

THE VITAL HEALTH CARE GROUP

Vital Link, A Home Care Company
Vital DME
Vital Hospice

THE VITAL TIMES

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QUARTERLY NEWSLETTER

~HEALTH~

Smart Living

Your primary care physician is more than a healthcare expert – he or she is a partner in maintaining your well-being. No matter your age or gender, getting annual checkups with a primary care physician will lay the groundwork.

Aspirin Update

Men who are in ages 45-79 and women who are 55-79 can prevent the most common type of stroke by taking a low dose (81mg) of aspirin daily.

Blood Pressure

Eat Plenty of fresh fruits and vegetables. They are packed with potassium. Regular aerobic activity can help reduce mildly elevated blood pressure 5 to 10 points!

Inside this issue:

- Happy Birthday 2
- Emergency 3
- Preparedness
- Welcome to Vital 3
- Employee Appreciation 3
- Vital Information 4
- Sun Fun Facts 4



Congratulations on 5 Years of Service



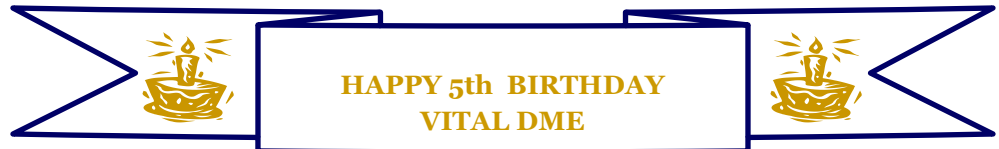
Margaret Caruso 02/01/2010



Beth Morris 04/27/2010



Shirley Williams 04/27/2010



In May 2005, Home Medical Resources, Inc., our DME company, was formed as the newest member of the Vital family. Later the company's name was changed to Vital DME. Under the leadership of Jimmy Giangrosso, the company has grown to meet the DME needs of patients for Vital Link and Vital Hospice, as well as others in the local home medical equipment market. Thanks to all the dedicated and committed employees of Vital DME who have made it successful. The entire Vital Health Care Group congratulates Vital DME on its 5th birthday!!!



Happy Birthday



MAY

- 5/3 Vera Traina (Mand)
- 5/4 Rose Mary Brumfield (Hosp)
- 5/8 Jimmy Giangrosso (DME)
- 5/9 Betty Harvey (Hmd)
- 5/11 Nicky Muscarello (Hmd)
- 5/15 Kathryn Richardson (Hosp)
- 5/18 Beth Bayer (Hosp)
- 5/19 Rhonda St. Amant (Corp)
- 5/20 Margaret Caruso (Met)
- 5/26 Marcy Bladsacker (Corp)
- 5/27 Renee Lehon (Met)
- 5/27 Susan Wyatt (Met)
- 5/29 Nickie Gemelos (Met)
- 5/29 Solonia Robinson (Met)

JUNE

- 6/5 Chrishana Agee (Hosp)
- 6/6 Jamie Stewart (Hosp)
- 6/6 Janie Arguelles (Mand)
- 6/6 Tawanda Jackson (Bog)
- 6/7 Brigitte Bankston (Hosp)
- 6/11 Kathy Warner (Bog)
- 6/19 Natasha Eberly (Hmd)
- 6/21 Mary Hebert (Hmd)
- 6/22 Carrie Laryrisson (Hmd)
- 6/22 Kami Kellis (Bog)
- 6/23 Rhonda Bagby (Hosp)
- 6/25 Janice Davis (Mand)
- 6/26 Patsy Brumfield (Hmd)
- 6/28 Melissa Sambola (Met)

JULY

- 7/1 Rhonda Becnel (Met)
- 7/5 Jerry Hollander Sr. (Mand)

- 7/7 Claudette Helm (B.R.)
- 7/7 Dion Travis (Met)
- 7/7 Rose Brai (Bog)
- 7/8 Julie Picou (Mand)
- 7/12 Rachel DiFranco (Hmd)
- 7/13 Robert Leon Dunn Jr. (Hosp)
- 7/14 Elizabeth Morris (Met)
- 7/18 Kimberly London (B.R.)
- 7/22 Vicky Martin (B.R.)
- 7/23 Amy Pemberton (Met)
- 7/23 Kathryn Weathers (Hosp)
- 7/23 Nancy Digirolamo (B.R.)
- 7/24 Felisha Charles (Met)
- 7/26 Roxanne Mitchell (B.R.)
- 7/27 Nancy Landry (Met)
- 7/28 Meicholas Hebert (Hosp)
- 7/29 Adam Arteaga (Hmd)

AUGUST

- 8/2 Debra Chauvin (Met)
- 8/2 Nettie Tate (Bog)
- 8/3 Ronnie Roundtree (DME)
- 8/4 Greg Tramell (Mand)
- 8/5 Karin Petz (Hmd)
- 8/6 Linda Looney (Mand)
- 8/7 Genevieve Thomas (Met)
- 8/7 Heidi Ockman (Hmd)
- 8/10 Mathilda Chartain (Met)
- 8/10 Tina Owen (Met)
- 8/11 Carroll Linden (DME)
- 8/17 George Bankston (Hosp)
- 8/19 Melissa Seal (Mand)
- 8/20 Trang Nguyen
- 8/21 Michelle Bruce (Met)
- 8/24 Maurice Welsh (Owner)
- 8/25 Seth Kelly (DME)

- 8/26 Golda Harper (Hmd)
- 8/29 Lillie Smith (Met)
- 8/30 Fabricio Ortega (Met)
- 8/31 Charleston Germany (DME)

SEPTEMBER

- 9/1 Cheryl Lyons (Met)
- 9/2 Christina Gegenheimer (Met)
- 9/3 Daniel Hollander (Owner)
- 9/6 Betty Jo Castellano (Met)
- 9/7 Terrance Skidmore (B.R.)
- 9/10 Karen Fonseca (Corp)
- 9/12 Michael Penn (Met)
- 9/13 Kathleen Sambola (DME)
- 9/15 Katie Davis (Hmd)
- 9/16 Amy Mitchell (B.R.)
- 9/16 Ashaki George-Scharpon (Met)
- 9/17 Margot Ballina (Met)
- 9/17 Rosary Papania (B.R.)
- 9/19 Alicia Tetreau (Bog)
- 9/21 Michael Gaudet (DME)
- 9/23 Eve Lion (Met)
- 9/29 Kristen Romback (Met)



Employee Appreciation

Vital would like to thank all employees for their dedication and hard work they give to the company. These dates are set aside for employee appreciation.

- MAY - Speech Therapy Month
- MAY 6-12 - National Nurse's Week
- JUNE 11-18 - National Nursing Assistant Week



Vital Link--- A unified approach to serving the needs of the community

I would like to take this opportunity to thank all of our home health care staff for their tireless efforts and dedicated service provided each and every day to our patients. In reviewing the mission statement of our company and understanding the core concepts of our business, it is important for us to remember the service oriented focus of our company. Service is of critical importance to the success of our company--- without it---we are at risk for losing precious market share to the competition; with it---we continue to grow and prosper as we continue to improve the level and scope of services provided to our communities.

To help one understand the importance of service---look no further than our company name: Vital Link, A Home Care Company. "Vital" is defined as: necessary to life, of critical importance, source of life, important and essential. "Link" is defined as joining together, to become connected, an association and a relationship. Throughout the communities we serve, Vital Link, A Home Care Company has become widely recognized and synonymous with quality service, compassionate caregivers, part of the community and like family. More importantly, as a healthcare provider "group" we have the opportunity to provide a continuum of care unlike other competitors: we have a full compliment of services in our home health care agency, our hospice agency and our DME company. Let us not lose sight of our ability to positively impact the lives of those individuals that we come in contact with each and every day. Let us continue to be proud to be a part of the Vital Group knowing that we have an advantage in our "one stop shop" approach to serving the needs of the community with our homecare, hospice and DME companies. Thank you for being a part of our family and for helping us "unite" in our efforts to become the healthcare provider group known for exceptional service and quality care.

-Barbara D'Aunoy, CCO

Welcome New Employees to the Vital Family

Coming together is a beginning. Keeping together is progress. Working together is success.
-Henry Ford

~Vital Link~

- Banyon Tuminello (HMD)
- Elaine Gemelos (MET)
- Ashaki George-Scharpon(MET)
- Casie Boudreaux (MET)
- Latoya Oubre (MET)
- Charity Bell (MET)
- Amy Pemberton (MET)
- Genevieve Thomas (MET)
- Darla Rebowe (MET)
- Tina Owen (MET)
- Eve Lion (MET)
- Martha Thomas (BOG)

~Vital DME~

- Joy Allen



~Vital Hospice~

- Kristie Asevedo
- Brigitte Bankston
- Kathryn Richardson
- Beth Bayer
- Chrishana Agee
- Patricia Cesar
- Ashley Fryar
- Meicholas Hebert

EMERGENCY PREPAREDNESS

While forecasting methods and tools are improving year after year, people are still at great risk to tropical storms and hurricanes because they continue to build along the coastline. Below are some helpful ways that can help communities and their residents to prepare for these storms. These helpful hints can help for when a watch or warning is issued, before, during, and after a tropical storm, or hurricane strikes your area.

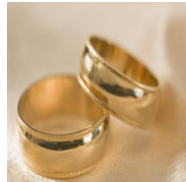
1. Enter the season prepared.
2. Know all evacuation routes if you live close to the coast.
3. Make sure your home meets building codes for withstanding hurricanes, and they have storm shutters.
4. Have proper tools, supplies, and a first aid kit.
5. Have plenty of batteries and flashlights
6. Always have plenty of non-perishable foods on hand.



Vital Information...



The Vital Health Care Group now has a website.
Please check out the new website at:
www.vitalhgroup.com
In the future a limited amount of newsletters will be printed
and distributed to each office.



Congratulations to
Sheila Seal who married
Tony Magee on Valentine's Day

SUN FUN FACTS

1. When going out into the sun remember to apply sunscreen that has a SPF of 15 or higher, for children use a sunscreen with a SPF of 30 or higher!
2. Reapply sunscreen after swimming, sweating or toweling off. Also remember to apply sunscreen to neck, ears, and lips.
3. Avoid dark colors. Dark colors are great in the winter, but during the summer they just attract the heat. There's a reason you see people wearing lighter and brighter colors in the summer—it helps you to stay cool.
4. Don't be afraid to get wet. Playing with squirt guns or running through the sprinklers were ways we cooled off when we were children, why not use them now?!?!?
5. Cooling off in the heat of summer is fun with these easy frozen treats. Whether it's flavored soft drink mix, juice, or even yogurt or pudding, have a blast experimenting with different flavors and colors.

The Vital Health Care Group

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Anyone with newsworthy information for the publication in The Vital Times, please contact Rhonda St. Amant or Karen Fonseca at 504-835-4000, or email at rstamant@vitalhgroup.com/kfonseca@vitalhgroup.com.