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### AOC Tips:

- Do not move your response system without first calling AOC. We will give you information on how to disconnect and reinstall your unit. We will then update your account information to assure we have the correct address and directions.
- If any of your personal information changes, our office should be notified immediately. This includes house key location, responder and medical information.

## Heart Attack-Some Tips for Prevention

As we get on in years, our risk of heart attack increases. Because of this, it's important that we understand what we need to do in order to prevent heart attack. By following these simple steps, preventing heart attack can be as easy as one, two, three.

### Exercise Regularly

Regular exercise is one of the most common methods of preventing heart attack. By keeping your heart in shape, you'll greatly reduce your risk of heart attack. Just make sure that any exercise regimen you undertake is approved by your doctor or it may do more harm than good.

### Eating Healthy

A healthy diet is also an important part of preventing a heart attack. Avoid foods that are high in saturated fats and cholesterol. By doing this, you'll help keep your cardiovascular system free of plaque, which will go a long way in preventing heart attack.

### Quit Smoking

Smoking has been known to cause heart disease, which can result in deadly heart attacks. If you're a smoker, cessation of the habit is key in preventing a future heart attack. There are a number of smoking cessation aids on the market that can help you in this endeavor.

### Maintain a Healthy Weight

If you're overweight, it's

time to lose a few pounds.

Extra body fat can contribute to your risk of a heart attack. If necessary, contact your doctor about going on a restricted diet. It is important that you maintain a healthy weight level when trying to prevent heart attack.

### Take Aspirin Daily

Talk with your doctor about taking aspirin on a daily basis. Aspirin has been proven to reduce the risk of heart attack in many people and it may be beneficial to you.

By taking these precautionary steps, you should be well on your way to preventing heart attack and staying healthy.

-www.seniors-site.com

### Direct Draft Card

Your account will be drafted on or after the 5th of each month. Please sign the card below and return with a voided check. A "test" draft will be activated for the first month to ensure accuracy, therefore, you will receive one more statement for that month to be paid by check or money order. Thereafter, all monthly payments will be direct drafted from the account requested by you.

#### Authorization Agreement for Pre-authorized Payments

Co. Name: Acadian On Call

Co. ID #72-0701964

I (we) hereby authorize *Acadian On Call* to initiate debit entries to my (our) Checking account indicated below at the depository named below, hereinafter called DEPOSITORY, to debit the same to such account.

Depository Name: \_\_\_\_\_ Branch: \_\_\_\_\_

City Routing Number \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Account # \_\_\_\_\_

This Authorization is to remain in full force and effect until *Acadian On Call* has received written notification from me (either of us) of its termination in such time and in such manner as to afford *Acadian On Call* and DEPOSITORY a reasonable opportunity to act on it.

Name(s): \_\_\_\_\_ ID # \_\_\_\_\_

Date: \_\_\_\_\_ Signed X: \_\_\_\_\_ Signed X: \_\_\_\_\_

Note: All written debit authorizations MUST provide that the receiver may revoke authorization only by notifying the originator in the manner specified in the authorization.