R.)  
 Jeanne Treanor (B.R.)



## Relay For Life 2012

by Linda Looney

(Team Captain for Team Vital)

Hey Y'all... want to pass a good time, then mark your calendar for Friday April 13, from 12noon to 12 midnight, when the entire community in Bogalusa will come together for one special cause, **RELAY for LIFE**. It's the signature fund-raising event of the **American Cancer Society**. At Relay we have a **Chance to Celebrate Life**. All Survivors or anyone that has faced a cancer diagnosis are invited to join as honorary guest. We walk for each other. There will be a huge balloon launch in early evening. We have a **chance to Remember** and to honor all the cancer victims when we light up the walk with hundreds of luminaria lights and Tiki torches. This ceremony celebrates the hope and perseverance which we all continue to fight and helps us to remember those that lost the battle and why we relay. We have a **chance to fight back**, we have the opportunity to learn about cancer prevention, we get involved and we volunteer. We take a chance to make a difference in the lives of others. Relay for Life in Bogalusa is a lot of fun for the entire family. There will be music, great bands, lots of food and prizes to be given away. Vital is cooking up pulled pork BBQ to sell this year. Team Vital is moving in the right direction and through our fund-raising efforts we will beat last years goal. All the money that is collected at this event and the ongoing fund raisers, stays in the local chapter. If a cancer patient needs a wig, it is paid for. If they are traveling from Washington parish to another parish to have treatments, gas cards are available. If a family has a child or even a high-school senior that has cancer, the AMS has a \$1000 scholarship for that child. The list goes on and on of all the things that help the local people in the community that is battling this disease. There is a **Relay for Life** in almost everyone's backyard. Find one that is close to you and **GET INVOLVED**. Start off small and then grow with it each year. The love, the Gratitude and the enthusiasm with your team is what its all about. You make a difference not just in your life but so many other lives. So come visit and work with us at Relay for Life , April 13th, most of the activities will start at 6pm and will end at midnight. Held at the Good Year park in Bogalusa across from the LSU main campus hospital. Hope to see ya'll there.....TEAM VITAL

## Colonial Life (Supplemental Insurance) Open Enrollment

Find out more about all of the exciting benefits available to you during your Vital Health Benefits Enrollment for Supplemental Insurances: Everyone Meet One-to-One with Benefits Representative on:

Bogalusa—March 13, 2010 @ 2:00pm

Metairie Clinical—March 14, 2012 @ 12:00pm

Mandeville—March 15, 2012 @ 2:00pm

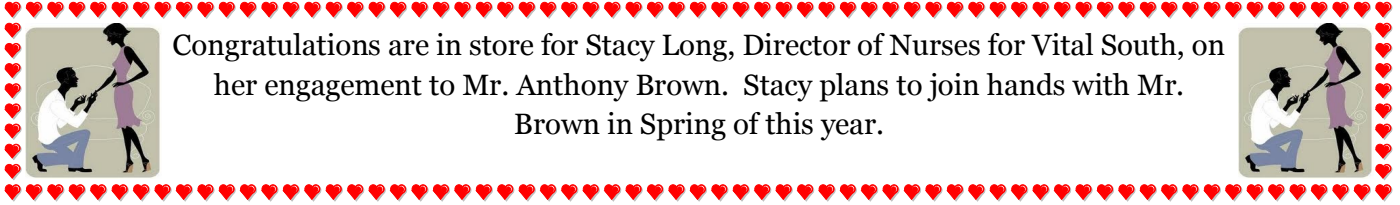
Corporate—March 16, 2012 @ 10:00am

Baton Rouge—March 20, 2012 @ 2:30pm

Hammond—March 28m, 2012 @ 9:00 am

# Vital Information.....

## Congratulation



Congratulations are in store for Stacy Long, Director of Nurses for Vital South, on her engagement to Mr. Anthony Brown. Stacy plans to join hands with Mr. Brown in Spring of this year.



The Vital Health Care Group would like to congratulate Shaunte (Vital South) and Marcel Jackson on the birth of their baby boy Marcel. Marcel was born on September 12, 2011 and weighed 8lbs 2oz.



Congratulations also goes out to Mike (Mandeville) & Ashley Biguenet on the birth of their baby boy Micah. Micah was born on November 16, 2011 and weighed 7lbs 12oz and was 19 1/2 inches long.



For those of you that have been following Victoria Tramell, the daughter of Philippa (Mandeville). Victoria recently went to California to compete in the national American Miss National Pageant. The Vital Health Care Group would like to congratulate her for being chosen to represent Louisiana. She placed in the top 20 for "photogenic" out of 139 contestants. She won "best state t-shirt" and 1st runner up in the "best thank-you letter". She will continue to represent the state of Louisiana, focusing on volunteering and giving back to her community. Victoria is currently pursuing her degree in cosmetology and was chosen to be part of NOLA fashion week in February. She is an up and coming hair artist.



Philippa Tramell recently captured the title of Mrs. New Orleans in December. She will be going on to represent the city of New Orleans at the Mrs. Louisiana pageant in November. Philippa is heavily involved in mentoring young ladies through pageantry and volunteering. Her emphasis is on inner beauty and positive role models for the youth of today. She is also

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