

LIFE LINES

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LIFE LINES
IS THE OFFICIAL
NEWSLETTER
FOR MEMBERS OF
MEDICAL AIR
SERVICES
ASSOCIATION

A MESSAGE FROM

THE CEO...

Dear MASA Member,

There is much to talk about but I promise not to mention politics, the cost of gasoline or any economic conditions, nationally, worldwide or otherwise. Besides you can flip on your TV to any one of 50 or more channels and listen to "experts in the field" who can tell you all you need to know, plus some, about those topics.

I would rather talk to you about traveling, specifically about my recent travels to Jordan. I'm sure some of you may wonder why I would travel to the Middle East given all the recent turmoil, but I must tell you that my experience was both wonderful and delightful and I was treated with the utmost respect and courtesy by all of the local citizens.

I went to visit a young Jordanian man who once worked for me. He told me for years that if I came this would be the trip of a lifetime and he was right! What a country Jordan is....beautiful and majestic and with a history that goes back thousands of years. The city of Petra is awe inspiring and has great religious meaning to people around the world. Bedouin communities, the Dead Sea, local traditions and fabulous cuisine helped to make this one of the truly great experiences in my life.

My message to you is this...see the world through your own eyes and not by what you hear on television and read about in news magazines. Life is too short to not explore the mysterious corners of this wonderful planet. Most of the people you will meet are decent, especially if you do as your mother said when you were young and "treat others as you would like to be treated yourself". It worked for me and it will work for you too.

I wish you safe travels and the very best of health.....and don't forget to carry your MASA card!

Kindest Personal Regards,
Frank M. Halley, CEO



TRAVEL TIPS:

- Senior Citizen Cruises

MAKE A DIFFERENCE:

- Become a Mentor and Make a Difference

JUST FOR FUN:

- A Laugh A Day Keeps The Doctor Away

HEALTH TIPS:

- Health and Medication

MEMBER TESTIMONIALS:

- MASA is Always Here for You

WHAT'S
INSIDE?

SENIOR CITIZEN CRUISES

If you have an opportunity to go on a senior cruise,
or any cruise for that matter, TAKE IT!

Assets: no need to change 'hotel/motel rooms', wonderful (and plentiful) selections of foods (often 6-offerings a day!), great senior travel 'side-trips' offered (as extras) when in ports, great entertainment aboard (from night-club acts, dancing, table-tennis, sunning/swimming, golf, to relaxing and reading.

Liabilities: huh! the only thing to think of is there is too much food (if you're watching your weight), but that can be overcome by walking the deck or taking the stairs instead of the elevator! Remember to set aside money to give the dining-room waiters and room-steward. This can be done as a one-time tip (in envelope) at the end of the cruise. Have fun! And remember to go top-side when leaving port.

OH! two more things -

(1) if you can afford the extra \$100 or so, get the outside-cabin (away from the engine room - look for the 'stack' on the ships schematic) with a port-hole...wonderful, wonderful!

(2) if you think you might get sea-sick, obtain one of those patches to put behind your ear BEFORE you go on board... It's been said that they don't work so well after-the-fact! Be prepared!



SENIOR HEALTH AND MEDICATIONS

One of the foremost senior health issues of the day is prescription medications. Whether the issue is money or drug interaction, every senior citizen needs to use their head when thinking about taking medications.

For instance, if your physician prescribes new medications for you, always ask if he has any samples to give you. It's not wise to pay for new medications without knowing whether you can 'take' them and not have severe side effects. Pharmaceutical companies supply free samples to doctors just for these purposes. Even if you are getting renewal prescriptions for meds, ask for samples. Make sure your physician knows all of the medications you are taking though, because you want to avoid any drug interaction reactions.

SENIOR HEALTH CARE AND NUTRITION

We all worry about our weight as we get older. In today's world, restaurants serve huge portions, but you don't have to fall prey to these problems! Although 'Diets' aren't always the easy way to maintain a healthy weight for senior health, eating less can be. Use the salad plate for meals rather than the dinner plate; less surface, less food. Your system will soon adapt to this decrease and 'less' will be plenty! You'll see the excess pounds melt slowly away. Couple this with a walk each day and you will look and feel better!



GET YOUR HOLIDAY SHOPPING DONE EARLY!

Can you believe the holidays are right around the corner? Let us make holiday shopping easy for you.

Be original this year and GIVE the gift of PEACE of MIND! You can do this by purchasing a MASA Membership for a friend or loved one. Your gift will be the best one of the season - and will continue to "give" all year round. Call customer service at 1-800-423-3226 or e-mail info@medairservices.com, and get your holiday shopping done early!

BECOME A MENTOR AND MAKE A DIFFERENCE

WHAT IS MENTORING?

Mentoring is a structured and trusting relationship that brings young people together with caring individuals who offer guidance, support and encouragement aimed at developing the competence and character of the mentee. A mentor is an adult who, along with parents, provides a young person with support, counsel, friendship, reinforcement and constructive example. Mentors are good listeners, people who care, people who want to help young people bring out strengths that are already there. A mentor is not a foster parent, therapist, parole officer, or cool peer.

By all estimates, an astounding 17.6 million young people – nearly half the population of young people between 10 and 18 years of age – live in situations that put them at risk of not living up to their potential.

Without immediate intervention by caring adults, they could make choices that not only undermine their futures, but, ultimately, the economic and social well-being of our nation. *Mentoring – the presence of caring adults offering support, advice, friendship, reinforcement and constructive examples* – has proved to be a powerful tool for helping young people to realize their potential.

Mentoring can help by:

- Improving young people's attitudes towards their parents, peers and teachers;
- Encouraging students to stay motivated and focused on their education;
- Providing a positive way for young people to spend free time;
- Helping young people face daily challenges; and
- Offering young people opportunities to consider new career paths and get much-needed economic skills and knowledge.

By using your influence and resources as a decision maker, you can bring new hope to young lives through the power of mentoring. And you'll be surprised how much you will benefit, as well.

Once you have considered the type of mentoring opportunity that seems best suited to you, it is time to find the mentoring program you are interested in. You can do so by visiting www.mentoring.org.



JUST FOR FUN



A LAUGH A DAY KEEPS THE DOCTOR AWAY

A foursome of senior golfers hit the course with waning enthusiasm for the sport.

"These hills are getting steeper as the years go by," one complained.

"These fairways seem to be getting longer too," said one of the others.

"The sand traps seem to be bigger than I remember them too," said the third senior.

After hearing enough from his Senior buddies, the oldest, and the wisest of the four of them at 87 years old, piped up and said, "Just be thankful we're still on the right side of the grass!"

MASA IS ALWAYS HERE FOR YOU...

Dear MASA,

I had the privilege of having my husband, George, airlifted from St. Thomas to Northridge Hospital in Fort Lauderdale, Florida, because he had approximately 24 hours to live. MASA took 2 hours to reach our destination and thankfully his life was saved! The nurse, Michelle, pilot and EMT were very professional and had all the medications in place. He never lost consciousness throughout the flight. When every minute counts, it helps to know that MASA was there to help us. I know I can depend on you in the future.

I thank MASA and its entire staff for helping my husband to live a little longer. Unfortunately, George passed away a few months after returning home, due to many complications. I encourage everyone to insure with MASA—you never know when you may need them.

- Lillian I. Greaux

Dear MASA,

On September 1, my wife had a seizure at 5:00a.m. while we were visiting St. Ignace, Michigan. She was rushed on to Northern Michigan by ambulance and then onto Northern Michigan Hospital in Petoskey. At that point she had emergency surgery due to a brain tumor sitting on the "motor strip" that was never diagnosed before.

MASA was extremely helpful in setting up all the details necessary for us to get back home. We decided to drive back to Nevada and MASA paid for everything, including the remaining ambulance fees not paid by Medicare!

Since I was alone in the strange town of St. Ignace, without family or friends, I was particularly impressed by the compassionate and professional manner your staff provided. My wife and I are very happy to be members of MASA and would recommend MASA to anyone.

Thank you once again!

- Dan Lane

MEDICAL AIR SERVICES ASSOCIATION

MASA World Wide Headquarters
1250 W. Southlake Blvd. • Southlake, TX 76092
Tel: 817-430-4655 • Fax: 817-491-1368
WWW.MEDAIRSERVICES.COM

MASA BVI

Second Floor, Dorothy's
Main St.
Road Town, Tortola BVI
284-494-8684
284-494-7286 Fax

MASA Bahamas – Freeport

#1 Seventeen Centre
P.O. Box F-44647
Freeport, Bahamas
242-351-5122
242-351-5058 Fax

MASA St. Kitts

Ram's Shopping Complex
Bird Rock Road
Bird Rock, St. Kitts, WI
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869-465-5580 Fax

MASA Jamaica

Shop A, 20 Main Street
Ocho Rios, St. Ann
Jamaica, WI
876-974-1000
876-974-1002 Fax

MASA USVI – St. Croix

#5 Chandler's Wharf
Christiansted, St. Croix VI 00820
340-773-7979
340-773-7312 Fax

MASA Turks & Caicos

Sammy Been, Bldg. #26
Airport Road
Providenciales
Turks & Caicos
649-941-8684
649-941-8684 Fax

MASA Bahamas – Nassau

Village Office Suites
75 Village Rd., Suite 4
Nassau, Bahamas
242-393-5048
242-393-5043 Fax

MASA Antigua

Cassada Gardens #3
St. John's Antigua
268-462-6256
268-463-9225 Fax

MASA Trinidad & Tobago

46 Ariapita Ave.
Woodbrook, Trinidad, WI
868-628-8108
868-628-6274 Fax

MASA USVI – St. Thomas

4000 Rhymer Highway
St. Thomas, VI 00802
340-777-8580
340-777-8480 Fax

MASA Bermuda

"Pen Pam" Upper
St. George GE 02
Bermuda
441 295 6272
441 295 4954 Fax

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MEDICAL AIR SERVICES ASSOCIATION
1250 W. SOUTHLAKE BLVD.
SOUTHLAKE, TX 76092
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