

LIFE LINES



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SUMMER 2010

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

A QUARTERLY PUBLICATION FROM

A MESSAGE FROM

THE CEO...

We recently celebrated Memorial Day and because of the era I grew up in it has always been one of my favorite holidays. There was a time when American liberty was not taken for granted and there was a real possibility that our course of history could have changed were it not for the valor and courage of our armed forces and civilians who willingly sacrificed their own well being for the greater good of this country.

Liberty should not be considered a gift but instead a badge of honor that our military, past and present, has fought to defend because the privilege of being an American is a worthy cause. This country was formed for the specific purpose of offering freedom and liberty to all those who united to defend our shores.

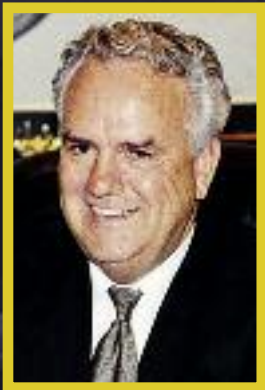
Thomas Jefferson stated on July 4, 1776, the original Independence Day, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty, and the pursuit of Happiness".

Benjamin Franklin, another great patriot stated that "Those who would give up essential liberty to purchase a little temporary safety, deserve neither liberty nor safety". Those are lofty words that were very important to our founders two centuries ago but are they relevant today? Absolutely.

One of our more modern heroes, John Wayne, stated that "courage is being scared to death—but saddling up anyway" and "Life is tough, but it's tougher when you're stupid". Truer words were never spoken.

I offer great thanks to those who came before me to fight for the America that I live in and love. God bless them and God Bless this great country! Have a great summer.

Kindest Personal Regards,
Frank M. Halley, CEO



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FIND A FUN CELEBRATION TO TRAVEL TO ONE WEEKEND

5 WACKY SUMMER FESTIVALS YOU CAN VISIT

Are you looking for some weekend fun this summer? You could head down to the same old local food, craft or music festival that you've been to countless times before. But why not find a festivity with a quirkier twist instead? Check out this list of out-of-the-ordinary festivals throughout the United States!

SUPERMAN CELEBRATION *(Metropolis, IL)*

Who wouldn't love a celebration dedicated to the Man of Steel? This southern Illinois city has paid homage to one of the world's most famous superheroes, every June, for the last 31 years. Festival goers can be sworn in as "honorary citizens of Metropolis," participate in a costume contest with a \$1,000 prize and get autographs from Superman-affiliated actors, directors and comic book artists. Other can't miss events? A Cheetos-eating contest; Man of Steel strength competitions; Supergirl, Superboy and Superdog pageants; and a demonstration showing how to make kryptonite. Visit SupermanCelebration.net for more information.

ROSWELL UFO FESTIVAL *(Roswell, NM)*

An alleged UFO crash near Roswell in 1947 has led fans of all things extraterrestrial to congregate in this southeastern New Mexico city every July. Costume contests are held for both people and pets, and many of those same participants join the weekend's Amazing UFO Festival Parade. "UFO's for kids" workshops are given daily, in addition to sessions on rocket launching and designing alien headgear. Festival goers of all ages can also attend a carnival, skateboard tournament and alien disc golf competition, then watch Fourth of July fireworks to cap off the celebration.

Visit UFOFestivalRoswell.com for more information.

THE WAYNE CHICKEN SHOW *(Wayne, NE)*

Why does this northeastern Nebraska town celebrate the chicken every July? Simply because chickens are funny. So naturally, there's a giant chicken dance, best chicken legs contest and a chicken flying contest. If eating competitions are more your thing, you won't want to miss the hot wing-eating contest or the hard-boiled-egg-eating contest. Other fun competitions include the best designed chicken hat, the team egg toss and the chicken cluck-off.

Visit ChickenShow.com for more information.

NATIONAL BABY FOOD FESTIVAL *(Fremont, MI)*

Where else would you celebrate baby food than in the hometown of Gerber? Every August many fun events are held including turtle races, frog jumping and a bubble gum-blowing contest. Winners of the bed race and baby crawl get a Gerber life insurance policy, and festival goers can try their hand at the baby food cooking contest. There are also two different parades and various musical and dance acts during the festival's four days.

Visit NBFF.org for more information.

WAUSAU POSSUM FESTIVAL *(Wausau, FL)*

While the opossum is seen as a scavenger, nuisance and, too often, roadkill, it used to be a popular game and fur animal. In August every year, that tradition lives on in this western panhandle Florida town. The Possum King and Queen are crowned to preside over the festivities. Contests in rooster crowing, hog calling and cow lowin' are held, in addition to a Possum Parade and horseshoe pitching area. Should you want an opossum of your own, you can buy one in the auction.

Visit WausauPossumFestival.com for more information. ■

STAY SAFE IN THE HEAT

HOW TO PREVENT MOST HEAT RELATED HEALTH PROBLEMS

F.Y.I.

The symptoms of heat stroke include... strong pulse, body temperature above 104 °F, hot, dry skin and mental confusion. Contact your local medical emergency team or 911 immediately when heat stroke symptoms are detected as the patient needs immediate medical attention. In the meanwhile keep giving rehydrating fluids.



Summer draws people, including seniors, outdoors to enjoy the sunshine and outdoor activities with family and friends. Senior citizens are more susceptible to the effects of heat as their bodies return to normal slowly and their bodies cooling mechanism is not as efficient as younger people. Hence seniors should be well aware of the health problems related to summer heat and the preventive and safety steps that they should take to avoid these problems.

The first thing to know is that the faster you move the faster your body gets heated up. Hence seniors should take it slow in the summer, especially when it is hot. All outdoor activities should be planned for early mornings when it is cooler. As much as possible, use the shaded areas under trees or covered porches. If possible air conditioning should be used when it is very hot and fans are not enough. If air conditioning is not available at home consider visiting public places like shopping malls, libraries, etc., that have air conditioning.

Proper ventilation is essential so that the temperature and humidity do not become too high. In places where there are no fans or air conditioning it may be dangerous if temperature rises above 90 °F. Some seniors prefer to keep windows closed for security reasons even when cool breeze is blowing. This problem can be easily solved by installing safety latches for windows so that they cannot be opened from outside but will allow air to enter. They are inexpensive and bought at local hardware stores.

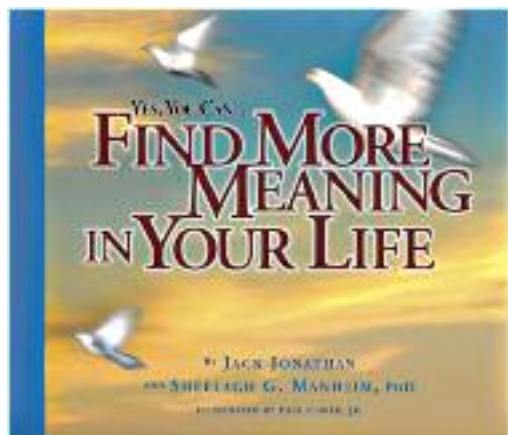
Dehydration from the body accelerates during the summer months and some medications that have loss of fluid and electrolytes from the body, as side effects, can prove dangerous. It has been found that some diuretics, antibiotics and other medications can slow down the body's natural capacity to control body temperature. Seniors as well as others should always check with their doctors and pharmacists to find out if the medications prescribed have any such side effects. Those seniors who are on low carbohydrate diets should be careful and take a lot of fluids, as the extra protein in their diets can cause the body to get heated up quickly. As such, everyone should also take extra fluids during summer months to compensate for dehydration.

Seniors should plan ahead for outings. Every one, especially seniors, should wear light colored, loose fitting, cool clothing (preferably cotton) and use head coverings like hats or caps. Seniors' skin is especially sensitive. They should use high SPF sun blocks (30+) and avoid direct sun as much as possible by seeking out shaded spots.

Seniors should avoid caffeine and alcoholic beverages as much as possible as they accelerate dehydration. Drinking just plain water may not be adequate as the body also loses sodium and potassium salts through sweating. The popular sports drinks can be used for this purpose or you can drink a home made one.

These summer safety tips for senior citizens can help prevent most heat related health problems faced by them. ■

FIND MORE MEANING IN YOUR LIFE THIS SUMMER



Summer is here and with the warm temperatures and green grass, we are inspired to think of renewed meaning in life. Why not take this time to think about what is really important in your life?

Co-authors Jack Jonathan and Sheelagh Manheim, Ph.D., of the new book “*Yes, You Can . . . Find More Meaning in Your Life*,” can help you rediscover your potential for balance and harmony. In today’s ever changing and pressure-filled world, the meaning and balance in life frequently gets lost. Summer is a great time to revitalize your life by opening your heart and mind to all that life has to offer. This summer, make time for self-reflection by practicing any of these insights to help you understand and appreciate your life:

Create a feeling of authentic happiness — Adopt an attitude of hope, gratitude, forgiveness, patience, tolerance, humor and humility to develop inner resources and strength.

Cultivate the senses — Many times we don’t take the time to broaden our awareness and experiences beyond what is familiar. This summer, take the time to appreciate new sights, sounds, touches, tastes and smells.

Maintain a healthy mind and body — Both the mind and body thrive on access to a stimulating environment, an active physical life, a healthy diet, satisfying relationships, rest and relaxation. Work to maintain an overall healthy lifestyle through exercise, rest, sleep and proper eating habits.

Prepare for financial independence — Financial well-being comes with the security of knowing that we have enough money to do what we want. To help build a firm foundation, spend money wisely and invest skillfully.

Get your money’s worth — Evaluate wants and needs by keeping a journal of every penny spent and tracking savings and investment accounts. Through a careful evaluation of expenses you can determine if you are satisfied with your spending habits.

Build a variety of strong relationships — Get in touch with an old friend or invite someone new to dinner. The support of close family ties, and the comfort of long-term friendships are enriched when we cultivate relationships with people of various ages.

Create a harmonious life— People react favorably to others when treated with respect, kindness and sympathy. Take the time to smile and say hello, let someone know you are thinking of them and express gratitude.

Satisfy your curiosity — Whether old or young we are all curious about something. Increase your knowledge and satisfy your curiosity by learning something new or looking deeper into the world around you.

Become an “elder” and share the gift of knowledge — An elder is anyone who helps a younger person discover and enjoy new experiences. Consider sharing knowledge, skills and time by becoming a volunteer or mentor. A positive attitude, physical health, financial well-being, relationships with others and a passion for knowledge are essential if you want to find more meaning in your life this season. ■

MASA IS ALWAYS HERE FOR YOU...

Dear MASA,

We were on our way back to Oklahoma in March and had been staying in an RV park just east of Albuquerque, NM when my husband started having severe stomach pains. It was Friday, with the weekend coming up. I took him to a medical center in Albuquerque and they determined that he had acute appendicitis. They lined him up for surgery on Saturday and the doctor in attendance operated just in time. If it had been just hours later, the doctor did not think that my husband would of made it.

The doctor advised me that my husband would be in jeopardy if we tried to drive home right away. Because of the circumstances, I called MASA to help make arrangements to get us back home to Oklahoma.

You made all the arrangements and flew us home and hired the nicest truck driver to help get our RV back home! We are so appreciative of your help during this trying time.

MASA, thank you for demonstrating your stand of service!

Very truly yours,
Loren and Naomi Rush

Dear MASA,

My husband, Lawrence and I have been members of MASA since 2007. Joining MASA was one of the best decisions I ever made.

We are both retired seniors and live 65 miles out of Albuquerque, NM where our doctors and hospitals are, so I thought joining MASA would be beneficial.

After my husband's accident, we were billed the balance of the helicopter transport. That is when I called MASA. The woman I spoke to was very polite and extremely helpful. MASA paid for the balance that we were billed.

After that experience, I know that joining MASA was THE best decision I have ever made.

Thank you once again!

- Marian Bernal



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