

**THE VITAL HEALTH
CARE GROUP**

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

QUARTERLY NEWSLETTER

THE VITAL TIMES

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July 2, 2013

**Snacks that don't tip the scale
on calories.**

Snacks with 100 calories or fewer.

Honey Yogurt: 1/2 cup nonfat, plain Greek yogurt, with 1 tsp. honey and a few sprinkles of cinnamon.

Berries & Cream: 1 cup blueberries mixed with 2 Tbsp. whipped topping.

Cinnamon Applesauce: 1 cup unsweetened applesauce sprinkled with cinnamon.

Milk & Cookies: 1/2 cup skim milk and five animal crackers.

Cucumber Sandwich: 1/2 English muffin topped with 2 Tbsp. cottage cheese and three cucumber slices.

Greek Tomatoes: 1 tennis-ball sized tomato, diced and mixed with 1 Tbsp. feta cheese and a teaspoon of balsamic vinegar.

Chips & Salsa: 10 baked tortilla chips and 1/4 cup salsa.

Pistachios: about 25 nut. Go for those still inside their shells. Cracking open the shells will take time, which may keep you from grabbing more.

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How to keep you & your pet safe in the Heat.

How to keep yourself safe in the heat.

- Drink 1 to 1 1/2 quarts of fluid daily like water, fruit juices, & juice drinks.
- Avoid table salts & highly salted food.
- Plan activities for the coolest part of the day & rest frequently.
- Wear light color clothes & a hat during the hottest part of the day

Signs of heat stroke - Throbbing headache, dizziness, light-headedness, lack of sweating despite the heat, red hot dry skin, muscle weakness or cramps, or rapid heart beat.

If a heat stroke - Call 911 or get them to a hospital. Move them to a shaded area, take any unnecessary clothes off, fan air over them while wetting their skin. Apply ice packs to the armpits, groin, neck & back.

How to keep your pet safe in the heat.

- Keep pets in a shaded area & with lots of water.
- When walking your pet have them walk in the grass because the ground could burn their paws.

Signs of heat stroke in your pet - Heavy panting, glazed eyes, rapid heartbeat, restlessness, excessive thirst, lethargy, deep red or purple tongue.

If a heat stroke - get your pet in a shaded area, apply ice packs or cold

towels to the head, neck, chest, or run cool (not cold) water over pet. Let them drink small amounts of water are lick ice cubes then take them

directly to the vet.

Happy

July

- Rhonda Becnel (7/1) *South*
- Cherie Pumila (7/2) *South*
- Jerry Hollander Sr. (7/5) *Courier*
- Claudette Helm (7/7) *BR*
- Leah Benoit (7/12) *Hmd*
- Elizabeth Fiorillo (7/14) *South*
- Charlotte Thomas (7/14) *South*
- Glennis Kuhn (7/18) *Hmd*
- Kimberly London (7/18) *BR*
- Donna Foto (7/19) *South*
- Ashley Reid (7/21) *BR*
- Tricia Cambre (7/23) *Hmd*
- Nancy Landry (7/27) *South*
- Candy Maurer (7/28) *Hmd*
- Adam Arteaga (7/29) *Hmd*
- Deana Bell (7/29) *South*
- Sommer Williams (7/31) *Hmd*

August

- Nettie Tate (8/2) *Bog*
- Ronnie Roundtree (8/3) *DME*
- Linda Looney (8/6) *Bog*
- Heidi Ockman (8/7) *Hmd*
- Mathilda Chartain (8/10) *South*
- Carroll Linden (8/11) *DME*
- Shannon Williams (8/13) *BR*
- Yvette Sapp (8/24) *South*
- Maurice Welsh (8/24) *Owner*
- Seth Kelly (8/25) *DME*
- Beverly Mandolph (8/25) *South*

September

- Cheryl Lyons (9/1) *South*
- Christina Gegenheimer (9/2) *South*
- Daniel Hollander (9/3) *Owner*
- Kathleen Sambola (9/13) *DME*
- Amy Mitchell (9/16) *BR*
- Ahsaki Scharpon (9/16) *South*
- Rosary Papania (9/17) *BR*
- Mindy Rodrigue (9/19) *BR*
- Rolanda Searles (9/19) *Mand*
- Alicia Tetreau (9/19) *Bog*
- Karen Finney (9/21) *Corp*
- Toni Stevens (9/24) *Mand*
- Shkethia Cryer (9/25) *Hmd*
- Kristina White (9/25) *BR*
- Deborah Austin (9/27) *South*
- Jessie Oberheide (9/27) *Hmd*

Birthdays



A VITAL Thought

The difference between school and life?
 In school, you're taught a lesson and
 then given a test. In life, you're given
 a test that teaches you a lesson.

-Tom Bodett-

Humana Vitality for VITAL

Did you get your Vitality check yet?

If you didn't, you can go to partners Concentra, The Little Clinic, Walgreen's Take Care clinics, or if you prefer, you can visit your personal doctor & get your...

* Body mass index (BMI)

* Blood pressure

* Blood glucose level

* Cholesterol levels

If you did then make sure you have signed up so you can start **EARNING POINTS.**

Just by getting you Vitality check you earn **2,000** Vitality points. Take the Humana Vitality Health Assessment to start earning Vitality points. Visit HumanaVitality.com For each Vitality point you earn it is worth one Vitality buck, which can be used inside the Humana Vitality Mall.

THIS MAY LOWER NEXT YEARS PREMIUMS!!
What are you waiting for? Sign up before August 29th!!!!

Welcome New Employees to the Vital Family

Baton Rouge

Summer Lannes

Mindy Rodrigue

DME

Nanette Terrebonne

Johnny Kaklis

Mandeville

Rolanda Searles



*Welcome to
our Branches*

South

Terria Peters

Hammond

Brittany Lowe

Sommer Williams

Tricia Cambre

Monica Majesty

Glennis Kuhn

Janice Cornelius

Candy Maurer

Safety tips for the 4th of July

FIREWORKS SAFETY

- Never use a firework that has been wet or tampered with.
- If you light a firework that is a “dud” and it does not go off, do not touch, or go near the firework for at least 20 minutes.
- After any firework that you light has gone off, make sure to soak the empty shell in water before disposing of it.
- Always keep a bucket of water or hose on hand in case of a fire.

TRAVEL SAFETY

- Make sure you have the proper supplies in your car if you happen to break down.
- Carry an extra stash of money solely for emergency purposes while on the road.
- Plan everything in advance: Maps, pit stops, food, bathroom breaks, etc.
- Never drive if you are noticeably tired. If you think you are going to fall asleep pull over and take a nap.

WATER SAFETY

- When a child is around water, make sure they are wearing a proper flotation device.
- Only swim where a lifeguard or someone supervising is present.
- Make sure when boating that all passengers have a proper life jacket available.
- Pay attention to everyone else. There is no shortage of drunken boaters on the 4th

GRILLING SAFETY

- If you are grilling, never leave a lit grill unattended.
- Make sure that there are no children or pets around that could possibly get burned.
- If using a charcoal grill, make sure charcoal is completely done burning and pour water on the coals before disposing of.
- Always keep water, or a hose nearby in case of a fire.

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