



Exciting News...

Effective October 1, 2013 **Life+Guard** will be renamed to **EasyCall**! Please understand that only our name is changing. **EasyCall** is still family owned and operated as a division of Advanced Security Systems with the same great people and the same great service. **EasyCall** will continue to provide our customers with *peace of mind* when wearing the button. The new name, **EasyCall**, better represents the services we offer; *24 hour support for independent living*. We are excited about this name change and, as always, are happy to answer any concerns or questions you may have. Please don't hesitate to contact us at our same number 707-445-9911. Thank you for your business and letting us provide our service to you. Remember, **EasyCall** will be our new name but we're still the same great company, with the same great products, and the same great people.

Independence...

Even though your doors are locked and your home alarm is on, you may still be a victim of home invasion through your telephone. If you are age 60 or older, you may be a special target of telephone scams and fraud schemes. There are warning signs to these scams. If you hear these lines from a telephone salesperson, just say “no thank you,” and hang up the telephone:

“You must act NOW”

“You’ve won a free gift, vacation, or prize.” But you have to pay for “postage and handling”

“You must send money, give a credit card or bank account number, or have a check picked up by courier.”

“You can’t afford to miss this high-profit, low-risk opportunity.”

Remember, you control the conversation and information flow on your telephone. If you do not know the caller, do not volunteer any information. Should the caller ask: “Who is this?” you should respond: “Whom are you calling?” or “Whom do you wish to speak to?” If you do not receive an appropriate response, hang up. Do not allow yourself to be drawn into a conversation with stranger calls. Remember, if it's *“too good to be true”* it's most likely a scam.

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Vitamin B-12

After age 50 your stomach produces less gastric acid making it difficult to absorb vitamin B-12 which is needed to help keep blood and nerves vital. Low B-12 can cause fatigue, weakness, memory loss and other problems with the nervous system. Vitamin B-12 is found naturally in a wide variety of foods:

Beef liver and shellfish.

Fish, meat, poultry, eggs, milk and other dairy products.

Some breakfast cereals.

Generally, it's best to get vitamins from whole foods but doctors often suggest fortified foods and supplements.

Zucchini

Try this zucchini combined with black beans, roasted tomatoes and rice for an easy skillet meal...

Ingredients:

- 1 T Canola Oil
- 1 – ½ cup quartered lengthwise, sliced zucchini
- ½ cup diced green bell pepper
- 1 can (15 oz) Whole Black Beans drained and rinsed
- 1 can (14.5 oz) Diced Tomatoes with Garlic undrained
- ¾ cup water
- 1 cup instant white rice, uncooked
- ½ cup shredded Cheddar and Monterey Jack cheese blended

Directions:

Heat oil in large skillet over medium heat. Add zucchini and bell pepper; cook 5 minutes, stirring occasionally. Add beans, undrained tomatoes and water. Increase heat and bring to a boil.

Add rice; stir well. Cover; remove from heat and let stand 7 minutes or until liquid is absorbed. Sprinkle with cheese.

Enjoy!

A WORD FROM YOU...

Lisa Bacall

Thank you to all of our wonderful clients and friends who have graciously referred our services to their friends and family. Our business runs on positive comments and referrals from people just like you. Here are a few positive words we have recently received...

Lisa Bacall, an **EasyCall** customer, shared the following testimony with us:

“I might be 77 years old, but when I am home alone at night I feel I am not alone.”

Testimonies like this one are why we are passionate about the services we offer. Please share your stories with us today.



Health Corner...

Adults over 50 can feel better immediately and stay healthier in the future by choosing healthy foods. A balanced diet and physical activity contribute to a higher quality of life and enhanced independence as you age. The benefits of healthy eating include increased mental acuteness, resistance to illness and disease, higher energy levels and faster recuperation times. Eating healthy can also be the key to a positive outlook and staying emotionally balanced. Consider the following when shopping and choosing foods:

Fruit : Focus on whole fruits rather than juices for more fiber and vitamins. Go for color-rich fruits like berries or melons.

Veggies: Choose antioxidant-rich dark, leafy greens such as kale, spinach, zucchini and broccoli as well as orange and yellow vegetables like carrots, squash and yams.

Calcium: Older adults need 1,200 mg of calcium a day through servings of milk, yogurt or cheese. Non-dairy sources include tofu, broccoli, almonds and kale.

Grains: Choose whole grains over processed white flour for more nutrients and more fiber. Look for pasta, breads and cereals that list “whole” in the ingredient list.

Protein: Vary your sources with more fish, beans, peas, nuts, eggs, milk, cheese and seeds. Adults over 50 need about 0.5 grams per pound of bodyweight. Simply divide your bodyweight in half to know how many grams you need.

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EasyCall

Personal Emergency Response