

THE VITAL HEALTH CARE GROUP

Vital Link, A Home Care Company
Vital DME
Vital Hospice

QUARTERLY NEWSLETTER

~HEALTH~

Smart Living

Eat breakfast— fasting or going too long without eating is a common headache trigger.

Instead of peeling off the skin, cut a kiwi in half and scoop out the flesh to enjoy this sweet, slightly tart fruit.

Heart Attack Symptoms

Classic symptoms for both sexes include pain or pressure in the chest, shortness of breath, and pain in the neck, back or stomach

Cancer Prevention

A plant-based diet built around fruits, vegetables, and whole grains can reduce your risk of cancer by as much as 30 to 40%. Regular activity and maintaining a health weight may also help protect against cancer.

Inside this issue:

Happy Birthday	2
News from Hospice	3
Welcome to Vital	3
Employee Appreciation	3
Vital Information	4

THE VITAL TIMES

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Congratulations on 5 Years of Service



Harold Buhler (Met) 5/31/2009



Betty Harvey (HMD) 09/29/2009



Cheryl Bindewald (Mand) 10/1/2009



Laurie Battalora (HMD) 10/1/2009



Vital Link Welcomes a New Chief Clinical Officer

Recently, Barbara D'Aunoy, RN, BSN, MBA, CWS, joined us as our new Chief Clinical Officer (CCO) for Vital Link, A Home Care Company. As the CCO, she will be responsible for the clinical administration and operations of Vital Link. Barbara holds a Master of Business Administration (MBA) from the University of Phoenix and a Bachelor of Science in Nursing (BSN) from the LSU School of Nursing. She also is a Certified Wound Care Specialist (CWS). Barbara brings to Vital several years experience in the home health care industry, many in leadership roles as Director of Nursing, Director of Operations, Executive Director of Clinical Services, Vice President of Disease Management and Vice President of Clinical Services. She has gained valuable experience with the largest national home health care company that will be valuable to our company's future.

The owners of the Vital Health Care Group ask that you join them in welcoming Barbara to our Vital Team.



Happy Birthday



October

10/1-Jill Cashio (BR)
 10/1- Lynn Schumacher (Corp)
 10/1- Veronica Stewart (Hmd)
 10/3- Kathleen Penzato (Hosp)
 10/3- Ke'Nae Pigott (Mand)
 10/7- Jane Venezia (Mand)
 10/8- Susan Lorio (Mand)
 10/8- Jennifer Rickenbacker (Hosp)
 10/10- Theresa Martin (Mand)
 10/14- Michael Matherne (Hmd)
 10/19- Cheryl Kane (Met)
 10/19- Bobbie Parker (Hmd)
 10/23- Louella Reynolds (Hmd)
 10/24- Jerry Hollander Jr. (Owner)
 10/29- Kimberly Stewart (Hmd)

November

11/6- Christina Boutwell (Hmd)
 11/7- Philippa Tramell (Mand)
 11/9- Laurie Battalora (Hmd)
 11/10- Diane Toutant (Hmd)
 11/12- Susan Bridges (BR)
 11/12- Murel Johnson (Hmd)
 11/20- Michael Biquenet (DME)
 11/25- Patricia Antoine (Met)
 11/29- Tammy Welsh (Hmd)

December

12/3- Robyn Woodall (Hosp)
 12/3- Jody Yarborough (Hmd)
 12/4- Gaylyn Boyer (Mand)
 12/6- Michelle Bourg (DME)
 12/7- Stacie Heno (Hmd)
 12/7- Linda Stillwell (Hosp)
 12/8- Florella Hutchinson (Met)
 12/8- Donna Relan (Hmd)
 12/8- JoAnne Walle (Mand)

12/14- Monica Borne (Hosp)
 12/15- Vanessa Creel (Hmd)
 12/16- Diane Northrop (Hmd)
 12/20- Michele Corkern (Bog)
 12/21- John Martello (DME)
 12/21- Carrie Matherne (Hmd)
 12/22- Cheryl Bindewald (Mand)
 12/22- Sarah Harrison (Hmd)
 12/25- Kawanda Curry (BR)

January

1/4- Keith Dimaggio (Met)
 1/6- Dedra Franklin (Hmd)
 1/7- Brandy Bazile (Met)
 1/7- Cheryl Casanave (Mand)
 1/8- Sandra Lee (Hmd)
 1/8- Carol Rockwell (Corp)
 1/10- Mitzi Dufrene (Corp)
 1/15- Dorothy Gilbert (Met)
 1/16- Lola Bourgeois (Met)
 1/16- Daniel Riehm Jr. (Corp)
 1/18- Carl Clark (Owner)
 1/18- Charlotte Leonard (Bog)
 1/20- Brenda Sziber (Hmd)
 1/20- Karen Wale (Mand)
 1/26- Minnie Crockrum (Mand)
 1/29- Shirley Williams (Met)

February

2/1- Kelly Johnson (BR)
 2/1- Jeanne Rodriquez (Met)
 2/3- Gregory Deichmann (Owner)
 2/4- Carla Brechtel (Met)
 2/5- Mary Melancon (Hmd)
 2/6- Karleen Burgoon (BR)
 2/6- Loretta Stewart (Bog)
 2/9- Wendi Presson (Bog)
 2/10- Tamara Chandler

2/10- Lisa Vassallo (Hosp)
 2/13- Michael Harris (DME)
 2/15- Jose Oretga (Met)
 2/17- Beverly Dixon (Met)
 2/19- Sharon Lemieux (Bog)
 2/19- Terria Peters (Met)
 2/23- David Davis (Hmd)
 2/25- Pamula Mixon (Corp)
 2/27- Lisa Hite (Corp)

March

3/3- Connie Dufrene (Met)
 3/5- Jennifer Boyd (Mand)
 3/6- Elaine Hayden (Hmd)
 3/7- Shelley Peterson (Met)
 3/7- Tomeka Sanders (Hmd)
 3/10- Linda Doyle (Met)
 3/10- Cheryl Hall (Corp)
 3/11- Harold Buhler (Met)
 3/11- Mary Zukoski (BR)
 3/14- Barbara Cleland (Hmd)
 3/14- Marcia McAfee (Hosp)
 3/17- Cheryl Alfred (Mand)
 3/18- John Gulcznski (Bog)
 3/19- Dee Vales (Hmd)
 3/28- Sue Hines (Bog)
 3/30- Donna Jackson (Hmd)
 3/31- Karen Arnold (Met)
 3/31- Tammy McGee (Hosp)

April

4/1- Vickie Landry (BR)
 4/5- Tyrone Parker (Hmd)
 4/4- Nikki Welsh (Hmd)
 4/12- Janet Alessi (Hmd)
 4/14- Debbie Intravia (Hmd)
 4/14- Rita Zirkenbach (Hosp)
 4/15- Shelia Seal (Bog)
 4/24- Annette Lawrence (Hosp)



News from Hospice

Vital Hospice received a visit from a representative of Senator David Vitter's Office.

Ms. **Amber Burch** met with our Hospice staff to learn about our services and answer any questions or concerns pertaining to Hospice. She also went on a home visit to one of our patients to develop a better understanding of the value of Hospice to the terminally ill.



Left Picture: Lori Earnest, Elizabeth Varnado (Patient), Lanita Johnson, Amber Burch, & Scarlett Adams.

Welcome New Employees to the Vital Family

~Vital Link~

Barbara D'Aunoy (Corp)
 Karen Arnold (Met)
 Margot Ballina (Met)
 Ronda Cairns (Met)
 Felisha Charles (Met)
 Debra Chauvin (Met)
 Janice Davis (Mand)
 Keith Dimaggio (Met)
 Robin Fields (Mand)
 Kelly Johnson (BR)
 Frabricio Ortega (Met)
 Terria Peters (Met)
 Bryan Perilloux (BR)
 Ke'Nae Pigott (Mand)
 Jeannie Rodriquez (Met)
 Kristen Romack (Met)
 Melissa Sambola (Met)
 Tomeka Sanders (Hmd)
 Melissa Seal (Mand)
 Nikki Welsh (Hmd)
 Becky Willis (Bog)
 Susan Wyatt (Met)

~Vital DME~

Charleston Germany

~Vital Hospice~

Casie Boudreaux
 Annette Lawrence
 Jennifer Rickenbacker
 Veronica Stewart
 Lisa Vassallo



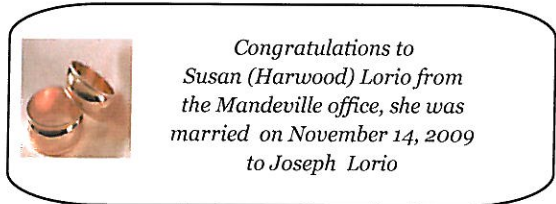
Employee Appreciation



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.

March - National Social Workers Month
April 18 – 24 Administrative Professionals Week
April – National Occupational Therapy Month

Vital Information....



**New Orleans Saints
Superbowl XLIV Champions**



The Vital Health Care Group

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The Vital Health Care Group now has a website.
Please check out the new website at:
www.vitalhcg.com

In the future a limited amount of newsletters will be printed
and distributed to each office.

Anyone with newsworthy
information for the publication in
The Vital Times, please contact
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email at rstamant@vitalhcg.com