

**THE VITAL HEALTH
CARE GROUP**

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

QUARTERLY NEWSLETTER

THE VITAL TIMES

Volume 12, Issue 3

July 15, 2019

Vital Thought

Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it you can never get it back.

by Harvey MacKay.



We are excited to announce and present Christine "Tina" Poché as the new Director of Nursing (DON) for Vital Link, A Home Care Company (Northshore). Tina comes to us with several years of experience in the local home health care industry, many of which as an Agency DON.

Please join us as we welcome Tina to the Vital Link family in her new role as our DON and congratulate her.

Congratulations to the following employees who were mentioned in a patient satisfaction survey for excellent patient care during the first quarter!

Hammond

Karin Adams

Amanda Smith

Michael Davis

Shkethia Cryer

Kim McCullough

Ashley Bratton

Jessica Dupont

Mandeville

Katherine Ballard

Delores Weiss

Ruth Dunne

Dorothy Gilbert

South

Karla Omih

Margaret Caruso

Jacquelyn Moore

Priscilla Gallese

Amanda Lagarde

Sharry Nelson

Shannon Boyne

Lovell Mack

Lydia Thompson

Nicole Schillage

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6 Tips to reduce fat in your Diet:

1. Reduce solid fats like margarine and butter.
2. Flavor your meals with fresh herbs and spices.
3. Reduce the amount of animal protein in your diet, especially red meat.
4. Choose Vegetables instead of fatty side dishes.
5. Opt for healthier fats (Coconut oil, olive oil), but still use these in moderation.
6. Along with eating less saturated and trans fats and reducing sodium, a high diet in produce will provide essential vitamins and nutrients to keep your heart healthy. Adding a regular cardiovascular program to your weekly routine will help exercise your heart so that it works efficiently.

The American Heart Association has these exercise recommendations

- At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150 minutes
OR
- At least 25 minutes of high-intensity aerobic activity at least 3 days per week for a total of 75 minutes
AND
- Moderate to high intensity muscle-strengthening activity at least 2 or more days per week for additional health benefits

According to the Center for Disease Control and Prevention, about 600,000 people die of heart disease in the United States every year. That is 1 in every 4 deaths.

Vital Vibes

Gina (a true blonde) got lost in her car during a snow storm. She remembered what her dad had once told her. "If you ever get stuck in a snow storm, wait for a snow plow to come along and follow it." Pretty soon a snow plow came by and she started to follow it. She followed the snow plow for about 45 minutes. Finally, the driver of the truck got out and asked her what she was doing. She explained that her dad had told her if she ever got stuck or lost in a snow storm, follow the snow plow. The driver nodded and said, "Well, I'm done with Wal-Mart, now you can follow me over to Targets."

New Hires

Dolores Albarado - Mand
Debra Martinez - Ham
Tina Poché - Ham
Kimberly Wall - Ham
Sheri Johnston - Corp
Joinelle Cross - South

Paychex Flex

You can now access your paycheck stubs, W-2's, PTO, and review your profile information.

The website is <https://myapps.paychex.com> or you can also download the app in your App Store and in Play Store.

If you are using the website just select "Sign Up" and follow the directions.

If you are using the app, press "More" then "Sign Up" and follow the directions.

Once that's completed, just check your E-mail to verify your account.

Finally all you have to do is log in and you should have access to everything.

If you have any questions call the corporate office at (504) 835-4000 and we will gladly walk you through it.

Humana - Go 365

Did you do your Biometric Screening and your Health Assessment yet?

Log into your Go365 account. Then once you are logged in then click on "Quick Links" in the upper right corner of the page. Then scroll down and click on "Forms" then "Biometric Screening". This will bring you to a list of Go365 clinical partners you can use the printable voucher. By using the voucher the screening will be paid for by Go365, rather than having to go through your insurance.

Below the screening locations there is a link to the PDF form.

If you use your own doctor you will have to self-submit the form. If you have any questions you can call the number on the back of your insurance card and ask for Go365.

If you reach Silver status you will receive a 7% discount & if you reach Gold or Platinum you will receive a 15% discount!

Guess Who I Am?

Were you able to guess who was on the front page of the Vital Times in April? If you guessed Carol Rockwell you are correct!





July

Hilary Dickson (7-2) Ham
 Jenee Leblanc (7-3) Ham
 Dion Santos (7-7) Mand
 Theresa Thai (7-8) BR
 Mark Scott (7-16) Ham
 Donna Kelly (7-18) BR
 Glennis Kuhn (7-18) H@H
 Lisann Gonzales (7-26) Mand
 Roxanne Jones (7-26) BR
 Brittni Hawkins (7-28) Mand
 Deana Bell (7-29) South

August

Nettie Tate (8-2) Bog
 Virginia Hudson (8-4) Ham
 Greg Tramell (8-4) Mand
 Karin Adams (8-5) Ham
 Heidi Ockman (8-7) Ham
 Katherine Ballard (8-21) Mand
 Nicole Schillage (8-24) South
 Maurice Welsh Jr. (8-24) Owner
 Sharry Nelson (8-27) South

September

Earl Magee (9-1) Corp
 Christina Gegenheimer (9-2) South
 Danny Hollander (9-3) Owner
 Shenika Conley (9-9) H@H
 Christy Cauvin (9-13) Mand
 Allisa Dykes (9-14) Bog
 Jessica Dupont (9-19) Ham
 Kimberly Wall (9-22) Ham
 Debra Martinez (9-24) Ham
 Shkethia Cryer (9-25) Ham
 Lisa Tervalon (9-29) South

H@H = Humana at Home



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