



The Companion "Let Freedom Ring"



Offered Exclusively by **Advanced Security Systems**.

Spring 2014



EasyCall Educates...

As we at **EasyCall** continue to work on the rebranding of our name, we are also hard at work in the community informing and educating people about our local *personal emergency response system*. Recently we set up our **EasyCall** information booth at a local Health Fair. It was wonderful to see so many familiar faces and to meet and educate new **EasyCall** clients. Look for the **EasyCall** booth at local Health Fairs and stop by to say "hello". Robyn Petrusha, Business Development at **EasyCall**, has been attending numerous meetings in the community explaining the benefits and "peace of mind" **EasyCall** can provide. Robyn is available to provide staff trainings and group educational sessions, call her for "all things **EasyCall**."



Robyn & Morgan Petrusha, mother-daughter team, informing and educating at a local health fair.

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Spring Vegetable Soup

Ingredients:

- ◆ 1 Tb Olive Oil
- ◆ 2 C. finely shredded Red Cabbage
- ◆ 2 Ripe tomatoes, chopped
- ◆ 1/2 C. canned artichoke hearts. Drained and chopped
- ◆ 1 C peas
- ◆ 2 1/2 C tomato juice
- ◆ 1 C water
- ◆ 2 tsp dried basil
- ◆ Salt & pepper to taste

Preparation:

- ◆ In large soup pot, heat oil over medium heat. Saute cabbage, tomatoes, artichoke hearts and peas for 10 minutes
- ◆ Add tomato juice and water. Bring to boil. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot.
- ◆ Serve in individual serving bowls and season to taste with salt and pepper.

Preventing Accidents in the Home...

Accidents at home rank among the leading causes of injury and death in the United States. The chance of dying because of an accident at home begins rising at age 65 and then jumps significantly—people age 75 and older are almost 4 times as likely to die in a home accident as people 65-74. Fortunately, its possible to prevent most home accidents. Understand the physical changes that occur with age. Ask your doctor each year if you need tests for balance and gait, cardiovascular problems, joint stiffness, and neurological problems. Your doctor should also review the medications you take. Improve your strength and balance through exercise to reduce your risk of falling. Go room by room and assess potential tripping hazards. Some common problems are area rugs without nonskid backing, clutter on stairs or floors, extension cords that jut into the room, and poorly lit staircases or doorways. Prevent medication overdoses and interactions. Be careful to take your medications exactly as directed. If you take more than one medication, use a pill organizer that separates pills by day so you can keep track of what you need to take and whether you have taken it. Ask your doctor about possible interactions among your medications and with other substances such as alcohol, herbal and dietary supplements, and foods. Install and maintain smoke alarms on every level or you home.

At Home Safety Tips....

- ◆ **Never open your door automatically.** Install and use a peephole.
- ◆ **Lock your doors & windows.**
- ◆ **Vary your daily routine.**
- ◆ **Don't leave notes on the door when going out.**
- ◆ **Leave lights on when going out at night.**
- ◆ **Notify neighbors and the police when going away on a trip.**
- ◆ **Keep your home well lit at night.**
- ◆ **Remember to cancel newspapers, mail and garbage pick-up when you are out of town.**
- ◆ **Do not hide your keys under the mat. Purchase a "key safe" from EasyCall.**
- ◆ **Never give out information over the phone indicating you are alone or that you won't be home at a certain time.**
- ◆ **If you arrive at home and suspect a stranger may be inside, DON'T GO IN. Leave quietly and call 911 to report the crime.**

DID YOU KNOW...

Your **EasyCall** unit automatically sends a test daily to our Central Station. At the same time each day your system sends a test signal from your pendant, base unit, as well as tests the battery strength of both.

Free Months Monitoring....

Thank you to all of our wonderful clients and friends who have graciously referred our **EasyCall** services to their friends and family. **Refer a new client to us and we'll treat you to a month of free monitoring...**a \$29.95 savings! Our business runs on comments and referrals from people just like you. Testimonies like this one are why we are passionate about the services we offer.

"It was such a comfort to know you would answer if I pushed the button, though I only had to do it once. You are a true blessing to people who live alone. Thank you for being there for me." Isabel Detlefsen

Travel Tips for Seniors....

For many, your golden years mean retirement and plenty of time for travel and exploration—in fact, some seniors might say that traveling is their fountain of youth! However, as seniors, you can have a different perspective on travel as well as your own set of health and safety considerations. Here are some tips for planning a healthy, safe and less stressful trip.

◆ **Planning your trip....**

Consider planning your trips during **shoulder seasons**—the time between a high season and low season, usually in the fall and spring. You'll get good discounts as well as pleasant weather and a lack of crowds. During this time, you can generally expect mild weather, plenty of sunlight, fewer crowds, and lower airfare and hotel prices.

◆ **Packing light....**

The lighter you pack, the younger you'll feel. Having fewer things means greater mobility, so you can better cope with delayed flights, missed connections, and any other annoying travel mishaps. Before you begin packing, take a look at your itinerary and weather outlook and make a list of what you'll need.

Rule of thumb: 3 bottoms + 4 shirts + 2 jackets/sweaters = 9. Wear your sneakers on the plane to reduce bulk and pack no more than 1-2 pairs of shoes in your suitcase.

◆ **Taking care of your health....**

Before you leave, schedule a check-up with your primary care physician to make sure you are in good health for your trip. If you have any preexisting conditions, you should also consider finding a local specialist in your destination so you know where to go if you experience symptoms while you're away. If you plan to be traveling out of the country, you should also visit a **travel medicine specialist** who can educate you on how to stay healthy while you're away.

◆ **Bring enough medication....**

You should pack enough medicine for the duration of the trip, plus a few days' extra in case of travel delays. **Don't** pack your prescription drugs in your checked luggage—pack them in your carry-on bags instead!

◆ **Practicing common-sense safety....**

Tourists are often victims of crime, and seniors can be especially attractive to thieves. Women, wear a cross-body purse that can't easily be snatched off your shoulder. Men, transfer your wallet to your front pocket and put a rubber band around it to make it harder to remove. Keep valuables, fancy jewelry, and extra cash at home. You can carry small amounts of cash, but don't go crazy. Credit cards can always be cancelled, but stolen cash can never be recovered.

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Personal Emergency Response