



# THE SUPER JOURNAL

TRUSTED TECHNOLOGY FOR SUPER CAREGIVERS

## THIS ISSUE FEATURES:

Two-Way Radio

Go for a walk!

## Two-Way Communication is Superior



Super Nurse Call is offering two-way radios that integrate with both our wired and wireless systems and pass on calls from our panels to your radios.

For senior living homes, two-way communication is superior for three reasons:

- 1) Two-way radios provide instant communication.
- 2) Two-way radios can communicate from one to many, also called “group call”.
- 3) Two-way radios are inexpensive. Radios that can receive call messages from nurse call systems are around \$300 and there is no monthly or annual fee for using them.

[Learn more about our Two-Way Radios here!](#)

## The Benefits of Taking a Walk

Are you interested in getting healthier or staying healthy? If yes, you should go for a walk! Better yet, go for a walk with your significant other, friend, family member, or even your pet! You will thank yourself and have fun too.

The benefits of walking daily include increased lung capacity, reduce chronic disease, increases muscle strength and endurance, boosts immunity, lowers blood pressure, and speeds up digestion.

[Learn more about the benefits from the Mayo Clinic here!](#)

